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ST. LOUIS, MISSOURI, USA
2019
Hands-on Cadaver Course

Advanced Surgical Techniques for
**OBSTRUCTIVE SLEEP
APNEA & SNORING**

October 10th

NP's AND PA's WORKSHOP

October 11-12th

PHYSICIAN WORKSHOP

slu.edu/medicine/pase



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Advanced Surgical Techniques for
**OBSTRUCTIVE SLEEP
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NP's AND PA's WORKSHOP

Course Directors:

Brandon Boyd, MPAS, PA-C
Mai X. Vang, DNP, FNP-BC, APNP

October 11-12th

PHYSICIAN WORKSHOP

Course Directors:

M. Boyd Gillespie, MD, MSc
Tod C. Huntley, MD, FACS

Honored Guest

Rudolfo Lugo-Saldaña, MD



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An offering through: Practical Anatomy & Surgical Education, Department of Surgery
Saint Louis University School of Medicine

THURSDAY, OCT. 10 7:30 AM - 5:30 PM**PART I: NP's and PA's**

- Overview of Airway Anatomy
- Airway Assessment Skills
- Obtaining a Good Sleep History
- Understanding Sleep Studies- Diagnostic Criteria
- PAP Therapy Overview-Tips and Tricks
- CPAP Intolerant? What's Next?
- Sleep Surgery Overview
- Role of the PA/NP in a Sleep Disordered Breathing Clinic
- Pathophysiology and Treatments for Non Sleep Disordered Breathing:
 - Hypersomnia and Snoring
 - Insomnia
 - Narcolepsy
 - Limb Movement Disorders
- Pediatric Sleep Disorders
- Case Studies/Discussion

FRIDAY, OCT. 11 7:00 AM - 6:00 PM**PART II: Surgeons/Physicians****Role of the Nose in OSA**

- Anatomical Localization in Sleep Surgery:
 - Physical Examination
 - Imaging
 - Sleep Study Factors
 - DISE
- The Nasal Airway and Sleep Disordered Breathing:
 - Nasal Factors in SDB
 - Nasal Function- Physical Examination
 - Medical Management
 - Surgical Management
 - Avoiding Complications/ Side Effects
 - Expected Outcomes
 - Coding and Reimbursement
- Hands on Cadaver Lab: The Nasal Airway:
 - Prosection
 - Nasal Valve Exposure
 - Nasal Valve Anatomy
 - Suspension
 - Nasal Valve Stiffening
 - Functional Rhinoplasty
 - Turbinoplasty

Role of the Palate and Pharynx in OSA

- The Upper Pharynx and Sleep Disordered Breathing:
 - Physical Examination – Palate and Pharyngeal Morphology
 - DISE- Patterns of Upper Pharyngeal Collapse
 - Surgical Management
 - Avoiding Complications/ Side Effects
 - Expected Outcomes
 - Coding and Reimbursement
- Case Discussions – Round Table – Participants bring Cases
- Hands on Cadaver Lab: the Upper Pharynx:
 - Prosection – Muscles of Upper Pharynx
 - Palatal Stiffening
 - Palatal and Pharyngeal Muscle Exposure
 - Expansion Pharyngoplasty Technique

Role of the Epiglottis/ Hyoid in OSA

- Lecture: The Hypopharynx and Sleep-Disordered Breathing
 - Physical Examination - Supraglottic structures
 - DISE- Patterns of Supraglottic Collapse
 - Surgical Management
 - Avoiding Complications/ Side-Effects
 - Expected Outcomes
 - Coding & Reimbursement
- Hands on Cadaver Lab: the Hypopharynx
 - Prosection – Hyoid Bone and Muscular Attachments
 - Thyrohyoidopexy
 - Hyo-Mandibular Suspension

SATURDAY, OCT. 12 7:15 AM - 4:45 PM**Role of the Hypoglossal Nerve**

- Tongue and Sleep-Disordered Breathing: Tongue too Small
 - Dental/Craniofacial - Physical Examination
 - Dental/Craniofacial - Radiographic
 - Oral Appliance
 - Avoiding Side-Effects/Complications
 - Expected Outcomes
 - Orthognathic Surgery - Who to Refer?
 - Coding & Reimbursement
- Hands on Cadaver Lab: Oral Appliance Fitting/ Workshop

Role of the Tongue in OSA

- Tongue and Sleep-Disordered Breathing: Tongue Too Lax
 - Tongue- Physical Assessment
 - Sleep Study Assessment
 - DISE-Patterns of Tongue Collapse
 - Surgery (Tongue Suspension; GGA; UAS)
 - Avoiding Side-effects/ Complications
 - Expected Outcomes
 - Coding & Reimbursement
- Hands on Cadaver Lab: Tongue Too Lax
 - Prosection - Hypoglossal Nerve and Branches; Muscles of Tongue
 - Upper Airway Stimulation
 - Tongue Suspension
 - Genioglossal Advancement
- Tongue and Sleep-Disordered Breathing: Tongue Too Big
 - Obesity and Tongue Anatomy
 - Recognizing the Large Tongue: Physical Examination
 - DISE-Patterns of Tongue Collapse
 - Weight loss/Gastric Bypass
 - Surgery (Lingual Tonsillectomy; Tongue Base RFA; Partial Glossectomy; TORS)
 - Avoiding Side-Effects/Complications
 - Expected Outcomes
 - Coding & Reimbursement
- Hands-On Cadaver Lab: Tongue Too Big
 - Prosection-Neurovascular Bundle; Course of Lingual Artery
 - Base of Tongue Radiofrequency Ablation
 - Partial Glossectomy

COURSE DIRECTORS**M. Boyd Gillespie, MD, MSc**

Professor and Chair
UTHSC Department of Otolaryngology – Head and Neck Surgery
University of Tennessee – Memphis
Memphis, TN

Tod C. Huntley, MD, FACS

Center for Ear, Nose, Throat & Allergy
Clinical Faculty, Department of Oral & Maxillofacial Surgery
Indiana University
School of Medicine
Carmel, IN

COURSE DIRECTORS (Oct. 10th)**Brandon Boyd, MPAS, PA-C**

Center for Ear, Nose, Throat & Allergy
Department of Otolaryngology,
St. Vincent Hospital
Squadron PA, Indiana Army
National Guard
Carmel, IN

 Mai X. Vang, DNP, FNP-BC, APNP

Division of Sleep Medicine
Department of Otolaryngology and Communications Sciences
Medical College of Wisconsin
Milwaukee, WI

HONORED GUEST**Rudolfo Lugo-Saldana, MD**

Department of Otolaryngology
ISSSTE Constitucion
Monterrey, Mexico

DISTINGUISHED FACULTY**José E. Barrera, MD, FACS**

Facial Plastic & Reconstructive Surgeon
Clinical Professor
Surgery, Uniformed Services University, Washington D.C.
Associate Clinical Professor
Facial Plastic Surgery
UT Health, San Antonio, TX

Medical Director
Texas Center for Facial Plastic & Laser Surgery and Rejuve MD MedSpa
Medical Director
Endormir Sleep and Sinus Institute
San Antonio, TX

Robson Capasso, MD

Associate Professor
Chief of Sleep Surgery
Department Otolaryngology, Head and Neck Surgery
Stanford University
School of Medicine
Stanford, CA

Stacey L. Ishman, MD, MPH

Professor, Otolaryngology – Head and Neck Surgery
University of Cincinnati
College of Medicine
Cincinnati Children's Hospital Medical Center, Pediatric Otolaryngology
Cincinnati, OH

Faculty subject to change, for updates, please go to slu.edu/medicine/pase

Ofer Jacobowitz, MD, PhD, FAASM

Assistant Professor
Co-Director of Sleep Surgery
Department of Otolaryngology
Mount Sinai Hospital
ENT and Allergy Associates
New York, NY

Saba S. Khalil, DMD, MPH

General Dentist
Metro Dental Sleep Medicine
St. Louis, MO

Thomas D. Sotiropoulos, DDS

Metro Dental Sleep Medicine
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Edward M. Weaver, MD, MPH

Staff Physician, Surgery Service
Seattle VAMC
Professor of Otolaryngology
Chief of Sleep Surgery
University of Washington
Seattle, WA

B. Tucker Woodson, MD, FACS

Professor and Chief
Division of Sleep Medicine and Surgery
Department of Otolaryngology
Medical College of Wisconsin
Milwaukee, WI

CONTINUING EDUCATION

Accreditation: Saint Louis University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Credit Designation: Saint Louis University School of Medicine designates this live activity for a maximum of:

October 11th-12th: Physicians Course
16.5 AMA PRA Category 1 Credit(s)™.

October 10th Only:
7.75 AMA PRA Category 1 Credit(s)™.

All 3 Days:
Max. for PAs and NPs - 24.25 AMA PRA Category 1 Credit(s)™.

Physicians should only claim credit commensurate with the extent of their participation in the activity.

REGISTRATION:

For Further Course Details and REGISTRATION go to: slu.edu/medicine/pase

This workshop will be held at the PASE Learning Center located in Young Hall, 3839 Lindell Boulevard, Saint Louis, MO 63108

TUITION FEES:

Physicians/Surgeons Workshop: \$1595
Residents/Fellows/USA Military: \$795

PAs and NPs Workshop (Oct. 10th only).... \$175
PAs and NPs Workshop (Full 3-Day Course) \$675

The education the participant gains through our CME activities does not satisfy training requirements to perform the surgery.

EDUCATIONAL OBJECTIVES**for PAs and NPs**

- Review and discuss the mechanical and anatomical factors in various levels of the upper airway which contribute to airway collapse in OSA, and evaluate relevant surgical intervention.
- Discuss and perform procedures to include lateral expansion pharyngoplasty, transpalatal advancement, hypoglossal nerve stimulator implantation, glossectomy, and genioglossus advancement, tongue and hyoid suspension, tongue base ablation, and nasal valve surgery. Transoral robotic surgery will also be discussed.
- Discuss proper patient selection, indications and contraindications, complications and expected outcomes of each presented procedure.
- Describe and understand the role of oral appliances in the treatment of sleep disordered breathing, and gain hands-on experience demonstrating the fabrication and fitting of oral appliances under the guidance of our expert faculty.
- Define and discuss the role of the nurse practitioner and physician assistant in the sleep disordered breathing clinic.