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Practical Anatomy & Surgical Education
3839 Lindell Boulevard • St. Louis, Missouri, USA • 63108-3413

ST. LOUIS, MISSOURI, USA

2021

Hands-on Cadaver Course

SLEEP and NASAL SURGERY

October 28th

NP's AND PA's WORKSHOP

October 29th - 30th

PHYSICIAN WORKSHOP

slu.edu/medicine/pase



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NP's AND PA's WORKSHOP

Course Director:

Brandon Boyd, MPAS, PA-C

October 29th - 30th

PHYSICIAN WORKSHOP

Course Directors:

M. Boyd Gillespie, MD, MSc

Tod C. Huntley, MD, FACS



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

THURSDAY, OCT. 28 7:00 AM - 5:00 PM

PART I: NP's and PA's

- Introduction - Sleep Primer
- Airway Anatomy and Assessment
- Obtaining a Good Sleep History
- Understanding Sleep Studies- PSG, HSAT, MSLT
- Adult Obstructive Sleep Apnea and Snoring:
 - Background
 - Diagnostic Criteria
 - Patient Presentation
 - Evaluation
- Central Sleep Apnea:
 - Types of CSA and Background
 - Diagnostic Criteria
 - Evaluation and Management
- Snoring and Sleep Apnea Management – PAP and Beyond:
 - Options for Primary Snoring
 - Oral Appliance Therapy (Plus Coding and Reimbursement)
 - Auto-PAP/CPAP
 - BiPAP
- Sleep Surgery Overview
- The Non Sleep Breathing Block
- Pathophysiology, Evaluation, and Management of Non Sleep Disordered Breathing:
 - Narcolepsy & Hypersomnia (40 min)
 - Insomnia (40 min)
 - Limb Movement Disorders & Parasomnias (40 min)
 - Circadian Rhythm Disorders (15 min)
- **Oral Appliance Fitting Hands-On Lab**
- Sleep in the Pediatric & Special Needs Populations
- Role of the PA/NP in a Sleep Disordered Breathing Clinic & Case Studies

FRIDAY, OCT. 29 7:00 AM - 6:00 PM

PART II: Surgeons/Physicians

Role of Palate and Pharynx in OSA

- Anatomical Localization in Sleep Surgery:
 - Physical Examination
 - Imaging
 - Sleep Study Factors
 - DISE
- Part 1: 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
- Part 2: The Upper Pharynx: Tips and Pearls
 - Case examples; Tips and Pearls of Pharyngeal Surgery for OSA
- **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

- Part 1: 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
- Part 2: Management of Hypopharynx in Children
- Postoperative management
- **Hands on Cadaver Lab: The Hypopharynx**
 - **Prosection – Hyoid Bone and Muscular Attachments**
 - **Thyrohyoidopexy**
 - **Hyo-Mandibular Suspension**

Role of the Nose

- Part 1: 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
- Part 2: Nasal Surgery Tips & Pearls
 - Case examples; Tips and Pearls of Nasal Surgery for OSA
- **Hands on Cadaver Lab: The Nasal Airway**
 - **Prosection**
 - **Nasal Valve Exposure**
 - **Nasal Valve Anatomy**
 - **Suspension**
 - **Nasal Valve Stiffening**
 - **Functional Rhinoplasty**
 - **Turbinoplasty**

SATURDAY, OCT. 30 7:00 AM - 5:00 PM

Role of the Hypoglossal Nerve

- Part 1: Tongue and Sleep-Disordered Breathing: Box Too Small
 - Dental/Craniofacial- Physical Examination
 - Dental/Craniofacial-Radiographic
 - Orthognathic Surgical Techniques
 - Avoiding Side-Effects/Complications
 - Expected Outcomes
 - Coding & Reimbursement
- Part 2: Oral Appliances
 - Using Oral Appliances in Otolaryngology Practice: Who? What? When? How?
- **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**
- Part 1: 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
- Part 2: Tongue Reduction Surgery: Tips & Pearls
 - Case examples; Tips and Pearls
- **Hands-On Cadaver Lab: Tongue Too Big**
 - **Prosection- Neurovascular Bundle; Course of Lingual Artery**
 - **Base of Tongue Radiofrequency Ablation**
 - **Partial Glossectomy**
- Difficult Case Presentation and Discussion

Please go to:

NOTE: slu.edu/medicine/pase

for new safety guidelines to be implemented during workshops.

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 DIRECTOR (Oct. 28th)

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

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

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, Texas
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
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Squadron PA
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St. Louis, MO

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Associate Professor Orthodontics
Saint Louis University Center for Advanced Dental Education
St. Louis, MO

Thomas D. Sotiropoulos, DDS

Metro Dental Sleep Medicine
St. Louis, MO

B. Tucker Woodson, MD, FACS

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

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: \$1650
Residents/Fellows/USA Military: \$795

PAs and NPs Workshop (Oct. 28th 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

- 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, 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.

EDUCATIONAL OBJECTIVES

for PAs and NPs

- Review and Discuss the diagnosis and clinical management of obstructive sleep apnea.
- Learn about advanced therapies for OSA, including patient selection and when to review.
- Define and discuss the role of the nurse practitioner and physician assistant in the sleep disordered breathing clinic.

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 29th - 30th: Physicians Course
12.5 AMA PRA Category 1 Credit(s)™.

October 28th Only:
8.0 AMA PRA Category 1 Credit(s)™.

All 3 Days:
Max. for PAs and NPs - 20.5 AMA PRA Category 1 Credit(s)™.

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