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

# SLEEP and NASAL SURGERY

ST. LOUIS, MISSOURI, USA  
**2021**  
Hands-on Cadaver Course

October 28th

NP's AND PA's WORKSHOP

October 29th - 30th

PHYSICIAN WORKSHOP

[slu.edu/medicine/pase](http://slu.edu/medicine/pase)



ST. LOUIS, MISSOURI, USA

# 2021

Hands-on Cadaver Course

# SLEEP and NASAL SURGERY



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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
  - Turboplasty

**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](http://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  
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Memphis, TN

### Tod C. Huntley, MD, FACS

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

### COURSE DIRECTOR (Oct. 28th)

### Brandon Boyd, MPAS, PA-C

Center for Ear, Nose, Throat & Allergy  
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Squadron PA  
Indiana Army National Guard  
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### Robson Capasso, MD

## DISTINGUISHED FACULTY

### José E. Barrera, MD, FACS

Facial Plastic & Reconstructive Surgeon  
Clinical Professor, Surgery, Uniformed  
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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

### Stacy L. Ishman, MD, MPH

Professor, Otolaryngology  
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### Thomas D. Sotiropoulos, DDS

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### B. Tucker Woodson, MD, FACS

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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 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.

## REGISTRATION:

For Further Course Details and REGISTRATION  
go to: [slu.edu/medicine/pase](http://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

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.