

Study with the experts

Interactive Course on

Sleep Medicine

**December 18–20, 2008
Grenoble, France**



European Respiratory
Society

**Reserve your place now
Space is limited**



ERS School Courses 2008

Aims:

This course is designed to provide an overview of all sleep-related breathing disorders, to enable participants to understand their specific pathophysiology and consequences. The methods for diagnosis and specific treatments will be fully described. Specific workshops will address practical issues, including vigilance assessment, quality of life, treatment with continuous positive airway pressure (CPAP) and oral appliances, noninvasive ventilation (NIV) and cardiovascular and metabolic assessment.

Format:

- Lectures
- Practical workshops: Measurement and associated software
- Tutorials: Free discussion and meet the experts session
- Plenary sessions

Target audience:

- Trainee doctors
- Practising physicians

Following sessions presented by internationally renowned speakers, the participants will have a detailed knowledge of:

- Physiology of respiration during sleep
- Pathophysiology and mechanisms of obstructive sleep apnoea
- Clinical symptoms of syndromes with cognitive, cardiovascular and metabolic consequences
- Diagnosis – classical sleep laboratory, ward and home
- Central sleep apnoea
- Obesity hypoventilation syndrome
- Overview of treatment strategies
- Practical issues - sleep recordings and sensors

Organising Committee

Patrick Lévy (Grenoble, France)
Jean-Louis Pépin (Grenoble, France)
Johan Verbraecken (Antwerp, Belgium)

Invited Faculty

S. Andreas (Göttingen, Germany)
H. Bastuji (Lyon, France)
Y. Dauvilliers (Montpellier, France)
W. De Backer (Antwerp, Belgium)
B. Fleury (Paris, France)
P. Franco (Lyon, France)
W. McNicholas (Dublin, Ireland)
M. Morrell (London, United Kingdom)
R. Riha (Edinburgh, United Kingdom)
D. Rodenstein (Brussels, Belgium)

J-P. Baguet (Grenoble, France)
S. Benkheira (Grenoble, France)
G. Bettega (Grenoble, France)
J. C. Borel (Grenoble, France)
M. L. Cartier (Grenoble, France)
S. Launois-Rollinat (Grenoble, France)
C. Loiodice (Grenoble, France)
B. Naegelé (Grenoble, France)
M. Seleik (Grenoble, France)
R. Tamisier (Grenoble, France)
D. Veale (Grenoble, France)
A. Verain (Grenoble, France)

The logo for the European Respiratory Society (ERS) is displayed in a large, white, outlined font against a dark green background. The letters 'E', 'R', and 'S' are stylized and connected at the top.

Grenoble – Your host city



Grenoble, the 'capital of the Alps' is in the centre of the Dauphiné region and circled by snow-capped mountains. One of the top tourist attractions is the ancient fortifications of the Bastille. Located at the foot of the Chartreuse massif, the Bastille towers over the Grenoble area offering breathtaking all-round views of the city and the surrounding mountains. The city of Grenoble is split by its river: the old town is crammed onto the Isère's right bank while the newer parts of the city sprawl on the left. Although the snow might be the main attraction outside Grenoble, broad boulevards with fine

architecture add an air of sophistication and year-round music, art and good living make Grenoble well worth a generous stay.

Grenoble can be accessed by plane from Grenoble-Isère Airport, Saint-Exupéry International Airport near Lyon, or Geneva's Cointrin International Airport and the city is also served by the TGV train network with services to and from Paris Gare de Lyon, Lille and Nantes.

Bursaries

A limited number of bursaries, covering either full attendance or registration only, will be available to selected applicants under 40 years of age from countries with economies in transition. Selection from the pool of applicants will be made by the organising committee based on the submission of:

- Curriculum Vitae.
- A one-page personal statement explaining how you would apply the knowledge gained from this course.

Applications should be submitted with a completed registration form, by fax to: +41 21 213 01 03.

The deadline for applications for bursaries is **September 19th, 2008**.

Applicants will be notified of selection results by **October 17th, 2008**.

Hotel information

For your convenience, the ERS has booked a number of rooms for the participants at the following hotels; the first of which, **Hotel Europole**, is also the course venue:

Hotel Europole*** boasts impressively modern architecture and a good central location.

<http://www.hoteleuropole.com>

Novotel Grenoble Centre*** is also located in the Europole convention centre and is just a 10 minute walk from the historic town centre.

http://www.accorhotels.com/accorhotels/fichehotel/gb/nov/1624/fiche_hotel.shtml

Course venue

Hotel Europole

29, rue Pierre-Sémard | 38000 Grenoble | France

Tél.: 04 76 49 51 52 | Fax: 04 76 21 99 00

<http://www.hoteleuropole.com>

Registration Form - Sleep

Registration deadline:

October 17th, 2008

Early registration deadline:

September 19th, 2008

Space is limited - Reserve your place now

First Name Last Name

Date of Birth ERS Membership No.

Address

Postal Code City

Country

Degree Specialty

Phone Fax

E-Mail (in CAPITAL LETTERS)

Current position:

Please check the appropriate boxes below to indicate your choice: Trainee or fellow Prof or Dr in University Dr in general hospital or affiliate Dr in private practice hospital

Fees:

Please check the appropriate boxes below to indicate your choice:

- ERS Members: € 500 Junior ERS Members (under 36 years-old): € 400
 Non-Doctoral Members: € 400 Non-ERS Members: € 600
 Industry € 1,000

Early Registration discount - € 50 off for forms received by **September 19th, 2008**

If you are not an ERS member and wish to benefit from the members' discount please contact our membership department at members@ersnet.org

Do you wish to apply for a bursary? Yes No

Should you wish to apply for a bursary, you are still required to complete a registration form and indicate the category of payment that applies to you. Submit your bursary application together with your registration form.

Applicants not sponsored will not have their registration fee deducted before they return the confirmation of attendance form that will be sent out after selections have been made. The deadline for application for bursaries is **September 19th, 2008**.

Payment: Total Amount: €

Credit Card: Visa Euro/MasterCard

Credit Card number

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valid until

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Card Holder's Name Card Holder's Signature

Bank Transfer (the invoice will be sent to you by e-mail)

To be returned to the ERS Office by October 17th, 2008 *via*:

Mail: European Respiratory Society
4, Avenue Ste. Luce
1003 Lausanne
SWITZERLAND

or Fax: +41 21 213 0103
email: school@ersnet.org

Hotel Information & Reservation

The European Respiratory Society (ERS) has reserved a number of rooms at the Hotel Europole, which is the course venue, and also the Novotel nearby. Please note that room charges are **not** included in the registration fee. However, for your convenience, hotel bookings can be made through the ERS at the same time as registration for this course. The ERS cannot guarantee the rate nor the availability of the hotel rooms for persons registering for the course after **September 19th, 2008**.

If you would like the ERS to reserve your hotel room, please provide the required information below:

Hotel Europole*** (29 Rue Pierre Sémard, 38000 Grenoble)

Standard Room: €98.80 / night
Rates include breakfast and VAT.

Novotel *** (38000 Grenoble)

Standard Rooms: €139.80/ night (Thurs), €109.80/night (Fri)
Rates include breakfast and VAT.

Arrival Date:Departure Date:Total number of nights:

Special requests:

Name of accompanying person if any:

Hotel Cancellation Policy: All cancellations have to be made in writing.

In case of a no show, the whole amount of your stay will be charged.

Reservations can only be made by providing credit card information below:

Credit Card: Visa Euro/MasterCard

Credit Card number

valid until

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Card Holder's Name

Card Holder's Signature

This course will be limited to **60 participants**. Applications will be accepted on a "first-paid, first-served" basis. You will receive acceptance and confirmation by e-mail.

Upon receipt of a written cancellation, a refund of fees will be applied up to 4 weeks before the course. After this date no refund will be made for cancellations. Please note: the ERS will not directly debit any deposit or penalty payments from your credit card for your hotel booking. All payment information submitted will be supplied to the hotel, which will charge you directly. The ERS will only act as a customer service intermediary between the hotels and the participants. The ERS will not bear any liability, nor financial responsibility towards the hotels, nor the participants.

Preliminary Programme

(Speakers have not yet confirmed)



Thursday, December 18, 2008

Morning

Session I **Physiology and pathophysiology of sleep apnoea and cardiovascular/metabolic consequences**

P. Lévy OSA: size of the clinical problem: unmet needs

M. Morrell Physiology of respiration during sleep

P. Lévy Pathophysiology of the upper airway in OSA

W. McNicholas Pathophysiology of cardiovascular and metabolic consequences: cardiovascular morbidity in OSA

D. Rodenstein Clinical assessment of OSA

Afternoon

Session II **Diagnosis of sleep related disease: in laboratory and domiciliary investigations**

R. Riha Polysomnography: measurement techniques

Interactive plenary sessions

J. Verbraecken Scoring of sleep EEG according to Rechtschaffen and Kales

J-L. Pépin Scoring of abnormal respiratory events

Session III **Practical workshops on diagnosis techniques**

Electrode placement

Sleep scoring

Respiration scoring

Simplified diagnostic systems

Optional: patient demonstration during night recording



Friday, December 19, 2008

Morning

Session IV **OSA treatment**

J-L. Pépin Overall treatment modalities and strategy

G. Bettega Upper airway surgery

B. Fleury Oral appliances

W. De Backer Clinical grand round with voting on selected clinical cases regarding treatment issues in OSA

Session V

Afternoon

Workshops on treatment techniques

CPAP and autoCPAP devices

Initiating CPAP treatment: titration

Follow-up: side effects

Oral appliances: initiate and follow up

Optional: patient demonstration during night recording



Session VI

Saturday, December 20, 2008

Morning

Central sleep apnoea: current pathophysiological, clinical and therapeutic concepts

W. De Backer, J. Verbraecken

S. Andreas

P. Lévy

Pathophysiology and upper airway in CSA

CSA and heart failure: prevalence, diagnosis, consequences

Interactive session with voting on clinical cases regarding treatment options for SDB in heart failure

Session VII

Nonapnoeic respiratory disorders during sleep

P. Lévy

J-L. Pépin, J-C. Borel

Upper airway resistance syndrome

Obesity hypoventilation syndrome

Session VIII

Afternoon

Other sleep-related disorders

H. Bastuji

P. Franco

Y. Dauvilliers

S. Launois-Rollinat

Assessment of excessive daytime sleepiness

Sleep disorders in children

Narcolepsy: idiopathic hypersomnia

Periodic leg movements and restless legs syndrome

Session IX

Practical workshops

Faculty

Case studies: free discussion with expert panel



ERS School Courses Series 2008

- Practical issues in pulmonary rehabilitation
Pisa, Italy | February 21-23, 2008
- Advanced cystic fibrosis course:
best research, best care
Nice, France | March 6-8, 2008
- Pulmonary embolism
Pisa, Italy | March 13-15, 2008
- Research methods for respiratory diseases
Paris, France | September 25-27, 2008
- State of the art for nonsmall cell lung cancer
Leuven, Belgium | November 27-29, 2008
- Sleep medicine
Grenoble, France | December 18-20, 2008

For more information, please visit:
www.ersnet.org/schoolcourses

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Sleep Medicine

Scientific excellence

Accreditation Statement

The European Respiratory Society is accredited by the European Board for Accreditation in Pneumology (EBAP) and the European Accreditation Council for Continuing Medical Education (EACCME) to provide CME activity for medical specialists. The EACCME is an institution of the European Union of Medical Specialists (UEMS).

EACCME Credits are recognised throughout Europe and can be exchanged for National CME credits by contacting your National CME Authority.

In the USA, EACCME credits are automatically converted into American Medical Association (AMA) credits upon presentation of the certificate of attendance enclosing the EACCME formula to the AMA.