

SLEEP CON 2019

SCIENTIFIC PROGRAM

20.04.2019

| | | |
|---------------------|---|------------------------------|
| 08.00-09.00 | Registration | |
| | Session I Chairpersons: | |
| 09.00-09.20 | Physiological mechanism of vigilance and sleepiness | Dr. H N Mallick |
| 09.20-09.40 | Waking up to OSA – A Dental public health concern | Dr Reena R Kumar |
| 09.40-10.00 | Mouth breathing the unrecognized epidemic – | Air Commodore B Jayan |
| | Session II Chairpersons: | |
| 10.00-10.20 | Cardiovascular and metabolic consequences of mild OSA | Dr R Vijay Kumar |
| 10.20-10.40 | Treatment of SDB and cardiovascular outcomes | Dr S Parthasarathy |
| 10.40-11.00 | Sleep apnoea & COPD overlap – a synergistic risk for cardiovascular disease/ OSA and heart failure diagnosis and management | Dr J C Suri |
| 11.00-11.20 | TEA | |
| | Session III Chairpersons: | |
| 11.20-11.40 | Understanding Circadian physiology to manage circadian sleep disorders | Dr D Shrivastava |
| 11.40-12.00 | Medico legal consequences of OSA | Dr N Ramakrishna |
| 12.00-12.20 | Is Sleep Medicine Obsolete – Targeting the gap between best signs and best evidence | Dr R Thomas |
| 12.20-13.00 | Session IV ISDA ORATION: “History of the journey of obstructive sleep apnoea since the Pickwick Papers by Charles Dickens “ Dr D J ROY Chairpersons: President ISDA (Dr V Sarbhai), Hon Secretary ISDA (Dr D Bhattacharya) | |
| 13.00-14.00 | LUNCH | |
| | Session V Chairpersons: | |
| 14.00-14.20 | Update on recent research in Narcolepsy, Insomnia, RLS & RBD | Dr Manjari Tripathi |
| 14.20-14.40 | SDB & Stroke: Bidirectional relationship | Dr Suresh Kumar |
| 14.40-15.00 | Treatment of periodic leg movement disorders – How and when? | Dr Ravi Yadav |
| | Session VI Chairpersons: | |
| 15.00--15.20 | Characterization & assessment of insomnia | Dr Preeti Devnani |
| 15.20-15.40 | Insomnia pathophysiology and its management | Dr Manvir Bhatia |

SLEEP CON 2019

| | | | | | |
|------------------------|---|--|---|--|--|
| 15.40-16.00 | | | TEA | | |
| Session VII | | | Chairpersons: | | |
| 16.00-16.20 | Ageing and OSA – Is science convincing | | Dr D Shrivastava | | |
| 16.20-16.40 | Iron metabolism in RLS & PLMS | | Dr Robert Thomas | | |
| 16.40-17.00 | Biomarker in various sleep conditions | | Dr Vivek Nangia | | |
| 17.15-18.00 | | | EXECUTIVE COMMITTEE MEETING | | |
| PRO-CON SESSION | | | | | |
| Session VIII | | | Chairpersons: | | |
| 19.00-19.30 | Should we or should we not treat Central Sleep Apnea in patients with heart failure and reduced ejection fraction | | Pro – Dr G C Khilnani Con – S Parthasarthy | | |
| 19.30-20.00 | Is CPAP still the first line therapy for OSA | | Pro – Dr Deepak Talwar Con – Dr Vikram Sarbhai | | |
| 20.00 – 20.30 | Is daytime nap beneficial – Yes or No | | Pro – Dr D Shrivastava Con – Dr R Vijay Kumar | | |
| 21.30 | | | DINNER | | |

21.04.2019

| | | | |
|--------------------|--|----------------------|---------------------------|
| 08.00-09.00 | Free paper session | | |
| Session X | | Chairpersons: | |
| 09.00-09.20 | Is pre operative screening for OSA necessary for patients undergoing bariatric surgery | | Dr Zia Hashim |
| 09.20-09.40 | Peri & Post-operative care of OSA patient | | Dr A G Ghoshal |
| 09.40-10.00 | Geriatric giants and sleep complaints- clinical implications | | Dr Ramanathan Iyer |
| Session XI | | Chairpersons: | |
| 10.00-10.20 | Phenotype driven treatment of SDB | | Dr Robert Thomas |
| 10.20-10.40 | Management of SDB with oral appliances – The current status | | Dr Abhijeet Kadu |
| 10.40-11.00 | Role of ENT Surgeon in CPAP compliance | | Dr Vijay Krishna |
| 11.00-11.20 | | TEA | |
| Session XII | | Chairpersons: | |
| | | | |

SLEEP CON 2019

| | | |
|-----------------------------------|--|------------------------|
| 11.20-11.40 | What has changed after DISE in the selection of and outcomes of surgery | Dr Dipankar Dutta |
| 11.40-12.00 | Paediatric OSA and its management | Dr Srinivas Kishore |
| 12.00-12.20 | Role of Nasal Surgery in the Management of OSA | Dr Sanjay Udipi |
| Session XIII Chairpersons: | | |
| 12.20-12.40 | Role of Palatal procedures for the treatment of OSA | Dr Sheemab Shaikh |
| 12.40-13.10 | Role of Maxillofacial surgeon in the management of OSA | Gen N K Sahoo |
| 13.10-13.30 | Oral Myofunctional therapy for OSA: Is it useful | Dr D Bhattacharya |
| 13.30 -14.10 LUNCH | | |
| Session XIV Chairpersons: | | |
| 14.10 – 14.30 | Role of Telemedicine in the diagnosis, management and outcomes of SDB | Dr S Parthasarathy |
| 14.30 – 14.50 | Heart failure & CSA current concepts in diagnosis, etiology and therapy | Dr RMPL Ramanathan |
| 14.50 – 15.10 | Update on recent research in sleep apnoea | Dr Dipti Gothi |
| Session XV Chairpersons: | | |
| 15.10-15.30 | OHS New insights in definition, severity grades and treatment | Dr Jyotsna Joshi |
| 15.30 – 15.40 | Sleep and breathing in Neuromuscular diseases – pathophysiology, screening and treatment options | Dr M K Sen |
| 15.40 – 16.10 | Sleep apnoea in interstitial lung disease | Dr Manoj Goel |
| Session XVI Chairpersons: | | |
| 16.10-16.30 | OSA in the elderly – When they should be treated? | Dr M S Kanwar |
| 16.30-16.50 | Evaluation and management of sleep in the ICU | Dr Gopal Raval |
| 16.50 | VALEDICTORY SESSION | Followed by TEA |