



INVESTIGATION AND MANAGEMENT OF COMMON SLEEP DISORDERS FOR GPs

Saturday 23rd October 2010

Christchurch Convention Centre, New Zealand

Sponsored by Johnson & Johnson and Fisher & Paykel Healthcare

This course is designed for GPs to help with the identification, investigation and treatment of sleep disorders and who would like to update their knowledge and skills in this vitally important area.

Speakers:

Michael Hlavac, MBChB, FRACP, Christchurch Hospital, NZ
Philippa Gander, PhD, MSc(Hons) BSc, Professor, Massey University, NZ
Tony Fernando, MD, ABPN, Senior Lecturer, Psychological Medicine, School of Medicine, University of Auckland, NZ
Delwyn Bartlett, RN, BA(Hons) Psychology PhD, Woolcock Institute of Medical Research, NSW Aust
David Cunnington, MBBS, FRACP - Melbourne Sleep Disorders Centre, Vic Aust
Alan Young, MBBS, FRACP, PhD, Monash University, Vic Aust
Shantha Rajaratnam, BSc(hons), LLB(hons), PhD, CPsychol, AFBPS, Monash University, Vic, Aust

Programme:

0830 – 1000	Community-based approaches to Diagnosis and Treatment of Sleep Disorders An integrated model for the management of OSA in primary and secondary care Dr Michael Hlavac & Prof. Philippa Gander
1000 – 1030	Morning tea in Sleep DownUnder 2010 exhibition area, with conference delegates
1030 – 1100	Use of medication in treatment of insomnia. Dr Tony Fernando
1100 – 1130	Behavioural management of insomnia. Dr Delwyn Bartlett
1130 – 1200	Panel discussion on treatments of insomnia
1200 – 1300	Lunch in Sleep DownUnder 2010 exhibition area, with conference delegates
1300 – 1500	Management of the sleepy/fatigued patient. Discussion of the identification and investigation of this common presentation, with emphasis on sleep disorders that may contribute to, or be the cause of, daytime fatigue. This will include causes of disrupted sleep from OSA, Circadian Rhythm Disorders and other common sleep disorders. Panel discussion led by Dr David Cunnington, with Dr Shantha Rajaratnam (Circadian specialist), and Dr Alan Young (Respiratory and Sleep Physician)
1500	Afternoon tea with conference delegates

COST: Free

CME/PD points available at 1 point per hour

Accommodation: NZ\$155.00/ night at Conference Hotel, Crowne Plaza Christchurch; bookings via link on ASA website

This course is being run as part of Sleep DownUnder 2010 – Biodiversity of Sleep, the Annual Scientific Meeting of the ASA
Further details of the meeting can be found on the ASA website at: www.sleep.org.au

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SURNAME: TITLE:

FIRST NAME(S):

ORGANISATION:

PHONE: MOBILE:

E-MAIL

MAILING ADDRESS:

CITY/SUBURB: POSTCODE: COUNTRY:

Please complete and return this form to:

GP Course Christchurch 2010, Australasian Sleep Association, 114/30 Campbell Street, Blacktown, NSW 2148, Australia

Fax: +61 2 9672 3884

Or e-mail details to: conference@sleep.org.au