



**2018**

**September 14-15**

September 13th for PAs and NPs

ST. LOUIS, MISSOURI, USA

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**Advanced  
Surgical  
Techniques for**

# **OBSTRUCTIVE SLEEP APNEA**

**Hands-On Cadaver Course**

***SEE INSIDE***  
*for Physician  
Assistant and  
Nurse Practitioner  
Workshop  
September 13th*

**COURSE DIRECTORS:**

**M. Boyd Gillespie, MD, MSC, FACS**

**Tod C. Huntley, MD, FACS**

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SAINT LOUIS



UNIVERSITY.

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

<http://pa.slu.edu>

## Nurse Practitioners & Physician Assistants Workshop

With Optional Sept 14-15, 2018

Thursday, September 13, 2018

10:00 AM - 4:15 PM

- Overview of Airway Anatomy
- Obtaining a Good Sleep History
- Understanding Sleep Studies
- PAP Therapy Overview
- Overview of Surgical Options
- Pediatric Sleep Apnea Workup and Management
- Snoring and Hypersomnolence
- Complex Sleep Apnea and Narcolepsy
- Role of PA/NP in a Sleep Disordered Breathing Clinic
- Case Reports and Q&A

## Surgeon/Physician Workshop

Friday, September 14, 2018

7:30 AM - 6:00 PM

### Role of the Nose in OSA

- Anatomical Localization in Sleep Surgery:
  - Physical Examination
  - Imaging
  - Sleep Study Factors
  - DISE
- 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
- Hands-on Cadaver Lab: The Nasal Airway
  - Prosection
  - Nasal Valve Exposure
  - Nasal Valve Anatomy
  - Suspension
  - Nasal Valve Stiffening
  - Functional Rhinoplasty
  - Turbinoplasty

### Role of the Palate and Pharynx in OSA

- 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

- Case Discussions – Round Table
- 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

- Lecture: 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
- Hands-on Cadaver Lab: the Hypopharynx
  - Prosection – Hyoid Bone and Muscular Attachments
  - Thyrohyoidopexy
  - Hyo-mandibular Suspension

Saturday, September 15, 2018

7:15 AM - 5:00 PM

### Role of the Tongue in OSA

- Tongue and Sleep-Disordered Breathing: Box too Small
  - Dental/ Craniofacial- Physical Examination
  - Dental/Craniofacial- Radiographic
  - Oral Appliance
  - Avoiding Side-effects/ Complications
  - Expected Outcomes
  - Orthognathic Surgery-Who to Refer?
  - Coding & Reimbursement
- Hands-On Cadaver Lab: Oral Appliance Fitting /Workshop
- 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
- 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
- Hands-On Cadaver Lab: Tongue Too Big
  - Prosection- Neurovascular Bundle; Course of Lingual Artery
  - Base of Tongue Radiofrequency Ablation
  - Partial Glossectomy

## Course Directors M. Boyd Gillespie, MD, MSC, FACS

Professor & Chair  
Department of Otolaryngology –  
Head and Neck Surgery  
University Of Tennessee – Memphis  
Memphis, TN

## Tod C. Huntley, MD, FACS

Center for Ear, Nose, Throat & Allergy  
Department of Oral &  
Maxillofacial Surgery  
Indiana University  
Marian University School of  
Osteopathic Medicine  
Carmel, IN

## Faculty

### Brandon Boyd, PA-C

Center for Ear, Nose, Throat & Allergy  
Department of Oral & Maxillofacial Surgery  
Indiana University  
Carmel, IN

### Jimmy J. Brown, DDS, MD, FACS

Professor of Surgery  
Department of Otolaryngology,  
Head and Neck Surgery  
Chief, Section for Head and Neck Surgery  
& Sleep Surgery  
Medical College of Georgia/Augusta University  
Augusta, GA

### Robson Capasso, MD

Assistant Professor  
Chief of Sleep Surgery  
Department Otolaryngology, Head and Neck Surgery  
Stanford University School of Medicine  
Stanford, CA

### Stacey L. Ishman, MD, MPH

Professor, Otolaryngology – Head and Neck Surgery  
University of Cincinnati College of Medicine  
Surgical Director, Upper Airway Center  
Director of Otolaryngology Outcomes Research  
Cincinnati Children's Hospital Medical Center  
Cincinnati, OH

### Ofer Jacobowitz, MD, PhD, FAASM

Co-Director of Sleep,  
ENT and Allergy Associates  
Assistant Professor, Otolaryngology  
Mount Sinai Hospital  
New York, NY

### Saba S. Khalil, DMD, MPH

General Dentist  
Metro Dental Sleep Medicine  
St. Louis, MO

### Howard D. Stupak, MD

Associate Professor  
Facial Plastic and Reconstructive Surgery  
Department of Otolaryngology/Head and Neck Surgery  
Albert Einstein College of Medicine  
Bronx, New York, USA

Faculty subject to change. For updates, go to  
<http://pa.slu.edu>

## Edward M. Weaver, MD, MPH

Staff Physician, Surgery Service, Seattle VAMC  
Professor of Otolaryngology, Chief of Sleep Surgery  
University of Washington  
Seattle, WA

## B. Tucker Woodson, MD, FACS

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

## REGISTRATION:

For Further Course Details and REGISTRATION go to:  
<http://pa.slu.edu>

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: .....\$1595  
Residents/Fellows/USA Military: .....\$895

PAs and NPs Workshop (September 13th only) .....\$175  
PAs and NPs Workshop (Full 3-Day Course) .....\$895

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:  
16.5 AMA PRA Category 1 Credit(s)™.

September 13th Only:

4.75 AMA PRA Category 1 Credit(s)™.

Max. for PAs and NPs - 21.25 AMA PRA Category 1 Credit(s)™.

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