

INTERNATIONAL SLEEP MEDICINE COURSE

February 08-11, 2021

Blankenberge, Belgium

ISMIC 2021



Floreal Club, Blankenberge, Belgium

The Belgian Association for Sleep research and Sleep medicine (BASS) announces the next edition of the International Sleep Medicine Course. The 2020 edition was canceled due to the Covid-19 pandemic. The 2021 edition will take place from Monday 08/02/2021 till Thursday 11/02/2021 at the Floreal Club in Blankenberge, Belgium.

The ISMC is a joint organization of the Belgian Association for Sleep Research and Sleep Medicine (BASS), the Nederlandse Vereniging voor Slaap-Waak Onderzoek (NSWO) and the British Sleep Society (BSS). The ISMC has grown into a highly acclaimed international post-graduate program for professionals involved in caring for patients with sleep disorders. The scope of the course is to offer a comprehensive and contemporary review of the most relevant aspects of normal sleep and sleep disorders. This educational package should enable the participants to prepare for sleep medicine examinations.

The venue in Blankenberge is a fine resort located at the Belgian coast, near the seaside. This casual environment should facilitate lively debate in and out of the lecture rooms, and incite new friendships.

Online registration is available at www.belsleep.org. Registration fees include attendance at all lectures, course material, three lunches and daytime refreshments. Accreditation will be requested for the entire course.

We are looking forward to meeting you in Blankenberge,

On behalf of the organizing committee,
Prof. Dr. A. Mariman, local organizer

ISMIC 2021
where you meet the experts



British Sleep Society
www.sleepsociety.org.uk



www.nswo.nl



www.slaapgeneeskundevereniging.nl



www.belsleep.org

Program

Monday 08.02.2021

| Module 1 SLEEP PHYSIOLOGY | |
|---|---|
| 8:30 | Welcome and introduction: Why we sleep? |
| 9:00 | 1 Neurological basis of sleep |
| 9:45 | 2 Homeostatic and circadian regulation of sleep |
| 10:30 <i>Break</i> | |
| 11:00 | 3 Age and gender differences in sleep |
| 11:30 | 4 Cardio-respiratory physiology in sleep |
| 12:00 | 5 Sleep and endocrine physiology |
| 12:30 <i>Lunch*</i> | |
| Module 2 SLEEP ASSESSMENT (WORKSHOP: 5 rotating sessions) 13:30 - 17:00; break @ 15:00 | |
| 6 | Taking a sleep history in the adult |
| 7 | Taking a sleep history in the child |
| 8 | Subjective measures of sleep and sleepiness |
| 9 | Objective measures of sleep and sleepiness (polysomnography and actigraphy) |
| 10 | Scoring rules |
| 18:00 <i>Steering committee ISMC</i> | |
| 19:00 <i>Welcome dinner</i> | |

Wednesday 10.02.2021

| Module 5 INSOMNIA & CIRCADIAN RHYTHM DISORDERS | |
|--|--|
| 8:30 | 23 Insomnia disorder |
| 9:15 | 24 Insomnia in children |
| 10:00 | 25 Sleep in CF and CFS, CP and FMS |
| 10:30 <i>Break</i> | |
| 11:00 | 26 Non-pharmacological treatment of insomnia |
| 11:30 | 27 Pharmacological treatment of insomnia |
| 12:00 | 28 Clinical assessment of circadian sleep disorders |
| 12:30 <i>Lunch*</i> | |
| Module 6 NEUROLOGICAL SLEEP DISORDER | |
| 13:30 | 29 Narcolepsy and its differential diagnosis |
| 14:00 | 30 Treatment of narcolepsy and hypersomnia of central origin |
| 14:30 | 31 Parasomnias REM and non-REM |
| 15:00 <i>Break</i> | |
| 15:30 | 32 Sleep in neurodegenerative disorders |
| 16:00 | 33 Epilepsy in sleep |
| 16:30 | 34 Movement disorders with focus on restless legs syndrome and periodic limb movement disorder |
| 19:00 <i>Dinner</i> | |

Tuesday 09.02.2021

| Module 3 SLEEP-DISORDERED BREATHING (SDB) | |
|---|--|
| 8:30 | 11 Pathophysiology of SDB |
| 9:00 | 12 Clinical and diagnostic aspects of SDB |
| 9:30 | 13 SDB in children |
| 10:00 | 14 Cardiovascular & metabolic comorbidities of SDB |
| 10:30 <i>Break</i> | |
| 11:00 | 15 Central sleep apnea and hypoventilation |
| 11:30 | 16 Treatment of SDB - PAP |
| 12:00 | 17 Treatment of SDB - non-PAP |
| 12:30 <i>Lunch*</i> | |
| Module 4 DIAGNOSIS AND TREATMENT OF SDB (WORKSHOP: 5 rotating sessions) 13:30 - 17:00; break @ 15:00 | |
| 18 | Case records in SDB (adults and children) |
| 19 | Practical aspects of PAP therapy |
| 20 | Stepped care approach to central sleep apnea |
| 21 | MRA therapy in daily practice |
| 22 | Ambulatory and telemetric sleep medicine |
| 19:00 <i>Dinner</i> | |

Thursday 11.02.2021

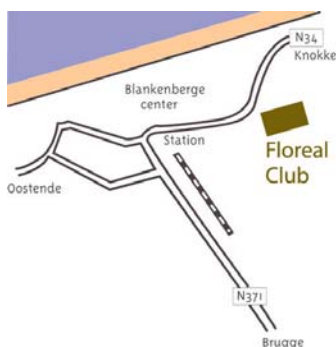
| Module 7 PRACTICAL APPROACH TO INSOMNIA AND HYPERSOMNIA (WORKSHOP: 4 rotating sessions) 8:30 - 11:00; break @ 10:00 | |
|--|---|
| 35 | Case records in adult insomnia / hypersomnia |
| 36 | Treatment interventions for children and families |
| 37 | Treatment of circadian rhythm disorders |
| 38 | Sleep, vigilance and (driving) safety |
| 11:30 <i>Adjourn*</i> | |

* lunches 8-10/02 are included; lunch 11/02 is optional.

VENUE

Floreal Club
Blankenberge
www.florealclub.be

Koning Albert I Laan 59
8370 Blankenberge



REGISTRATION

Registration fee: 1200 €
After registration you will be contacted about your optional accommodation at the Floreal Hotel (ca. 400 € / 3 nights incl. dinner).
Online registration at

www.belsleep.org

HANDOUTS

Educational material will be made available prior to the course

