

INTERNATIONAL SLEEP MEDICINE COURSE

February 08-11, 2021

ISMIC 2021

The Belgian Association for Sleep research and Sleep medicine (BASS) announces the next edition of the International Sleep Medicine Course. The 2021 edition will take place from Monday 08/02/2021 till Thursday 11/02/2021. In view of the persisting COVID-19 pandemic, the BASS Board has decided to fully organize the ISMC as an online course.



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), the Slaapgeneeskundevereniging Nederland (SVNL) and the British Sleep Society (BSS). The ISMC has grown into a highly acclaimed international postgraduate 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.

Online registration is available at www.belsleep.org. The European Accreditation Committee in CNS (EACIC), and the Belgian RIZIV/INAMI have granted the ISMC 2021, respectively 22 CME and 21 credits.

We are looking forward to meeting you online.

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



ISMIC 2021
where you meet the experts

ISMIC 2021

Program

Monday 08.02.2021

Module 1 SLEEP PHYSIOLOGY		Chair: A. Mariman
8:30	Welcome and introduction: Why we sleep?	A. Mariman
9:00	1 Neurological basis of sleep	S. Durrant
9:45	2 Homeostatic and circadian regulation of sleep	Y. van der Werf
10:30 <i>Break</i>		
11:00	3 Age and gender differences in sleep	M. Kerkhofs
11:30	4 Cardio-respiratory physiology in sleep	J. Steier
12:00	5 Sleep and endocrine physiology	B. Kent
12:30 <i>Lunch break</i>		
Module 2 SLEEP ASSESSMENT		Chair: S. Scaillet
13:30	6 Taking a sleep history in the adult	R. Riha
14:00	7 Taking a sleep history in the child	S. Scaillet
14:30	8 Subjective measurements of sleep and sleepiness	D. Pevernagie
15:00 <i>Break</i>		
15:30	9 Objective measurements of sleep and sleepiness (polysomnography and actigraphy)	I. De Volder / M. Willemen
16:00	10 Scoring rules	L. Hill

Tuesday 09.02.2021

Module 3 SLEEP-DISORDERED BREATHING (SDB)		Chair: J. Verbraecken
8:30	11 Pathophysiology of SDB	J. Verbraecken
9:00	12 Clinical and diagnostic aspects of SDB	D. Pevernagie
9:30	13 SDB in children	S. Verhulst
10:00	14 Cardiovascular & metabolic comorbidities of SDB	D. Vogelaers
10:30 <i>Break</i>		
11:00	15 Central sleep apnea and hypoventilation	D. Testelmans
11:30	16 Treatment of SDB - PAP	B. Buyse
12:00	17 Treatment of SDB - non-PAP	P. van Maanen
12:30 <i>Lunch break</i>		
Module 4 DIAGNOSIS AND TREATMENT OF SDB		Chair: B. Buyse
13:30	18 Case records in SDB (adults and children)	A. Volckaert / S. Scaillet
14:00	19 Practical aspects of PAP therapy	K. Hertegonne / S. Bouduin
14:30	20 Stepped care approach to central sleep apnea	H. Janssen / D. Testelmans
15:00 <i>Break</i>		
15:30	21 MRA therapy in daily practice	M. Dieltjens
16:00	22 Ambulatory and telemetric sleep medicine	M. Bruyneel

Wednesday 10.02.2021

Module 5 INSOMNIA & CIRCADIAN RHYTHM DISORDERS		Chair: S. Scaillet
8:30	23 Insomnia disorder	J. Ellis
9:15	24 Insomnia in children	S. Scaillet
10:00	25 Sleep in CF and CFS, CP and FMS	A. Mariman
10:30 <i>Break</i>		
11:00	26 Non-pharmacological treatment of insomnia	I. Verbeek
11:30	27 Pharmacological treatment of insomnia	A. Mariman
12:00	28 Clinical assessment of circadian sleep disorders	M. Gordijn
12:30 <i>Lunch break</i>		
Module 6 NEUROLOGICAL SLEEP DISORDERS		Chair: I. De Volder
13:30	29 Narcolepsy and its differential diagnosis	S. Overeem
14:00	30 Treatment of narcolepsy and hypersomnia of central origin	G.J. Lammers
14:30	31 Rem and Nonrem parasomnia	P. Reading
15:00 <i>Break</i>		
15:30	32 Sleep in neurodegenerative disorders	K. Anderson
16:00	33 Epilepsy in sleep	I. De Volder
16:30	34 Movement disorders with focus on restless legs syndrome and periodic limb movement disorder	M. Strauss

Thursday 11.02.2021

Module 7 PRACTICAL APPROACH TO INSOMNIA AND HYPERSOMNIA		Chair: M. Bruyneel
8:30	35 Case records in adult insomnia / hypersomnia	A. Cortoos / D. Neu
9:00	36 Treatment interventions for children and families	S. Scaillet
9:30	37 Treatment of circadian rhythm disorders	M. Gordijn
10:00 <i>Break</i>		
10:30	38 Sleep, vigilance and (driving) safety	O. Mairesse
11:00 <i>Adjourn</i>		



REGISTRATION

Registration fee: 1300 €
Online registration at

www.belsleep.org

HANDOUTS

Educational material will be made available prior to the course



ISMIC 2021
where you meet the experts

- Kirstie Anderson, Newcastle upon Tyne hospitals NHS, UK (6)
- Stef Bouduin, UZ Gent (4)
- Marie Bruyneel, CHU St-Pierre, Brussel, Belgium (4)
- Bertien Buyse, KUL, Leuven, Belgium (3)
- Aisha Cortoos, UZ Brussel, Belgium (7)
- Ilse De Volder, UZA, Edegem, Belgium (2,6)
- Marijke Dieltjens, UZA, Edegem, Belgium (4)
- Simon Durrant, University of Lincoln, UK (1)
- Jason Ellis, Northumbria Sleep Research Laboratory, UK (5)
- Marijke Gordijn, Rijksuniv. Groningen, NL (5,7)
- Katrien Hertegonne, UZ Gent (4)
- Lizzie Hill, Nuffield Dept. of Clinical Neurosciences, University of Oxford, UK (2)
- Hennie Janssen, Kempenhaeghe, Heeze, NL (4)
- Brian Kent, St James' Hospital Dublin, Ireland (1)
- Myriam Kerkhofs, Psychologist, Belgium (1)
- Gert Jan Lammers, Univ. Leiden, NL (6)
- Olivier Mairesse, VUB, Brussel, Belgium (7)
- An Mariman, UZ Gent, Belgium (1,5)
- Daniel Neu, UVC Brugmann, Bruxelles, Belgium (7)
- Sebastiaan Overeem, Kempenhaeghe, Heeze, NL (6)
- Dirk Pevernagie, UZ Gent, Belgium (2,3)
- Paul Reading, James Cook Univers. Hosp., Middlesbrough, UK (6)
- Renata Riha, University of Edinburgh, Scotland, UK (2)
- Sonia Scaillet, HUDERF, 1020 Bruxelles, Belgium (2,4,5,7)
- Joerg Steier, Guy's and St Thomas' NHS Foundation Trust, Kings College London, UK (1)
- Melanie Strauss, Hôpital Erasme, ULB, Belgium (6)
- Dries Testelmans, KUL, Leuven, Belgium (3,4)
- Ysbrand van der Werf, Amsterdam UMC-Vumc, NL (1)
- Peter van Maanen, Vrije Universiteit Amsterdam, NL (3)
- Ingrid Verbeek, Kempenhaeghe, Heeze, NL (5)
- Johan Verbraecken, UZA, Edegem, Belgium (3)
- Stijn Verhulst, UZA, Edegem, Belgium (3)
- Dirk Vogelaers, UZ Gent, Belgium (3)
- Alain Volckaert, CH Jolimont, Haine St Paul (4)
- Marc Willemen, UZA, Edegem, Belgium (2)