

1HDC04

TIME: 13:00 – 16:15

COURSE TITLE: SLEEP II

CREDIT: 2 CREDITS

1-RECOMMENDED FOR: NEUROLOGY RESIDENTS AND SPECIALISTS, ACADEMICS

2-OBJECTIVE OF THE COURSE:

The first session of this half-day sleep course numbered 1YGK04 aims at discussing how to approach a patient who is admitted with the complaints of insomnia, excessive daytime sleepiness and abnormal movement in sleep. The objective of the session is to discuss with physicians how the approach should be on the way from the most common sleep-related symptoms to diagnosis, diseases in the differential diagnosis and diseases associated with sleep.

In the second session, the effects of sleep deprivation on cognition, quality of life and work/school life will be discussed. Another important point which is the legal aspect of sleep disorders frequently asked to physicians dealing with sleep medicine will be discussed.

3-WHAT WILL BE THE LEARNING OUTCOMES THAT THE PARTICIPANTS WILL ACQUIRE AT THE END OF THE COURSE?

Physicians participating in this course will improve their knowledge and experience about how to approach patients admitted with a sleep-associated complaint and the differential diagnosis.

In the second session of the course, participants will be informed about the effects of sleep deprivation and its secondary consequences. Finally, criminal cases as regards sleep-associated diseases, approach to military service and driving license and ministerial recommendations.

4-PARTICIPANTS ARE EXPECTED TO: LISTEN, SHARE THEIR EXPERIENCES, GET ACTIVELY INVOLVED IN DISCUSSIONS

5-COURSE PROGRAM

Session Title: Approach to Sleep Disorders and Their Impact on Our Lives

Moderator:

Hikmet Yılmaz (Celal Bayar University Faculty of Medicine, Neurology Dpt.)

Speakers and Topics:

- Insomnia – Is it a Symptom or Disease?
Gülçin Benbir Şenel
(İstanbul University – Cerrahpaşa, Cerrahpaşa Faculty of Medicine, Neurology Dpt.)

- Excessive Daytime Sleepiness- Is it a Symptom or Disease?
Hikmet Yılmaz
(Celal Bayar University Faculty of Medicine, Neurology Dpt.)

- Abnormal Movements in Sleep - Is it a Symptom or Disease?
Murat Aksu
(Acıbadem University Faculty of Medicine, Neurology Dpt.)

BREAK (15 dakika)

Session Title: Effects of Sleep Disorders on Our Lives

Speakers and Topics:

- Why do we Sleep, What Happens If We Don't Sleep?
Utku Ođan Akyıldız
(Adnan Menderes University Faculty of Medicine, Neurology Dpt.)
- Criminal Cases Related to Sleep Disorders, Military Service and Driving License Issues
Güray Koç
(Gülhane Training and Research Hospital, Neurology Clinic)
- Discussion