



Comprehensive Sleep Medicine Course 2024

Certified Program for Medical Practitioners



Admissions Open

6 month course | Batch starts in November 2024

Index

- Welcome Message from Course Director Dr. JC Suri 1
- Welcome Message from Philips 2
- Welcome Message from President of Indian Sleep Disorders Association 3
- About the Course 4
- About the Academy 5
- Course Objectives 6
- Course Module 1 & 2 7
- Course Module 3 & 4 8
- Course Workshop (In-person) 9
- Course Structure & Details 10
- Gallery 11
- Participant Testimonials 12

Welcome Message from **Dr JC Suri**

Over the past century, tremendous progress has been made in the understanding of sleep. Today, we acknowledge the importance of sleep as a physiologic necessity. Conversely, abnormal sleep has been recognized to contribute to various adverse health outcomes. Hence, the specialty of Sleep Medicine has received unprecedented interest worldwide. Today, there are rapid advancements in the diagnosis and therapy of sleep disorders with the adoption of new technologies.



Despite these advances, Sleep Medicine training remains in its nascent stages in India. To overcome this gap, the first three editions of the “Comprehensive Sleep Medicine Course” were successfully conducted in 2021, 2022, and 2023 respectively. The course included a core curriculum aimed to impart proficiency in basic sleep science, approach to diagnosis and management of sleep disorders, and applied technologies in Sleep Medicine. The course comprised of live and recorded online lectures over six months, and an in-person weekend contact programme. After the heart-warming response to the first three editions, we are now announcing the fourth edition of the “Comprehensive Sleep Medicine Course”. Based on the feedback of the previous three courses, we have redesigned some aspects of the course to make it more interactive with updated course material, self-assessment tests, and emphasis on practical application of knowledge. We look forward to your presence as we embark on this academic voyage.



Dr JC Suri

Course Director

Director and Head, Department of Pulmonary, Critical Care and Sleep Medicine, Sitaram Bhartiya Institute of Science and Research, Qutab Institutional Area , New Delhi

Formerly Consultant, Professor and Head, Department of Pulmonary, Critical Care and Sleep Medicine, Vardhman Mahavir Medical College and Safdarjung Hospital, New Delhi

Founder President and Chairman, Indian Sleep Disorders Association
Editor-in-chief Indian Journal of Sleep Medicine

Welcome Message from Philips

Aditi Sood

Philips, a leading player in health-technology is on a mission to improve 2.5 billion lives every year by 2030. Our approach is to enhance people's health and well-being through meaningful innovations, driven by the needs of patients and health care professionals. Sleep Care has been an key area of focus for Philips, offering a broad range of solutions across sleep diagnostics, therapy devices, software and monitoring solutions.



The 'Comprehensive Sleep Course' is brought to you by 'Academy of Pulmonary Critical Care & Sleep Medicine' (APCCSM) & Philips Academy under the aegis of Indian Sleep Disorders Association (ISDA) and via this course we aim to build the next generation of Sleep practitioners in India. The academic agenda for this course is carefully curated by stellar faculty and in house clinical experts based on the experiences and learning from clinician trainings conducted across India for over a decade.

The course was started in October 2020 and the first three batches have garnered immense acclaim over >250 clinicians participating from several faculties of medicine such as Pulmonology, Neurology, ENT, Physiology, Dentistry and General Medicine. we at Philips are excited to bring the fourth edition of this course in 2024 as a transformative opportunity. Let me share a brief glimpse of what awaits you

- Unparalleled expertise of renowned International and national faculty , who will share their valuable clinical insights from their sleep practice.
- Comprehensive curriculum covering a broad range of topics required for setting-up of sleep practice and providing the best-in-class care to your patients.
- Interactive learning with conveniently delivered live lectures, dynamic discussions and case studies along with an option for hands-on learning as well

As Philips, continuing our approach of serving patients through clinicians, we take pride in contributing to your learning and professional journey through this course and beyond. With our pan India network of clinical team, sales and service support personnel, you can rely on us as your academic partner in every step of your sleep practice. As upcoming Sleep clinicians in India, we wish you all the success in shaping up the Sleep care practice focused on the needs of patients we serve.

With best regards, on behalf of Philips India Ltd.



Aditi Sood

Business Head - Sleep & Respiratory
Care Philips India Limited

Welcome Message from President of Indian Sleep Disorders Association

Dr. Vikram Sarbhai

Indian Sleep Disorders Association (ISDA) in the last two and half decades of its existence has been the leading Society in India in promoting sleep medicine education advocacy. Through its annual international conference (Sleepcon), National Sleep Medicine Courses, sleep symposia and training sessions,

ISDA has taken Sleep Medicine Education to the doorstep of medical and paramedical professionals across India. ISDA has helped enhance the capability of physicians in India to manage sleep disorders at par with international standards. The association also publishes the quarterly "Indian Journal of Sleep Medicine," numerous books and training manuals in Sleep Medicine.



Sleep Medicine training has been gradually incorporated in many post-graduate (MD) and super-speciality (DM) courses in India. Sleep medicine is a multidisciplinary subspeciality which is essential for the disciplines of Pulmonology, Neurology, Psychiatry, ENT, Cardiology, Internal Medicine, Pediatrics, Dentistry, Physiology and many others. However, there is still an acute shortage of sleep medicine practitioners in India.

In today's round the clock functioning world with stressful and sedentary lifestyles, there is an epidemic of sleep disorders leading to an unmet need for sleep physicians in the country. Hence, there is a rising sense of urgency to train medical professionals with a formal curriculum of sleep medicine to ensure highest quality of clinical practice. Its therefore high time for enacting this "vision" into a "mission" ISDA is proud to endorse the "Academy of Pulmonary, Critical Care and Sleep Medicine" (APCCSM) for the "Comprehensive Sleep Medicine Course" that will include 6 months of curriculum based comprehensive Sleep Medicine training for Medical Professionals in India and abroad.

Candidates who successfully complete the course and its examination will be awarded a "Certified Sleep Physician" testimonial from ISDA and APCCSM.

A handwritten signature in blue ink that reads "Sarbhai". The signature is written in a cursive style and is underlined with a single horizontal line.

Dr. Vikram Sarbhai

MD, DNB, FCCP (USA), FACP (USA), FNCCP(I), FISDA President – ISDA
Senior Consultant-Pulmonology, Critical Care and Sleep Medicine,
National Heart Institute, East of Kailash, New Delhi

About the Course

- First comprehensive and holistic learning platform of sleep medicine for physicians in India
- Dual focus on imparting a sound theoretical background and a mastery of practical skills
- Emphasis on both clinical aspects of sleep medicine and applied technologies
- The learner will be able to confidently work in their assigned role in a sleep medicine program or set-up an independent sleep practice
- The course is designed as a set of modules, each consisting of a series of online lectures which can be viewed by the learner at the convenience of home
- Supplementary reading material to assist learning will be provided where necessary
- Self-assessment tests to be completed with each topic to enhance learning and confidence
- Besides the online learning, there will be an opportunity to attend the hands-on two-day in-person workshop under the expert guidance of experienced sleep physicians and technologists.
- This course is designed by pioneering sleep specialist, Prof JC Suri and is endorsed by the Indian Sleep Disorder Association
- The learners will be provided certification under the auspices of the Indian Sleep Disorders Association.



About the Academy

The “Comprehensive Sleep Medicine Course” program will be conducted by the Academy of Pulmonary, Critical Care and Sleep Medicine (APCCSM).

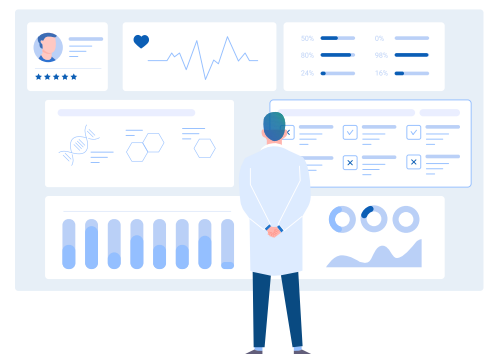
APCCSM is an organisation with the mission of fostering educational and training programmes for healthcare professionals in the fields of Sleep Medicine, Pulmonary Medicine, Interventional Pulmonology and Critical Care. The Academy aims to set a benchmark of excellence in clinical training in these fields. It also aims to raise public awareness on related health issues and undertake patient education activities.

APCCSM has cultivated a mix of modern online educational technology and traditional classroom methods of teaching for the delivery of the training programs. The organisation has a well set and ready to go digital infrastructure along with the experience of conducting in-person classroom and training sessions.



Course Objectives

- To familiarize with the neurobiology of sleep and the architecture of sleep in health and disease
- To learn the basic approach to a patient presenting with a sleep disorder
- To understand the concepts of polysomnography and gain proficiency in scoring, interpreting, and reporting various types of sleep studies
- To become confident in the management of sleep-disordered breathing, insomnia, narcolepsy, circadian-rhythm disorders, parasomnias, and other sleep disorders
- To gain expertise in positive airway pressure therapy in sleep-disordered breathing including choosing the right device, titration of pressures and troubleshooting common problems with therapy
- To be able to successfully manage a sleep medicine program including establishing a sleep lab, staffing, infection control and handling emergencies



Course Curriculum



Module 1

Basics of Sleep Neurobiology, Physiology & Pathophysiology

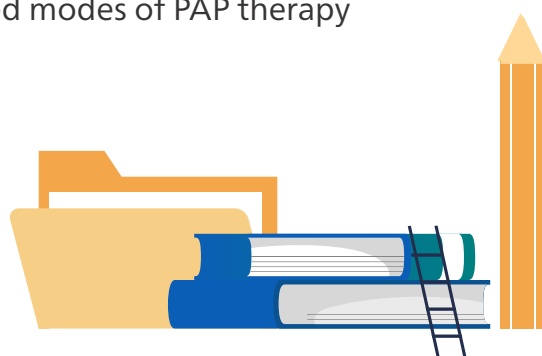
Normal sleep, sleep architecture, circadian biology, neurobiology & neurophysiology of sleep, neuropharmacology of sleep, respiratory system & sleep, sleep deprivation & consequences of abnormal sleep



Module 2

Sleep-related Breathing Disorders & Positive Airway Pressure Therapy

Obstructive sleep apnea (definitions, pathophysiology, phenotypes, epidemiology, diagnosis, cardiometabolic consequences, and treatment principles including PAP therapy), oral appliances & surgeries for OSA, paediatric obstructive sleep apnea, central sleep apnea, obesity hypoventilation syndrome, COPD-OA overlap syndrome, sleep in neuromuscular diseases, sleep in ILD, advanced modes of PAP therapy





Module 3

Non-respiratory sleep disorders

Insomnia, Hypersomnias of central origin & Narcolepsy, Multiple sleep latency test, Circadian rhythm disorders, Restless legs syndrome and Periodic limb movement disorder, Parasomnias



Module 4

Clinical and Laboratory approach to Sleep Medicine

Approach to a patient with excessive daytime sleepiness, approach to a patient with sleep-disordered breathing, polysomnography, sleep stage scoring, sleep-related movements scoring, respiratory scoring, home sleep apnea testing, actigraphy, consumer sleep technologies



Course

Workshop - In-Person

- Polysomnography equipment & setup, live electrode placement, whole night recording & troubleshooting
- Hands-on sleep scoring and hands-on respiratory scoring
- PAP device demonstration (CPAP/BPAP/APAP/ASV/AVAPS), interfaces demonstration,
- Case-based PAP titration for OSA/CSA/OHS/COPD-OSA overlap syndrome/neuromuscular disease
- Sleep study report generation & interpretation,
- Case-based PAP download interpretation, troubleshooting with PAP & interface-related issues
- Practical aspects of MSLT

Course Structure

Teaching Methodology:

- The teaching pedagogy would include a blend of conceptual teaching with case-based examples. A vast majority of the sessions would be conducted live with the faculty and would be preceded by relevant pre-reads for students.
- There would be a hands-on contact programme to familiarize students with the practical aspects of sleep medicine
- Upon successful registration, students would receive a login id and password to an online learning management portal.
- All the live sessions would be hosted on this portal and recorded sessions would be available for future reference for the entire duration of this course.
- Multiple tests and quizzes will be posted periodically for self-assessment
- Upon successful completion of the course and self-assessment tests, the students will be awarded a certificate from APCCSM, ISDA, and Philips

Eligibility: Physicians, Surgeons, and Resident Doctors with interest in Sleep Medicine

Duration:

- 6-month online course (once weekly 2 to 3-hr interactive live class)
- Two-day weekend contact programme at end of the course (optional)

Faculty: Eminent faculty members specializing in the field of sleep medicine

Course Fees: Rs 65000 + 18% GST Online + contact program,
and Rs 50000 + 18% GST for online program only

Course coordinator email: apccsmcourses@gmail.com

Phone No: 9910993745

For Registration & Payment
please visit weblink or Click here

www.apccsm.com/register



Gallery



Participant Testimonials



Dr Anurag Deshpande, Noida, NCR

The overall design of the program was excellent and step by step. The lectures enhanced our understanding and the contact program has actually practically made it possible to gain confidence on how to interpret sleep reports, how to titrate and to go into all the minute details. I highly recommend this course for those interested in Sleep Medicine Career and in quality work



Dr Pranali Patil, Virar, Maharashtra

As a Pulmonologist interested in Sleep Medicine, I found it very helpful and enriching and I could have never thought of learning it in a better way than learning it from Prof.Suri. Online sessions made it practically possible for me to attend conveniently and course covered all the aspects of sleep medicine in detail.



Dr Darshan Kumar Bajaj, Lucknow, UP

This course has opened my perspective for this stream of Sleep Medicine and now it is definitely going to help me to manage my patients in a better way and I have already started recommending this course to my fellow colleagues and juniors so this course is definitely recommended for anybody who wants to develop expertise and Sleep Medicine



Dr Datta Nadgir, Hubli, Karnataka

Thanks to APCCSM and Philips for organizing a wonderful contact program. The program was very systematically and methodically organized. The contact program was very useful in clearing all the doubts which I had during the online course. Would like to have more such programs in future



Dr Puran Chand Kaushik, Delhi

The course content, material and support were exceptionally good. The sessions were interactive and question answer sessions were exceptional. The time spent in attending the classes was valuable. There is no better teacher than Professor Suri in Sleep and Chest medicine.

From a classroom-like experience to faculty and peer chat this multi-featured platform is sure to make learning a rich and fun experience for you.

To know more about the course,

Contact us on 9910993745 or

Email: apccsmcourses@gmail.com

For further details and registration, visit

www.apccsm.com