

## Update in Primary Care Medicine – Integrated Sleep Health

Time	Topic	Presenters
<b>8.00 - 8.50am</b>	<b>Registration</b>	
8.50 - 9.00am	Welcome & Introduction	<b>Dr Dev Banerjee</b> Sleep Physician
9.00 - 9.15am	OSA & obesity related breathlessness	<b>Dr Dev Banerjee</b> Sleep Physician
9.15 - 9.30am	Obesity & Weight loss	<b>Liz Cayanan</b> Exercise Physiologist/Nutritionist
9.30 - 9.45am	Paediatric snoring and sleep apnea	<b>Dr Chetan Pandit</b> Paediatric Sleep and Respiratory Physician
9.45 - 10.45am	Case studies/Workshop	<b>Break into groups</b>
<b>10.45 - 11.00am</b>	<b>Morning Tea</b>	
11.00 - 11.15am	Parkinson's Disease	<b>Prof Simon Lewis</b> Neurologist
11.15 - 11.30am	Things that go bump in the night: Sleepwalking and RBD	<b>Dr Dev Banerjee</b> Sleep Physician
11.30 - 11.45am	Sleep Stress & Trauma	<b>Dr Sonia Kumar</b> Psychiatrist
11.45 - 12.45pm	Case studies/Workshop	<b>Break into groups</b>
<b>12.45 - 1.30pm</b>	<b>Lunch / Clinic Tours</b>	
1.30 - 1.45pm	Insomnia	<b>A/Prof Delwyn Bartlett</b> Psychologist
1.45 – 2.00pm	Sleep & Depression	<b>Dr Chris Blackwell</b> Psychiatrist
2.00 - 2.15pm	Allergic Rhinitis	<b>A/Prof Nicholas Stow</b> ENT Surgeon
2.15 - 3.15pm	Case Studies/ Workshop	<b>Break into groups</b>
<b>3.15 - 3.30pm</b>	<b>Afternoon Tea</b>	
3.30 – 4.30pm	Panel discussion & further cases	Chair - <b>Dr Dev Banerjee</b> Sleep Physician
<b>4.30pm</b>	<b>Feedback forms &amp; close</b>	