



asa masterclass 

Hypersomnolence Masterclass

Saturday, 31 July 2021
9:30am - 3:30pm AEST

Register Now





Hypersomnolence masterclass

This day-long virtual masterclass has an in-depth clinical focus aimed at sleep and respiratory physicians, general physicians, advanced trainees (in particular respiratory, sleep, neurology, psychiatry, general medicine), psychiatrists, neurologists, psychologists and general practitioners.

The masterclass offers keynote presentations from international experts – **Dr Christelle Peyron**, **Assistant Professor David Plante** and **Dr Lynn Marie Trotti** – along with thoughtful interactive learning opportunities hosted by local clinical experts in hypersomnolence.

You will be challenged to think anew about therapeutic options for patients struggling with sleepiness, and will have the opportunity to participate in practical clinical decision-making in complex case discussions.

This masterclass is for registered health professionals only, and you will be asked to provide your AHPRA registration number during the registration process.

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Learning objectives

- Understand the pathophysiology of hypersomnolence and specifically central disorders of hypersomnolence
- Develop and refine diagnostic and therapeutic approach to hypersomnolence and central disorders of hypersomnolence
- Gain improved understanding of the complex, overlapping conditions that may impact the diagnosis and management of hypersomnolence.
- Understand the importance of a multidisciplinary team approach in the management of hypersomnolence disorders



The Australasian Sleep Association (ASA) is the peak scientific body in Australia and New Zealand representing clinicians, scientists and researchers working in sleep health and sleep medicine. It promotes and provides education and training to members and the broader health community. ASA also fosters scientific research and establishes best-practice clinical guidelines.

sleep.org.au

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Program

Saturday 31 July 2021 (AEST)

9.30am **Hypersomnolence disorders in Australia – challenges for the clinician**
Sheila Sivam, Chair, Organising Faculty

Pathophysiology

KEYNOTE: Pathophysiology of hypersomnias and recent basic science
Christelle Peyron, University of Lyon, France

- Q&A and discussion on clinical relevance hosted by Sheila Sivam and Simon Frenkel

10.35 **Diagnostics**

KEYNOTE: A tailored approach to diagnosis: mimickers, ad lib MSLT protocols and multi-modality assessment

David Plante, University of Wisconsin, USA

- Q&A and discussion on clinical relevance hosted by Sutapa Mukherjee and John Swieca

Diagnostic case presentation

Lachlan Stranks

- Small group moderated case discussions in breakout rooms, followed by a full group summary of key clinical issues

12.30 Lunch break

1.00pm **Therapeutics**

KEYNOTE: The latest therapeutic options for narcolepsy and idiopathic hypersomnia

Lynn Marie Trotti, Emory University, USA

- Q&A and discussion on the Australian context hosted by Brendon Yee and Ching Li Chai-Coetzer

Therapeutic complex case presentation

Toby Fothergill

- Small group moderated case discussions in breakout rooms, followed by a full group summary of key clinical issues

2.50 **Panel discussion** of cases from multidisciplinary perspectives, along with insights from daily practice – Dr Brad McKay, Dr Moira Junge and Dr Curt Gray hosted by John Swieca

3.30 Close

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Keynote Speakers



Dr Christelle Peyron

National Centre for Scientific Research, France

Dr Christelle Peyron completed her PhD in Neuroscience at Professor Michel Jouvet's laboratory in Lyon (France) with Dr Pierre-Hervé Luppi (1992-1996) studying neuronal network controlling serotonergic neurones of the dorsal raphé during sleep. Following this she completed two post-doc at Stanford University, California (1996 to 2000): the first with Tom Kilduff, taking part in the discovery of the hypocretin (orexin) neuropeptide, and in particular in identifying its brain distribution; the second with E Mignot where Dr Peyron showed that hypocretin neuropeptides are lacking in NT1 narcoleptic patients. She obtained a tenure position in Lyon France in 2002, setting up a lab focussing on NT1 and REM sleep regulation. Dr Peyron is a neuroscientist, performing basic science in a translational approach to study the etiology of narcolepsy (autoimmune approach) as well as the dysregulations induced by the absence of hypocretin in particular on REM sleep dysregulation, to understand some of the observed symptoms such as cataplexy.

Assistant Professor David Plante

University of Wisconsin School of Medicine and Public Health, Wisconsin, USA

David T. Plante, MD, PhD is an Assistant Professor of Psychiatry at the University of Wisconsin-Madison and Medical Director of the Wisconsin Institute for Sleep and Consciousness. Dr. Plante received his medical degree from the University of North Carolina School of Medicine, and completed residency in Adult Psychiatry at Massachusetts General Hospital/McLean Hospital and fellowship in Sleep Medicine at Brigham and Women's Hospital in Boston, MA. His current research focuses on the pathophysiology and evaluation of disorders of central hypersomnolence, with specific emphasis on hypersomnolence comorbid with affective illness. From July 1, he will be an Associate Professor.



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Dr Lynn Marie Trotti
Emory University, Atlanta USA

Dr Lynn Marie Trotti is an Associate Professor of Neurology at Emory University in Atlanta, USA, and evaluates and treats all sleep disorders. She received her MD degree from Baylor College of Medicine and completed a Neurology residency, Sleep Medicine fellowship, and Masters of Science in Clinical Research at Emory University. Her primary research interests are novel treatments for and pathophysiology of idiopathic hypersomnia, narcolepsy, and hypersomnolence due to neurologic disorders (e.g., Parkinson's disease). She is presently funded by the NIH and the American Academy of Sleep Medicine Foundation as PI of two clinical trials for idiopathic hypersomnia and narcolepsy type 2. Her clinical practice focuses on patients with treatment-refractory hypersomnolence. She is the Associate Fellowship Director of Emory's Sleep Medicine Fellowship.

Organising faculty



Dr Sheila Sivam (Chair)

Dr Sivam is a Respiratory and Sleep Medicine Staff Specialist at Royal Prince Alfred Hospital, Sydney, Australia. She also helped establish and run the Narcolepsy and Hypersomnolence Clinic at the Woolcock Institute of Medical Research in Glebe, NSW.

A/Professor Ching Li Chai-Coetzer

Associate Professor Chai-Coetzer is a Senior Postdoctoral Research Fellow at Flinders University and a Respiratory and Sleep Physician who is Clinical Lead of the Sleep Health Service, Southern Adelaide Local Health Network. She completed her PhD in 2012 evaluating a new program for delivering sleep apnoea services by GPs and practice nurses in the community. This work formed the foundation for the National Centre for Sleep Health Services Research.



Dr David Cunnington

Dr Cunnington is a specialist sleep physician, director of Melbourne Sleep Disorders Centre, and co-founder and contributor to SleepHub (sleephub.com.au). His clinical practice covers all areas of sleep medicine, including snoring and sleep apnoea, disorders of sleepiness such as narcolepsy and hypersomnia and problems of getting to sleep and staying asleep such as insomnia and circadian rhythm disorders.

Dr Simon Frenkel

Dr Frenkel has been consulting in the Western and Northern regions of Melbourne for over 15 years. He has a broad interest in all aspects of clinical sleep medicine and, in particular, non-respiratory sleep disorders. Dr Frenkel currently has an appointment as a Staff Specialist at Western Health. He also undertakes private practice in western Melbourne.

**A/Professor Sutapa Mukherjee**

Associate Professor Mukherjee is a sleep physician at the Southern Adelaide Local Health Network and in private practice. She has successfully combined fulltime clinical practice as a respiratory and sleep physician with research. She is Associate Professor of Respiratory and Sleep Medicine at Adelaide Institute for Sleep Health, Flinders University.

Dr John Swieca

Dr Swieca has been the medical director of the Melbourne Sleep Disorders Centre since 1994. Dr Swieca specialises in the management of complex multi-factorial sleep disorders, and is a principal investigator in a range of clinical research trials. Dr Swieca is open to a range of treatment strategies for sleep apnoea, insomnia, restless legs syndrome, parasomnias and narcolepsy.

**A/Professor Brendon Yee**

Associate Professor Yee is a Staff Specialist in Respiratory and Sleep Medicine and Medical Director of Respiratory Failure Services at Royal Prince Alfred Hospital. He is also a consultant for Rural Outreach Services in Sleep and Respiratory Medicine in Central Western NSW, previous Chair of the Professional Standards Committee of the Thoracic Society of Australia and New Zealand and a member of the Clinical Committee of the Australasian Sleep Association.

Speakers**Dr Toby Fothergill**

Dr Fothergill is a general medicine, respiratory and sleep trainee who is currently undertaking his final year of training with Dr David Cunnington. He entered medicine with an honours degree in molecular genetics. Toby's role sees him regularly manage complex patients with hypersomnolence.

Dr Curtis Gray

Dr Curt Gray is an experienced adult psychiatrist with clinical interests in mood and anxiety disorders, trauma and stressor related disorders, the interplay between medical conditions/injuries and mental health, sleep disorders and their relationship to psychiatry, and medicolegal matters related to those areas. He holds appointments to the Mater Health Services Mater in Mind Consultation-Liaison Psychiatry Service, Mental Health Review Tribunal Psychosurgery Panel, and the Queensland QComp Medical Assessment Tribunal (MAT).

**Dr Moira Junge**

Dr Junge is a registered Health Psychologist and a member of the Australian Psychological Society and holds membership within the College of Health Psychology. She has over 20 years' experience as a clinician, and in research. Her areas of expertise include management of sleep disorders, anxiety, depression, management of chronic diseases, reaction and adjustment to illness issues, alcohol and other drug issues and loss and grief issues.

Dr Brad McKay

Dr McKay is an experienced Family Doctor at East Sydney Doctors. In 2013 he became a Medical Expert and host of the television programme 'Embarrassing Bodies Down Under'. Dr McKay has worked with Aboriginal Communities on the NSW Central Coast and at Naas General Hospital in County Kildare, Ireland, as an Emergency Medicine Registrar.

**Dr Lachlan Stranks**

Dr Stranks is an Advanced Trainee in Respiratory & Sleep Medicine, having completed his core training in Adelaide. He is currently undertaking his final year of training as the Clinical Sleep Fellow at the Woolcock Institute of Medical Research in Sydney.