



SLEEP WORKSHOP 2024



18th - 19th July 2024



CPD point will be awarded



Institut Perubatan Respiratori



TARGET PARTICIPANT

- Medical Officer
- General Physician
- Respiratory Fellow
- Allied Health Professional

Registration Fee

Doctors
Early Bird: RM 150
After Early Bird : RM 200

Allied Health Professions
Early Bird: RM 100
After Early Bird : RM 150

Night Session (PSG Level 1)
RM 100

FOR INFORMATION



Organised by:



Endorsed by:



SCAN ME



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Code to register

SLEEP WORKSHOP 2024
INSTITUT PERUBATAN RESPIRATORI
18th – 19th JULY 2024

DAY 1
18th JULY 2024, THURSDAY

Time	Topic	Speaker
0745 – 0815	Registration	
0815 – 0830	Welcome speech	Dr Nurhayati Mohd Marzuki IPR Director
0830 – 0900	Importance of sleep health in overall well-being	Prof Ahmad Izuanuddin Ismail Hospital Al-Sultan Abdullah UiTM
0900 – 0930	Overview of sleep disorder breathing (SDB)	Dr Rashidah Yasin Oriental Melaka Straits Medical Centre
0930 – 1000	Basic anatomy and function of the sleep-wake cycle	Dr Rozanah Abd Rahman Hospital Sultanah Aminah, JB
1000 – 1030	Break & booth visit	
1030 – 1100	History taking and assessment in sleep disorder breathing	Dr Nabilah Salman Parasi @ Sulaiman Institut Perubatan Respiratori
1100 – 1130	Diagnostic test in sleep disorder breathing	Dr Rashidah Yasin Oriental Melaka Straits Medical Centre
1130 – 1200	Understanding the basic of polysomnography (PSG)	Dr Rozanah Abd Rahman Hospital Sultanah Aminah, JB
1200 – 1230	Treatment for obstructive sleep apnoea (OSA)	Dr Megat Razeem Abdul Razak Hospital Tengku Ampuan Afzan, Kuantan
1230 – 1315	Lunch Talk	
1315 – 1400	Break & booth visit	
1400 – 1430	Positive Airway Pressure (PAP) therapy trial: why is it needed and what to look for?	Dr Megat Razeem Abdul Razak Hospital Tengku Ampuan Afzan, Kuantan
1430 – 1630	Breakout session – (30 minutes each) Stations: 1. PSG hook up 2. Introduction to PAP therapy and interface 3. PSG report and PAP trial report 4. Counselling & troubleshooting of CPAP therapy and interface	<ul style="list-style-type: none"> • Hilmi Abdullah (Hospital Al-Sultan Abdullah UiTM) • Dr Fauziah Nasir (Hospital Putrajaya) • Dr Rashidah Yasin (Oriental Melaka Straits Medical Centre) • Dr Nabilah Salman Parasi @ Sulaiman (Institut Perubatan Respiratori)
1630 – 1700	Closing and wrap-up	Dr Nabilah Salman Parasi @ Sulaiman Institut Perubatan Respiratori

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DAY 2

19th JULY 2024, FRIDAY

Time	Topic	Speaker
0800 – 0820	OSA and pregnancy	Dr Muniswaran Ganesham @ Ganeshan Pantai Hospital KL
0820 – 0840	OSA and heart disease	Dr Iskandar Mirza Bin Amran Institut Jantung Negara
0840 – 0900	OSA and respiratory disease	Dr Aisya Natasya Musa Hospital Al-Sultan Abdullah UiTM
0900 – 0920	OSA and craniofacial orthodontics	Dr Mohd Zambri Mohd Makhbul Klinik Pergigian Cahaya Suria KL
0920 – 0940	OSA from ENT perspective	Dr Farah Hani Hassan Hospital Kuala Lumpur
0940 – 1010	Insomnia and management	Prof Rusdi Abd Rashid Pusat Perubatan Universiti Malaya
1010 – 1040	Break & booth visit	
1040 – 1100	Obesity management	Dr Siti Zulfa Zulkifli Hospital Kuala Lumpur
1100 – 1200	Interdisciplinary case discussion	Dr Nabilah Salman Parasi @ Sulaiman Dr Nadiyah Saqiinah Abdul Jalil
1200 – 1245	Lunch talk	
Dismiss		
2100 – 0700	NIGHT SESSION Level 1 PSG (Limited to 10 seats only, first come first serve basis)	Dr Rozanah Abd Rahman Hospital Sultanah Aminah, JB