



CDP Presents: Obstructive Sleep Apnea and Continuous Positive Airway Pressure: Can We Make Adherence to Treatment Easy-Breezy?

This session will review the basic aspects of the diagnosis and chronic management of the common medical disorder known as obstructive sleep apnea (OSA). Treatment focus will be on continuous positive airway pressure (CPAP), which is the first line therapy for OSA. The session will address both medical and behavioral aspects of managing CPAP during the initiation and chronic management stages and provide information on how best to support patient adherence to CPAP therapy.

Target Audience: For behavioral health providers who treat military personnel, veterans, and their families.

Instructional Level: Introductory

Learning Objectives:

Attendees will be able to:

- Demonstrate knowledge of the clinical presentation and diagnosis of obstructive sleep apnea
- Explain the fundamental concepts of continuous positive airway pressure (CPAP) and its role in treatment of obstructive sleep apnea
- Apply effective behavioral techniques to support adherence to CPAP therapy

Agenda for CDP Presents Webinar

Webinar room prep and Lobby time	11:30 am - 12:00 PM
Welcome to CDDP and Speaker Intro	12:00 pm - 12:05 PM
Speaker Presents	12:05 pm - 1:25 PM
Question and Answer	1:25 pm - 1:30 PM



Location Information

Address:

https://deploymentpsych.ce21.com/item/cdpp_october_2024

October 9th, 2024, 12:00 - 1:30 PM

Participate

Registration Information:

Participants can register via the link provided above, utilizing the CE21 system.

Cost/Refunds: Zero cost, no refund policy

Special Accommodations:

If you require special accommodations due to a disability, please contact Jeremy Karp at jeremy.karp.ctr@usuhs.edu 2 weeks prior to the training so that we may provide you with appropriate service.



Presenters

Dr. Indira Gurubhagavatula is Professor of Medicine at the Perelman School of Medicine at the University of Pennsylvania in the Division of Sleep Medicine, where she is director of the sleep medicine fellowship program. She has over 25 years of experience as a sleep medicine attending physician at the Crescenz VA Medical Center in Philadelphia.

Dr. Jennifer Miller is an Assistant Professor at the University of Nebraska Medical Center and an Adult Gerontologic Nurse Practitioner specializing in pulmonary and sleep medicine at Nebraska Pulmonary Specialties in Lincoln, Nebraska. Her research and clinical expertise focus on sleep-disordered breathing diagnosis, treatment, and behavioral techniques to improve positive airway pressure therapy adherence.

Dr. Ilene Rosen is Associate Professor of Medicine in the Division of Sleep Medicine and Vice Chair for Education in the Department of Medicine at the University of Pennsylvania Perelman School of Medicine. She has over 20 years of experience in sleep medical education as well as the clinical practice of sleep medicine.

**There is no commercial support or conflict of interest to report for this presenter.



Continuing Education

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