OSU SLEEP MEDICINE PROGRAM at WEXNER MEDICAL CENTER

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2006 Institute Of Medicine (IOM) Report

- Unmet public health problem.
- ~50-70 million people in the US suffer from sleep disorders.
- Affects health, productivity, and quality of life.
- Available human resources and infrastructural capacity to improve patient care and expand scientific research are insufficient.
2006 IOM Report: recommendations

- Establish interdisciplinary sleep programs in all academic health centers.
- Establish the workforce through education and training.
- Strengthen the sleep research community.
- Increase public and professional awareness.
- Expand accreditation criteria to emphasize chronic disease management.
2006 IOM Report: recommendations

Aligned with service, education, research missions of the OSU Medical Center
2006 IOM Report: recommendations

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Sleep Disorders Program: Overview

• Interdisciplinary program that includes various disciplines.
  – Sleep, pulmonary, neurology, psychiatry, cardiology, ENT, dentistry

• Provides clinical services to patients with sleep disorders.
  – evaluation, diagnosis, and treatment of various sleep disorders including sleep apnea, insomnia, restless legs syndrome, narcolepsy, and parasomnias.

• Mission: service, education, research
Sleep Disorders Program: service

• Sleep Clinics
  – 13 board certified sleep medicine physicians
    • 10 pulmonary background
    • 3 neurology background
  – Consultants (pulmonary, psychiatry, cardiology, ENT, dentistry)
  – 2 nurse practitioners
  – 1 dedicated nurse coordinator
  – 1 respiratory therapist
  – 4 locations (MMP, CarePoint East, Ross ACC, Stoneridge)
  – 35 half day clinics/week: 3500 NEW patients/year
Sleep Disorders Program: service

• Sleep tests (Procedures)
  – in-laboratory sleep medicine related procedures.
  – procedures are performed 7 days a week.
  – Portable in-home sleep studies for appropriate patients.
  – Admission to Epilepsy Monitoring Unit (EMU) for prolonged monitoring for unusual behavior during sleep.
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Sleep Disorders Program: education

Sleep Medicine Fellowship Training Program

- The only sleep medicine fellowship training program in the Columbus area.
- ACGME accredited.
- Re-accredited for full 5 years.
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Sleep Disorders Program: Research

• Basic and translational clinical research.
• Metabolic and cardiovascular consequences of sleep apnea.
• Alternative treatment options for sleep apnea.
• Collaborations:
  – Basic scientists at Davis Heart and Lung Research Institute
  – neuroscience
  – cardiology
  – bariatric surgery program
Sleep Disorders Program: Research

• Collaborations:
  – Sleep Apnea Genetics International Consortium (SAGIC): http://www.med.upenn.edu/sleepctr/SAGIC
  – This unique collaboration comprises international experts in the field of sleep research dedicated to further unraveling the genetics of sleep apnea and its associated co-morbidities. Collaborators part of this consortium include sleep disorder and cardiovascular experts from the U.S., Iceland, Germany, France, Taiwan, Australia, and Brazil.
Sleep Disorders Program: extramural research funding

- NIH
- Industry
- OSU Center for Clinical and Translational Science (CCTS)
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Sleep Disorders Program: professional awareness

• Annual sleep medicine CME since 2005.
• American College of Chest Physicians (ACCP) Sleep Institute, CME.
  – The OSU Sleep Disorders Program was one of twenty programs chosen by the ACCP to host this CME among more than 100 national applicants in 2007.
• Grand Rounds, MedNet 21, other CMEs
Sleep Disorders Program: public awareness

- **Multimedia Content Packages/VNR: 4**
  - *(February 2009)* Treatment for Sleep Apnea Can Reduce Heart Size/*Magalang*  
    Stats: *789* total hits (*473* regional, *316* national), including hits in the *#6* (San Francisco), *#9* (D.C.) and *#10* (Houston) markets

- **National/International Broadcast TV/Radio: 9**
- **National/International Print/online: 23**
- **Regional/Local Broadcast TV Radio: 19**
- **Regional/Local Print/online: 33**
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OSU Sleep Disorders Center: accreditation

• One of first accredited sleep centers in the US.
• Received a 5-year re-accreditation status from the American Academy of Sleep Medicine.
• Accreditation requires meeting 63 standards.
OSU Sleep Disorders Center: accreditation

• Primary purpose is to ensure the highest quality care be delivered to patients with sleep disorders.

• 63 standards describe the required structural, professional and human resource, clinical and technical standards, emergency and quality assurance methods required for accreditation by the AASM.
Sleep Disorders Program: Infrastructure

- Electronic medical records
  - e.g. same day processing of DME orders
- IT - centralized storage/repository
  - allows remote access anywhere
  - facilitates interpretation & reporting
  - facilitates patient care and teaching
  - encourages quality and best practice
- Sleep medicine physicians
- Support staff: NP, nurse coordinator, respiratory therapist
- Education: Fellowship Training Program
- Research: Pulmonary CTO, DHLRI, CRC, CCTS
OSU Sleep Disorders Program: National Reputation

- Member Center of Sleep Research Network
  - 3 out 46 centers are from Ohio
- Member Center of an International Consortium on Sleep Apnea Genetics (http://www.med.upenn.edu/sleepctr/SAGIC)
  - US (2 sites: Penn and OSU)
  - France
  - Iceland
  - Taiwan
  - Australia
  - Germany
  - Brazil
- National leadership positions in professional societies