

Presents



# SALEM SLEEP SUMMIT - 2024

Theme: Integrating Sleep medicine into daily practice

MAY

12  
SUNDAY

2024

## SALEM SLEEP SUMMIT - 2024

Theme: Integrating Sleep medicine into daily practice

Venue - Radisson Hotel, Salem.

[Click to register](#)

Prepare to awaken your practice

\*TNMC credit points applied



# SALEM SLEEP SUMMIT - 2024

***The best bridge between despair and hope is a good night's sleep***

Sleep disorders are often under-diagnosed and lead to morbidity and mortality. We are organising the Salem sleep summit, a first of its kind conference which tries to bridge the gap between scientific advancements and clinical practice in the field of sleep medicine. With a theme centered around "Integrating Sleep Medicine into Daily Practice," this summit aims to empower healthcare providers with the knowledge and skills necessary to recognize, diagnose, and manage sleep disorders effectively.

## Organising Team:

**Dr Suresh Viswanathan**

Managing Director

SKS Hospital & Postgraduate Medical Institute

**Dr Shirpi mani**

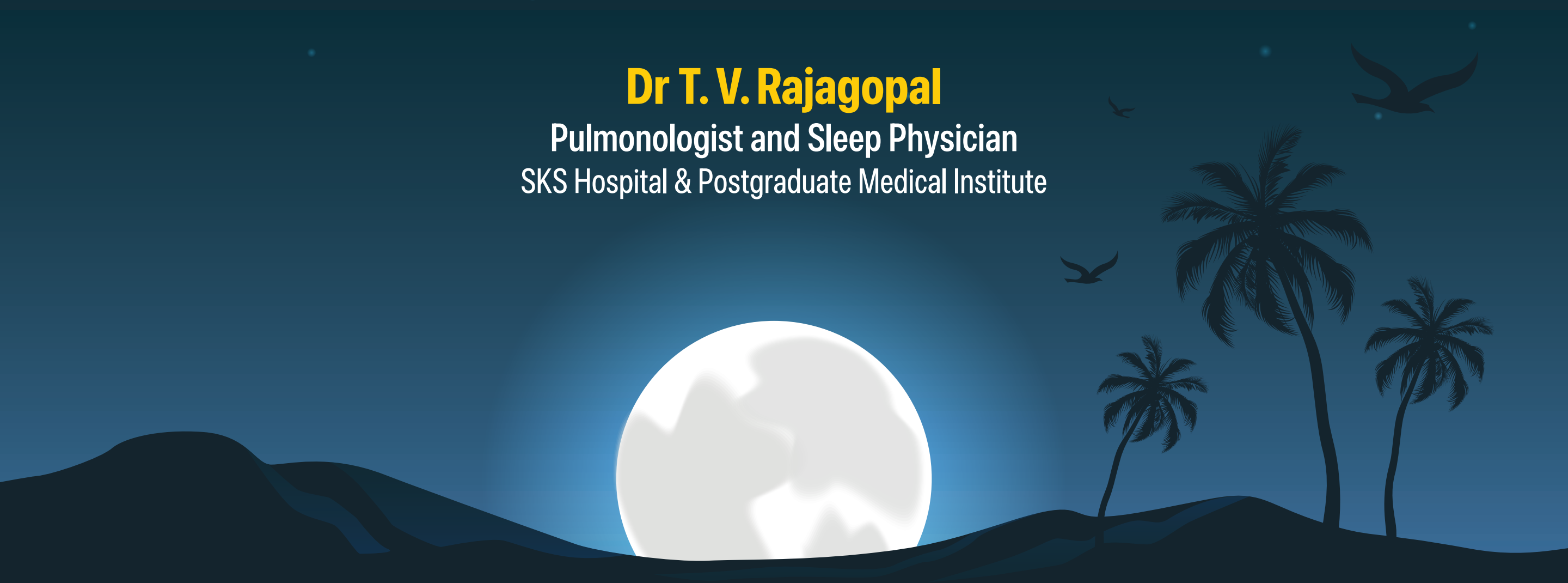
Chief Executive Director

SKS Hospital & Postgraduate Medical Institute

**Dr T. V. Rajagopal**

Pulmonologist and Sleep Physician

SKS Hospital & Postgraduate Medical Institute



# Faculties



**Dr Aswin Oliver**

Associate Professor, Respiratory medicine,  
Christian Medical College, Vellore



**Dr Abhishek Goyal**

Professor, GEIMS, Dehradun.



**Dr Ravi Gupta**

Professor of Psychiatry,  
AIIMS, Rishikesh



**Dr Ravi Yadav**

Professor of Neurology,  
NIMHANS, Bangalore.



**Dr Viswesvaran Balasubramanian**

Interventional Pulmonology & Sleep Medicine  
Yashoda Hospitals, Somajiguda, Hyderabad



**Dr Vijaya Krishnan, ENT Surgeon,**

HOD - Snoring & Sleep Disorders  
Madras ENT Research Foundation



**Dr T. V. Rajagopal**

Pulmonologist and Sleep Physician  
SKSH & PGMI, Salem.



**Dr M. Shathish Kumar**

Adult, Paediatric & Interventional Cardiologist  
SKSH & PGMI, Salem.



**Dr S. Nishanth**

Critical Care Physician  
SKSH & PGMI, Salem.



**Dr Major. P. Sabari rajan**

ENT, Head & Neck Surgeon  
SKSH & PGMI, Salem.



**Dr M. Senthil Raja**

Diabetologist & Endocrinologist  
SKSH & PGMI, Salem.



**Dr G. Gunaseelan**

Critical Care Physician & Pulmonologist  
SKSH & PGMI, Salem.



**Dr R. Shinika**

Child & Adolescent Psychiatrist  
SKSH & PGMI, Salem.

# Programme Schedule

## Session 1: Obstructive sleep Apnea - Basics

Timing	Topic	Speaker	Chairpersons
9:00 am to 9:20 am	Basics of sleep disordered breathing & its complications	Dr A. Ashwin Oliver	Dr J. Ram, Pulmonologist, SIMS Chellum hospital, Salem.
9:20 am to 9.40 am	SA: Burden and screening questionnaire in Indian settings	Dr Abhishek Goyal	Dr R. Velraj, Pulmonologist, RV lung care, Salem.
9.40 am to 10.00 am	In-lab Vs Out-of-lab testing: When & How?	Dr T. V. Rajagopal	Dr J. A. Vasantha Kumar, HOD, Dept. of Medicine, Dharmapuri Medical College.

10.00 am  
to 10.15 am

Q & A

10.15 am  
to 10.45 am

Inauguration

10.45 am  
to 11.00 am

Break

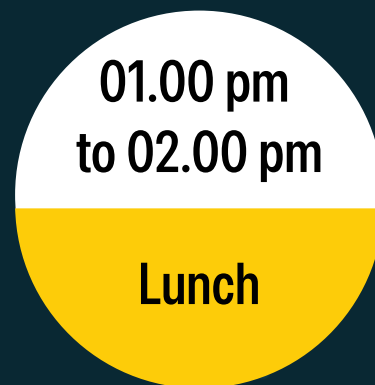
## Session 2: Endocrinology & Sleep

11.00 am to 11.20 am	Metabolic syndrome & OSA – The Missing link	Dr M. Senthil Raja	Dr M. G. Yuvaraj, Diabetologist, MG diabetes centre, Salem.
11.20 am to 11.40 am	When to screen for OSA in Hypertensives?	Dr S. Nishanth	Dr Sathian Raghavan, Endocrinologist, Shanmuga hospital, Salem. Dr S.Priyadharshini, Physician, SKS Hospital, Salem.



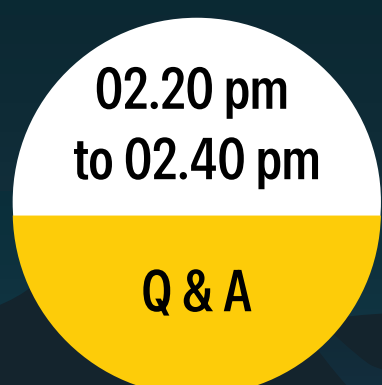
### Session 3 : Psychiatry & Sleep

11.55 am to 12.15 pm	Insomnia – The Burden and how to evaluate?	Dr Ravi Gupta	Dr M. Rajeshwari Former HOD, Dept. of Psychiatry GMKMCH, Salem.  Dr K.S. Ravishankar, HOD, Dept of Psychiatry, GMKMCH, Salem.
12.15 pm to 12.35 pm	CBT-I: The game changer in insomnia management	Dr R. Shinika	



### Session 4: Cardiology & Sleep

02.00 pm to 02.20 pm	Heart failure & OSA – The deadly duo	Dr M. Shathish kumar	Dr S. Suresh Kanna, HOD, Dept. of Medicine, GMKMCH, Salem.
----------------------	--------------------------------------	----------------------	--



Dr D. Vijayaraju,  
Professor of Medicine  
GMKMCH, Salem.

Dr S. Sudhaselvi,  
Associate Professor of Medicine,  
Namakkal Medical college.

## Session 5: Neurology & Sleep

02.40 pm to 03.00 pm	Restless leg syndrome – Are we missing the elephant in the room?	Dr Ravi Yadav	Dr N. Balamurugan, Neurologist, SIMS Chellum Hospital, Salem.  Dr C. Prabakaran, Neurologist, Neuro foundation, Salem.  Dr D. Muthukumaran, Assistant Professor of Neurology, GMKMCH, Salem.
03.00 pm to 03.15 pm Q & A	3.15 pm to 3.30 pm Break		

## Session 6: Management of OSA

03.30 pm to 03.50 pm	What do we do in Sleep lab?	Dr G. Gunaseelan	Dr M. Krishnasundari, HOD of ENT, GMKMCH, Salem.
03.50 pm to 04.10 pm	Role of DISE in the evaluation of OSA	Dr Major. P. Sabarirajan	Dr A. Sivaprakasam, Senior Assistant Professor of Pulmonology GMKMCH, Salem.
04.10 pm to 04.30 pm	Surgeon's perspective - OSA	Dr Vijaya Krishnan	Dr C. Sidhuraj, Pulmonologist, Dharan hospital, Salem.
04.30 pm to 4.50 pm	PAP therapy basics to bedside	Dr Viswesvaran Balasubramanian	

04.50 pm  
to 05.10 pm

Q & A

**Registration** Last date for registration - 05/05/24

**Discover the latest in sleep medicine at the Salem Sleep Summit!**

Registration for our CME is now open at [skshospital.org](http://skshospital.org)

For Registration related queries, kindly contact:

**Dr T. V. Rajagopal : +91 96006 62275 | Mr. Murali: +91 99944 11152**

**Click to register**

Sleep Technologists  
Respiratory Therapists

**₹ 800/-**

Postgraduates

**₹ 1000/-**

Consultants

**₹ 1500/-**

Please note : Spot Registration - ₹ 1750 /-

**Who can register!**

Physicians, General Practitioners, Diabetologists, Pulmonologists, ENT Surgeons, Endocrinologists, Neurologists, Psychiatrists, Cardiologists, Sleep Technicians, Respiratory Therapists.



**Join us for the event & Collaborate for a better future!**