



Sleep Masterclass

Monday 14th November 2022

Virtual Event via Zoom

9am Registration, 9.30am Welcome and 4.30pm, Close

This sleep masterclass is aimed to provide a comprehensive overview of sleep disorders to help busy clinicians identify, assess and manage common sleep presentations in children and adults with emotional difficulties and mental disorders. The program intent to cover various dimensions of sleep disorders. This year the focus will be on Insomnia, effects of psychotropic medications on sleep and useful treatment options.

This course aims to provide delegates with:

- Understand common sleep difficulties in people presenting with emotional difficulties and mental health
- How to write a personal centred and trauma informed sleep care plan
- Therapies and Medication

Programme:

9.30am	Welcome and introduction Dr Miriam Isaac , Consultant Psychiatrist and Honorary Clinical Lead Sleep Pathway North of England Deaf CAMHS, Leeds & York Partnership NHS Foundation Trust	2.00pm	~ Afternoon refreshments ~
9.45am	Insomnia Dr Hugh Selsick , Lead Consultant, Non Organic Insomnia Service, The Royal London Hospital for Integrated Medicine	14.15pm	Introduce Speaker
10.45am	~ Morning refreshments ~	14.20pm	Parasomnia – Assessment and Treatment Dr Paul Reading , Consultant Neurologist, South Tees Hospitals NHS Foundation Trust
11.00am	Autism and Sleep Dr Alwyn Kam , Specialty Doctor with both the Leeds Autism Diagnostic Service (LADS) and Psychiatry of Learning Disability at Leeds and York Partnership NHS Foundation Trust & Dr Keri Lodge , Consultant in Learning Disability Psychiatry and Leeds Autism Diagnostic Service	14.55pm	Introduce Speaker
11.30am	Effects of Psychotropic Medication on Sleep Dr Dawn Fleming , Advanced Clinical Pharmacist, Leeds and York Partnership NHS Foundation Trust	15.00pm	Obstructive Sleep Apnoea and Mental Health Issues Dr Dipansu Ghosh , Consultant Respiratory Physician, Leeds Teaching Hospitals NHS Trust
12.00pm	~ Lunch ~	15.35pm	Introduce Speaker
1.00pm	Pharmacological and Non-Pharmacological Interventions for Sleep Dr Nicholas Meyer , Consultant in Psychiatry and Sleep Medicine University College London Hospitals NHS Foundation Trust	15.40pm	Developing a trauma informed sleep plan Dr Miriam Isaac , Consultant Psychiatrist and Honorary Clinical Lead Sleep Pathway North of England Deaf CAMHS, Leeds & York Partnership NHS Foundation Trust and Dr Gill Nowell , Clinical Psychologist, Leeds, and York Partnership NHS Foundation Trust
		4.15pm	Question and Answer
		4.30pm	Close

Course Fees:

£185.00

All learning materials are included.

Reservations:

Please complete the reservation form and email to andrewsimscenre.lypft@nhst.net

If you are paying by debit or credit card, why not BOOK ONLINE and receive a £10 discount on the advertised price?

Study Methods and Accreditation:

Lectures, small group work, group discussions, question and answer sessions, case studies, case directed discussions etc. This course is eligible for 6 CPD hours subject to your peer group approval.

This conference is suitable for:

Primary care physicians and mental health professionals



Andrew Sims Centre Reservation Form

Course Title: **Sleep Masterclass**

Date: **Monday 14th November 2022**



Leeds and York Partnership
NHS Foundation Trust

YOUR DETAILS

PLEASE PRINT YOUR DETAILS IN BLOCK CAPITALS

Title First Name

Surname Job Title

Speciality

Trust / Organisation

Preferred Mailing Address

.....Postcode

Work Telephone Mobile

Email

Dietary Other

Signature Date

NEWSLETTER AND MARKETING

We want to stay in touch, to let you know about our future courses, discounts and ASC news. If you want to receive this information via our email Newsletter, sent every two weeks, please click [here](#).

COURSE FEES

[] One Place £185.00

BOOKING & PAYMENT OPTIONS

Please choose ONE of the following payment options (1 to 6)

- ONLINE:** andrewsimscentre.nhs.uk and RECEIVE £10 DISCOUNT with a credit or debit card
- TELEPHONE:** 0113 855 5638 with a credit or debit card
- EMAIL:** andrewsimscentre.lypft@nhst.net
- BACS:** Account Number: 10003312 Sort Code: 60-70-80
Please use ref **ASC141122-DELEGATENAME**
- INVOICE:** Please send a copy of Purchase Order with delegate details to andrewsimscentre.lypft@nhs.net
Trust

Purchase Order Number

- LYPFT Internal Transfer:**
Budget Holder Name.....
Budget Holder Email

Budget Code:

Budget Holders signature

Budget Transfer will occur in **November 2022**

All Payment must be received in advance of event.

HOW TO BOOK

If you are paying by debit or credit card, please BOOK ONLINE, otherwise please complete the reservation form and email it to andrewsimscentre.lypft@nhs.net. Please check individual courses for venue details.

PAYMENT METHODS

We prefer to receive payment by credit card. If you would like us to invoice your organisation, a copy of your Trust's or organisation's official purchase order must be enclosed with this booking. **Payment must be received before the course date.** If payment is not received by the day of the course, you will be asked to guarantee your place with a personal credit card on the day. Leeds and York Partnership NHS Foundation Trust staff must provide a budget code and budget holders authorisation.

ACCREDITATION

This course is eligible for 6 CPD hours subject to your peer group approval.

THE VENUE

This event will be conducted virtually via Zoom, please ensure that you have the software downloaded and a free account created prior to the day of this course. You can sign up to Zoom [here](#). More information regarding Zoom and how to join the course will be emailed 2 weeks prior to the event.

CONFIRMATION OF RESERVATIONS

All reservations will be confirmed immediately in writing. Further details including programme times and venue information, will be forwarded approximately 2 weeks prior to the event date. Please ensure you have provided an email address as all booking confirmations will take place by email.

RESERVATION & CANCELLATION POLICY

Cancellations must be received in writing at least two weeks prior to the course date to be entitled to a refund, which will be subject to a 20% administration fee (minimum £20). We regret that cancellations received after this date cannot be refunded, and refunds cannot be made for failure to attend the event. However, a substitute delegate will be welcomed in your place at any time.

FURTHER INFORMATION

The Andrew Sims Centre ("ASC") is part of Leeds and York Partnership NHS Foundation Trust ("LYPFT"). Your personal information will be stored and processed by the ASC, Stripe and HMA according to the General Data Protection Law ('GDPR'). If you would like further information about this please contact us. Your personal information will be used by the ASC to process your application to attend our events.

If you would like to keep up to date with our events and activities, please tick []

If you have booked with the ASC before and already receive our Newsletter and want to unsubscribe please tick here []

If you would like your details to be made available to our third-party partners such as selected event co-partner organisations, or to companies sponsoring or exhibiting at our events, please tick []

