

Educator

Dane is a Consultant Psychiatrist at Southmead Hospital. Part of his role involves running an outpatient neuropsychiatry sleep disorder clinic, along with 2 beds at the Rosa Burden Centre for Neuropsychiatry for carrying out sleep studies.

Topics that can be discussed include:

Normal sleep physiology, sleep studies, Insomnia, Circadian rhythm disorders, Parasomnias (Non REM and REM), Hypersomnias including Narcolepsy.

(Obstructive sleep apnoea and other respiratory sleep disorders will not be included)

Programme

Timings are approximate

9.00 – 9.25	Registration and coffee
9.25 – 9.30	Welcome and housekeeping
9.30 – 10.40	Part 1 - Overview of neuropsychiatric sleep disorders
10.40 – 11.00	Coffee
11.00 – 12.00	Part 2 - Q&A session, case discussions
12.00 – 12.30	Lunch

Afterwards, there is the option of staying for part of the afternoon in order to reflect on your learning with peers. This may be helpful for appraisal, and the time counts towards your CPD requirement for the year.

This is one of our **'Conversations'** programme in 2018-19. These courses are limited to 16 participants and are designed to be highly learner-centred. You are encouraged to bring cases and questions of personal interest and concern: these will be addressed by the educator and may be discussed in the group.

It is always useful for the educator to have had sight of cases/questions in advance of the session. Please email these to us beforehand, if you can. We appreciate that questions are often prompted by the session itself!

RCGP Curriculum area covered:
3.18 Care of People with Neurological Problems
Good Medical Practice Framework:
<p>1.1 Maintain your professional performance</p> <ul style="list-style-type: none"> • Keep knowledge and skills about your current work up to date • Participate in professional development and educational activities <p>1.2 Apply knowledge and experience to practice</p> <ul style="list-style-type: none"> - Provide effective treatments based on the best available evidence - Consult colleagues, or refer patients to colleagues, when this is in the patient's best interests

Feedback, Course certificates and Reflection on Learning

Please submit your feedback online by following the link in the email you will be sent after the course. Feedback will be collated and shared with educators.

Once you have left your feedback, you will be able to access your course certificate and reflection on learning template for this course.

Your course certificate and reflection on learning can be completed, added to or amended at any time, using your HLP login. You can also download it as a PDF document.

Course documents

Course documents will be added to the website. You will find them next to this course in the programme listing, and also in the library.

All shared documents from recent courses are stored in the library. You can access it at any time and search for documents or topics using key words.

Sponsors

Our sponsors for the day are GSK and Star Medical

We are very grateful to the sponsors for supporting this event. Please do visit their stands during the breaks: their support reduces the cost of membership and course fees significantly.

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