

WEBVTT

NOTE duration:"00:47:35.8720000"

NOTE language:en-us

NOTE Confidence: 0.8605892

00:00:05.460 --> 00:00:07.188 And Magna you may see people

NOTE Confidence: 0.8605892

00:00:07.188 --> 00:00:08.919 just coming in during the talk.

NOTE Confidence: 0.8605892

00:00:08.920 --> 00:00:10.534 You don't have to admit everybody

NOTE Confidence: 0.8605892

00:00:10.534 --> 00:00:12.276 Debbie and I'll take care of

NOTE Confidence: 0.8605892

00:00:12.276 --> 00:00:13.806 letting everyone into this session.

NOTE Confidence: 0.8605892

00:00:13.810 --> 00:00:14.958 Sounds good, but sometimes

NOTE Confidence: 0.8605892

00:00:14.960 --> 00:00:16.976 you you do see those pop up.

NOTE Confidence: 0.8605892

00:00:16.980 --> 00:00:18.996 So I'm sorry if it's a little

NOTE Confidence: 0.8605892

00:00:19.000 --> 00:00:20.440 distracting. No, no, that's a.

NOTE Confidence: 0.83840007

00:00:28.750 --> 00:00:29.794 Alright, hi everyone,

NOTE Confidence: 0.83840007

00:00:29.794 --> 00:00:31.529 we're going to get started.

NOTE Confidence: 0.83840007

00:00:31.530 --> 00:00:32.830 I am Lauren Tobias.

NOTE Confidence: 0.83840007

00:00:32.830 --> 00:00:35.439 We're back after a hiatus for a few

NOTE Confidence: 0.83840007

00:00:35.439 --> 00:00:37.775 weeks here and I'd like to welcome you

NOTE Confidence: 0.83840007

00:00:37.847 --> 00:00:40.319 to our sleep seminar this afternoon

NOTE Confidence: 0.83840007

00:00:40.319 --> 00:00:42.318 if you brief announcements before

NOTE Confidence: 0.83840007

00:00:42.318 --> 00:00:44.058 I introduce today's speaker first,

NOTE Confidence: 0.83840007

00:00:44.060 --> 00:00:45.962 please take a moment to ensure

NOTE Confidence: 0.83840007

00:00:45.962 --> 00:00:48.064 that you're muted in order to

NOTE Confidence: 0.83840007

00:00:48.064 --> 00:00:49.974 receive CME credit for attendance,

NOTE Confidence: 0.83840007

00:00:49.980 --> 00:00:52.756 you can see this chat room for instructions.

NOTE Confidence: 0.83840007

00:00:52.760 --> 00:00:55.640 You can text the unique ID for this

NOTE Confidence: 0.83840007

00:00:55.640 --> 00:00:57.169 conference anytime until 3:15.

NOTE Confidence: 0.83840007

00:00:57.170 --> 00:00:59.018 If you're not already registered with,

NOTE Confidence: 0.83840007

00:00:59.020 --> 00:00:59.944 you'll see me.

NOTE Confidence: 0.83840007

00:00:59.944 --> 00:01:02.100 You will need to do that first,

NOTE Confidence: 0.83840007

00:01:02.100 --> 00:01:03.942 and if you have any questions

NOTE Confidence: 0.83840007

00:01:03.942 --> 00:01:04.863 during the presentation,

NOTE Confidence: 0.83840007

00:01:04.870 --> 00:01:07.134 I encourage you to make use of the

NOTE Confidence: 0.83840007

00:01:07.134 --> 00:01:09.177 chat room 3 throughout the hour.
NOTE Confidence: 0.83840007

00:01:09.180 --> 00:01:11.595 We will have recorded versions of these
NOTE Confidence: 0.83840007

00:01:11.595 --> 00:01:13.215 lectures available online within two
NOTE Confidence: 0.83840007

00:01:13.215 --> 00:01:15.335 weeks at the link provided in the chat.
NOTE Confidence: 0.83840007

00:01:15.340 --> 00:01:15.950 And finally,
NOTE Confidence: 0.83840007

00:01:15.950 --> 00:01:17.780 please feel free to share announcements
NOTE Confidence: 0.83840007

00:01:17.780 --> 00:01:19.665 for our electric series with anyone
NOTE Confidence: 0.83840007

00:01:19.665 --> 00:01:21.495 who you think may be interested,
NOTE Confidence: 0.83840007

00:01:21.500 --> 00:01:23.010 or contact Debbie Lovejoy to
NOTE Confidence: 0.83840007

00:01:23.010 --> 00:01:24.890 be added to the email list.
NOTE Confidence: 0.83840007

00:01:24.890 --> 00:01:26.768 So this afternoon I am delighted
NOTE Confidence: 0.83840007

00:01:26.768 --> 00:01:28.020 to introduce Doctor Megna.
NOTE Confidence: 0.83840007

00:01:28.020 --> 00:01:30.240 Monster Connie did provide us with
NOTE Confidence: 0.83840007

00:01:30.240 --> 00:01:33.099 a year in review of Sleep Medicine.
NOTE Confidence: 0.83840007

00:01:33.100 --> 00:01:35.248 Doctor Monster Connie is a professor
NOTE Confidence: 0.83840007

00:01:35.248 --> 00:01:37.444 of family medicine at the Mayo

NOTE Confidence: 0.83840007
00:01:37.444 --> 00:01:39.550 College of Medicine and Science and
NOTE Confidence: 0.83840007
00:01:39.550 --> 00:01:41.673 a consultant with joint appointments
NOTE Confidence: 0.83840007
00:01:41.673 --> 00:01:43.923 under both Family Medicine and
NOTE Confidence: 0.83840007
00:01:43.923 --> 00:01:46.003 pulmonary critical care Medicine at
NOTE Confidence: 0.83840007
00:01:46.003 --> 00:01:48.292 the Mayo Clinic in Rochester, MN.
NOTE Confidence: 0.83840007
00:01:48.292 --> 00:01:50.616 She Co directs the Center for Sleep
NOTE Confidence: 0.83840007
00:01:50.616 --> 00:01:52.908 Medicine at Mayo and serves as
NOTE Confidence: 0.83840007
00:01:52.908 --> 00:01:54.858 program director for their Sleep
NOTE Confidence: 0.83840007
00:01:54.858 --> 00:01:56.560 Medicine Fellowship program.
NOTE Confidence: 0.83840007
00:01:56.560 --> 00:01:58.984 She is a tremendously accomplished clinician
NOTE Confidence: 0.83840007
00:01:58.984 --> 00:02:01.589 educator who has received multiple awards.
NOTE Confidence: 0.83840007
00:02:01.590 --> 00:02:03.765 For excellence in teaching has
NOTE Confidence: 0.83840007
00:02:03.765 --> 00:02:05.940 taught and mentored medical trainees
NOTE Confidence: 0.83840007
00:02:06.006 --> 00:02:07.756 at all levels of education,
NOTE Confidence: 0.83840007
00:02:07.760 --> 00:02:09.810 as well as practicing physicians,
NOTE Confidence: 0.83840007

00:02:09.810 --> 00:02:11.454 sleep and otherwise nationally
NOTE Confidence: 0.83840007

00:02:11.454 --> 00:02:12.276 and internationally.
NOTE Confidence: 0.83840007

00:02:12.280 --> 00:02:14.596 She's been very active within the
NOTE Confidence: 0.83840007

00:02:14.596 --> 00:02:16.800 American Academy of Sleep Medicine,
NOTE Confidence: 0.83840007

00:02:16.800 --> 00:02:18.855 where she is currently chair
NOTE Confidence: 0.83840007

00:02:18.855 --> 00:02:20.499 of the Education Committee,
NOTE Confidence: 0.83840007

00:02:20.500 --> 00:02:23.118 and she's played a fundamental role in
NOTE Confidence: 0.83840007

00:02:23.118 --> 00:02:25.429 curriculum and course development there,
NOTE Confidence: 0.83840007

00:02:25.430 --> 00:02:27.890 including questions for their review course,
NOTE Confidence: 0.83840007

00:02:27.890 --> 00:02:30.774 and she founded the ASM Mentor program
NOTE Confidence: 0.83840007

00:02:30.774 --> 00:02:32.909 that matches trainees and mentors.
NOTE Confidence: 0.83840007

00:02:32.910 --> 00:02:34.170 Throughout the world.
NOTE Confidence: 0.83840007

00:02:34.170 --> 00:02:36.690 Her research has included topics ranging
NOTE Confidence: 0.83840007

00:02:36.690 --> 00:02:39.477 from the role of sleep disturbance in
NOTE Confidence: 0.83840007

00:02:39.477 --> 00:02:41.473 patients with depression and alcohol
NOTE Confidence: 0.83840007

00:02:41.473 --> 00:02:43.478 use disorder to the relationship

NOTE Confidence: 0.83840007

00:02:43.478 --> 00:02:45.718 between sleep apnea and chronic opioid

NOTE Confidence: 0.83840007

00:02:45.718 --> 00:02:47.916 use to the link between sleep apnea

NOTE Confidence: 0.83840007

00:02:47.916 --> 00:02:50.149 and car hypertrophic cardiomyopathy.

NOTE Confidence: 0.83840007

00:02:50.150 --> 00:02:52.880 Dochtermann sekani is one of those

NOTE Confidence: 0.83840007

00:02:52.880 --> 00:02:54.700 consummate Sleep Medicine practitioners

NOTE Confidence: 0.83840007

00:02:54.769 --> 00:02:57.532 who has a broad overview of the entire field,

NOTE Confidence: 0.83840007

00:02:57.540 --> 00:02:59.826 so I think she's a perfect

NOTE Confidence: 0.83840007

00:02:59.826 --> 00:03:01.820 person to give today's talk.

NOTE Confidence: 0.83840007

00:03:01.820 --> 00:03:05.036 She's going to give us an overview of.

NOTE Confidence: 0.83840007

00:03:05.040 --> 00:03:06.104 Important updates in Sleep

NOTE Confidence: 0.83840007

00:03:06.104 --> 00:03:07.434 Medicine over the past year,

NOTE Confidence: 0.83840007

00:03:07.440 --> 00:03:09.042 so please join me in giving

NOTE Confidence: 0.83840007

00:03:09.042 --> 00:03:10.110 her a warm welcome.

NOTE Confidence: 0.83840007

00:03:10.110 --> 00:03:12.513 And with that I'll turn it over to you.

NOTE Confidence: 0.85194796

00:03:14.960 --> 00:03:16.368 Thank you so much,

NOTE Confidence: 0.85194796

00:03:16.368 --> 00:03:18.480 Doctor Tobias for inviting me and
NOTE Confidence: 0.85194796

00:03:18.552 --> 00:03:20.717 for that very kind introduction.
NOTE Confidence: 0.85194796

00:03:20.720 --> 00:03:23.275 I'm so happy to be here and
NOTE Confidence: 0.85194796

00:03:23.275 --> 00:03:25.708 present the year in review 2020.
NOTE Confidence: 0.85194796

00:03:25.710 --> 00:03:27.630 I really like your interviews.
NOTE Confidence: 0.85194796

00:03:27.630 --> 00:03:29.550 I hope you do too.
NOTE Confidence: 0.85194796

00:03:29.550 --> 00:03:32.273 A lot of information and a lot
NOTE Confidence: 0.85194796

00:03:32.273 --> 00:03:34.927 of work but also not a fun.
NOTE Confidence: 0.85194796

00:03:34.930 --> 00:03:37.858 So let's dive in.
NOTE Confidence: 0.85194796

00:03:37.860 --> 00:03:42.050 No disclosures that are relevant.
NOTE Confidence: 0.85194796

00:03:42.050 --> 00:03:47.820 And this is the CME code. For today.
NOTE Confidence: 0.85194796

00:03:47.820 --> 00:03:52.384 For those of you on the phone,
NOTE Confidence: 0.85194796

00:03:52.390 --> 00:03:55.528 it's 21612 again.
NOTE Confidence: 0.85194796

00:03:55.528 --> 00:03:57.620 That's 21612.
NOTE Confidence: 0.85194796

00:03:57.620 --> 00:03:58.036 Alright,
NOTE Confidence: 0.85194796

00:03:58.036 --> 00:04:00.532 so the objectives today are to

NOTE Confidence: 0.85194796

00:04:00.532 --> 00:04:02.657 discuss relevant articles in Sleep

NOTE Confidence: 0.85194796

00:04:02.657 --> 00:04:04.277 Medicine published last year,

NOTE Confidence: 0.85194796

00:04:04.280 --> 00:04:06.614 so we're going to identify the

NOTE Confidence: 0.85194796

00:04:06.614 --> 00:04:09.084 main objective for each study and

NOTE Confidence: 0.85194796

00:04:09.084 --> 00:04:11.174 the population that was studied

NOTE Confidence: 0.85194796

00:04:11.174 --> 00:04:13.354 and then quickly critique the

NOTE Confidence: 0.85194796

00:04:13.354 --> 00:04:15.054 major strengths and limitations

NOTE Confidence: 0.85194796

00:04:15.054 --> 00:04:17.912 of each of the studies at Mayo.

NOTE Confidence: 0.85194796

00:04:17.912 --> 00:04:19.832 We're not allowed to use

NOTE Confidence: 0.85194796

00:04:19.832 --> 00:04:21.749 Journal article figures anymore,

NOTE Confidence: 0.85194796

00:04:21.750 --> 00:04:24.132 which was fine because the bullet

NOTE Confidence: 0.85194796

00:04:24.132 --> 00:04:26.740 point summarizes a figure quite quickly,

NOTE Confidence: 0.85194796

00:04:26.740 --> 00:04:28.060 so I have.

NOTE Confidence: 0.85194796

00:04:28.060 --> 00:04:30.604 All the ICS, these sleep disorders,

NOTE Confidence: 0.85194796

00:04:30.604 --> 00:04:33.052 one study on each of them.

NOTE Confidence: 0.85194796

00:04:33.060 --> 00:04:35.853 Plus I threw in a couple special
NOTE Confidence: 0.85194796

00:04:35.853 --> 00:04:38.793 topics that were important last year
NOTE Confidence: 0.85194796

00:04:38.793 --> 00:04:42.105 COVID-19 and disparities in sleep health.
NOTE Confidence: 0.85194796

00:04:42.110 --> 00:04:45.406 And then I have one basic science Paper,
NOTE Confidence: 0.85194796

00:04:45.410 --> 00:04:46.922 1 technology paper,
NOTE Confidence: 0.85194796

00:04:46.922 --> 00:04:49.442 an one pediatric sleep disorders
NOTE Confidence: 0.85194796

00:04:49.442 --> 00:04:52.030 paper because the others are
NOTE Confidence: 0.85194796

00:04:52.030 --> 00:04:54.034 conducted in adult populations.
NOTE Confidence: 0.85194796

00:04:54.040 --> 00:04:54.524 Alright,
NOTE Confidence: 0.85194796

00:04:54.524 --> 00:04:57.912 so the first topic is COVID-19 and
NOTE Confidence: 0.85194796

00:04:57.912 --> 00:05:01.450 sleep and this was a study that
NOTE Confidence: 0.85194796

00:05:01.450 --> 00:05:03.920 was published in Sleep Medicine.
NOTE Confidence: 0.85194796

00:05:03.920 --> 00:05:06.836 Owls and larks do not exist.
NOTE Confidence: 0.85194796

00:05:06.840 --> 00:05:08.745 So the question that this
NOTE Confidence: 0.85194796

00:05:08.745 --> 00:05:10.269 study aimed answer was,
NOTE Confidence: 0.85194796

00:05:10.270 --> 00:05:11.940 is there a difference between

NOTE Confidence: 0.85194796

00:05:11.940 --> 00:05:13.610 daily sleep habits in the

NOTE Confidence: 0.85194796

00:05:13.677 --> 00:05:14.952 normal operational environment

NOTE Confidence: 0.85194796

00:05:14.952 --> 00:05:17.502 versus a stay at home condition?

NOTE Confidence: 0.85194796

00:05:17.510 --> 00:05:18.882 And to answer this,

NOTE Confidence: 0.85194796

00:05:18.882 --> 00:05:20.597 they conducted a prospective study

NOTE Confidence: 0.85194796

00:05:20.597 --> 00:05:22.459 that looked at questionnaires,

NOTE Confidence: 0.85194796

00:05:22.460 --> 00:05:25.421 logs and phone and zoom interviews in

NOTE Confidence: 0.85194796

00:05:25.421 --> 00:05:27.800 healthy volunteers aged 15 to 60 years,

NOTE Confidence: 0.85194796

00:05:27.800 --> 00:05:30.299 who would receive stay at home orders

NOTE Confidence: 0.85194796

00:05:30.299 --> 00:05:33.112 for over a month and they shouldn't

NOTE Confidence: 0.85194796

00:05:33.112 --> 00:05:36.095 have had any sleep disorders or mood

NOTE Confidence: 0.85194796

00:05:36.095 --> 00:05:38.519 symptoms to enter into the study.

NOTE Confidence: 0.85194796

00:05:38.520 --> 00:05:41.558 And shouldn't have been in any online

NOTE Confidence: 0.85194796

00:05:41.558 --> 00:05:44.428 daily timetable related activities an it

NOTE Confidence: 0.85194796

00:05:44.428 --> 00:05:46.918 was performed across various countries.

NOTE Confidence: 0.85194796

00:05:46.920 --> 00:05:48.740 So.
NOTE Confidence: 0.85194796

00:05:48.740 --> 00:05:51.295 This study had close to 4000 subjects
NOTE Confidence: 0.85194796

00:05:51.295 --> 00:05:54.188 who were at home for over 2 months,
NOTE Confidence: 0.85194796

00:05:54.190 --> 00:05:56.794 and it appeared that most of the
NOTE Confidence: 0.85194796

00:05:56.794 --> 00:05:59.270 changes happened in the first 10 days,
NOTE Confidence: 0.85194796

00:05:59.270 --> 00:06:01.345 meaning the difference between the
NOTE Confidence: 0.85194796

00:06:01.345 --> 00:06:03.860 weekdays and weekend night time sleep.
NOTE Confidence: 0.85194796

00:06:03.860 --> 00:06:06.052 That disappeared and pay.
NOTE Confidence: 0.85194796

00:06:06.052 --> 00:06:07.696 People started napping.
NOTE Confidence: 0.85194796

00:06:07.700 --> 00:06:08.250 Interestingly,
NOTE Confidence: 0.85194796

00:06:08.250 --> 00:06:11.000 most folks 2/3 shifted towards
NOTE Confidence: 0.85194796

00:06:11.000 --> 00:06:12.100 even eveningness,
NOTE Confidence: 0.85194796

00:06:12.100 --> 00:06:14.840 where the word half being
NOTE Confidence: 0.85194796

00:06:14.840 --> 00:06:17.032 classic ALS some shoulder.
NOTE Confidence: 0.85194796

00:06:17.040 --> 00:06:18.684 Typical sleep pattern.
NOTE Confidence: 0.85194796

00:06:18.684 --> 00:06:21.430 Only 22% somewhere lurks somewhere

NOTE Confidence: 0.85194796

00:06:21.430 --> 00:06:23.630 completely desynchronized and some

NOTE Confidence: 0.85194796

00:06:23.630 --> 00:06:25.820 alternated their sleep habits.

NOTE Confidence: 0.85194796

00:06:25.820 --> 00:06:28.990 The ones who were desynchronized

NOTE Confidence: 0.85194796

00:06:28.990 --> 00:06:32.870 tended to be older an Mail.

NOTE Confidence: 0.85194796

00:06:32.870 --> 00:06:35.110 So the conclusion from this study was

NOTE Confidence: 0.85194796

00:06:35.110 --> 00:06:37.800 that in self selected sleep conditions,

NOTE Confidence: 0.85194796

00:06:37.800 --> 00:06:40.014 such as with prolonged stay at

NOTE Confidence: 0.85194796

00:06:40.014 --> 00:06:41.970 home orders secondary to covid,

NOTE Confidence: 0.85194796

00:06:41.970 --> 00:06:43.454 sleep habits significantly differed

NOTE Confidence: 0.85194796

00:06:43.454 --> 00:06:45.680 from those of socially and economically

NOTE Confidence: 0.85194796

00:06:45.734 --> 00:06:47.270 fixed daily routine conditions.

NOTE Confidence: 0.85194796

00:06:47.270 --> 00:06:48.030 To me,

NOTE Confidence: 0.85194796

00:06:48.030 --> 00:06:49.930 this study was very interesting.

NOTE Confidence: 0.85194796

00:06:49.930 --> 00:06:52.513 There were a lot of covert studies

NOTE Confidence: 0.85194796

00:06:52.513 --> 00:06:54.469 that came out last year.

NOTE Confidence: 0.85194796

00:06:54.470 --> 00:06:56.534 There's a whole issue devoted to
NOTE Confidence: 0.85194796

00:06:56.534 --> 00:06:59.019 it in JC Assam from February.
NOTE Confidence: 0.85194796

00:06:59.020 --> 00:07:02.044 Of course this is that is this year,
NOTE Confidence: 0.8742321

00:07:02.050 --> 00:07:03.534 but it was interesting.
NOTE Confidence: 0.8742321

00:07:03.534 --> 00:07:05.389 And also an interesting finding
NOTE Confidence: 0.8742321

00:07:05.389 --> 00:07:07.441 was that the Desynchronized Group
NOTE Confidence: 0.8742321

00:07:07.441 --> 00:07:09.859 did not have any sleep complaints,
NOTE Confidence: 0.8742321

00:07:09.860 --> 00:07:12.149 which would be different from what we
NOTE Confidence: 0.8742321

00:07:12.149 --> 00:07:15.100 would see in our circadian sleep disorder.
NOTE Confidence: 0.8742321

00:07:15.100 --> 00:07:18.050 Patients who present to clinic.
NOTE Confidence: 0.8742321

00:07:18.050 --> 00:07:21.274 So what are the limitations of this study?
NOTE Confidence: 0.8742321

00:07:21.280 --> 00:07:24.504 Well, it's a one time snapshot itself report.
NOTE Confidence: 0.8742321

00:07:24.510 --> 00:07:26.940 There could be variation by country,
NOTE Confidence: 0.8742321

00:07:26.940 --> 00:07:28.260 by sunlight, exposure,
NOTE Confidence: 0.8742321

00:07:28.260 --> 00:07:31.340 effects of religion with praying in the
NOTE Confidence: 0.8742321

00:07:31.414 --> 00:07:34.609 middle of the night in some of the countries,

NOTE Confidence: 0.8742321

00:07:34.610 --> 00:07:36.630 the effect of alcohol and

NOTE Confidence: 0.8742321

00:07:36.630 --> 00:07:38.650 substances was not accounted for,

NOTE Confidence: 0.8742321

00:07:38.650 --> 00:07:41.219 and it's not generalizable to you know

NOTE Confidence: 0.8742321

00:07:41.219 --> 00:07:43.713 healthy outside of the healthy volunteer

NOTE Confidence: 0.8742321

00:07:43.713 --> 00:07:45.923 population that was studied here.

NOTE Confidence: 0.8742321

00:07:45.930 --> 00:07:49.040 Without psychiatric and sleep disorders.

NOTE Confidence: 0.8742321

00:07:49.040 --> 00:07:52.688 So we move on to the second study,

NOTE Confidence: 0.8742321

00:07:52.690 --> 00:07:55.875 which is on disparities in sleep help.

NOTE Confidence: 0.8742321

00:07:55.880 --> 00:07:58.328 And this is a Jackson heart

NOTE Confidence: 0.8742321

00:07:58.328 --> 00:08:01.086 study that was published in the

NOTE Confidence: 0.8742321

00:08:01.086 --> 00:08:03.178 American Journal of Hypertension.

NOTE Confidence: 0.8742321

00:08:03.180 --> 00:08:05.658 So the objective here was to

NOTE Confidence: 0.8742321

00:08:05.658 --> 00:08:07.310 study the Association between

NOTE Confidence: 0.8742321

00:08:07.384 --> 00:08:10.019 obstructive sleep apnea in nighttime,

NOTE Confidence: 0.8742321

00:08:10.020 --> 00:08:12.300 blood pressure in African Americans.

NOTE Confidence: 0.8742321

00:08:12.300 --> 00:08:15.485 As you know, both of these conditions,
NOTE Confidence: 0.8742321

00:08:15.490 --> 00:08:18.759 sleep apnea and hypertension are very common.
NOTE Confidence: 0.8742321

00:08:18.760 --> 00:08:20.113 In this population.
NOTE Confidence: 0.8742321

00:08:20.113 --> 00:08:22.819 So for this study they enrolled
NOTE Confidence: 0.8742321

00:08:22.819 --> 00:08:26.003 206 participants who had 24 blood
NOTE Confidence: 0.8742321

00:08:26.003 --> 00:08:28.119 pressure monitoring 24 hour.
NOTE Confidence: 0.8742321

00:08:28.120 --> 00:08:30.108 In 2000 to 2004,
NOTE Confidence: 0.8742321

00:08:30.108 --> 00:08:32.096 and then subsequently participated
NOTE Confidence: 0.8742321

00:08:32.096 --> 00:08:34.379 in the Jackson Heart,
NOTE Confidence: 0.8742321

00:08:34.380 --> 00:08:36.003 Jackson Heart Studies,
NOTE Confidence: 0.8742321

00:08:36.003 --> 00:08:38.167 the Sleep Study portion
NOTE Confidence: 0.8742321

00:08:38.167 --> 00:08:41.169 of it in 2012 to 2016,
NOTE Confidence: 0.8742321

00:08:41.170 --> 00:08:45.346 and they did age sets with a 4%
NOTE Confidence: 0.8742321

00:08:45.350 --> 00:08:47.955 REI and calculated time below
NOTE Confidence: 0.8742321

00:08:47.955 --> 00:08:49.432 90% nocturnal hypertension,
NOTE Confidence: 0.8742321

00:08:49.432 --> 00:08:53.240 defined as 120 slash 70 or greater and

NOTE Confidence: 0.8742321

00:08:53.321 --> 00:08:55.609 performed linear regression models

NOTE Confidence: 0.8742321

00:08:55.609 --> 00:08:58.469 to test the Association between.

NOTE Confidence: 0.8742321

00:08:58.470 --> 00:09:01.114 OSA and nocturnal systolic

NOTE Confidence: 0.8742321

00:09:01.114 --> 00:09:03.758 and diastolic blood pressure.

NOTE Confidence: 0.8742321

00:09:03.760 --> 00:09:05.503 So 51% of.

NOTE Confidence: 0.8742321

00:09:05.503 --> 00:09:08.408 These subjects had nocturnal hypertension

NOTE Confidence: 0.8742321

00:09:08.408 --> 00:09:11.890 and 26% had moderate to severe OSA,

NOTE Confidence: 0.8742321

00:09:11.890 --> 00:09:14.668 and it's at an after adjustment.

NOTE Confidence: 0.8742321

00:09:14.670 --> 00:09:16.164 Each standard deviation,

NOTE Confidence: 0.8742321

00:09:16.164 --> 00:09:20.699 which was a 13 per hour increase in the REI,

NOTE Confidence: 0.8742321

00:09:20.700 --> 00:09:23.808 was associated with a 2 millimeter higher

NOTE Confidence: 0.8742321

00:09:23.808 --> 00:09:25.810 nighttime diastolic blood pressure.

NOTE Confidence: 0.8742321

00:09:25.810 --> 00:09:28.765 Anna prevalence ratio of 1.1

NOTE Confidence: 0.8742321

00:09:28.765 --> 00:09:30.538 for nocturnal hypertension.

NOTE Confidence: 0.8742321

00:09:30.540 --> 00:09:33.770 What about time below 90% each standard

NOTE Confidence: 0.8742321

00:09:33.770 --> 00:09:35.610 deviation increase in hypoxemia,
NOTE Confidence: 0.8742321

00:09:35.610 --> 00:09:37.920 which was a 10% increase.
NOTE Confidence: 0.8742321

00:09:37.920 --> 00:09:41.084 Or should I decrease from baseline was
NOTE Confidence: 0.8742321

00:09:41.084 --> 00:09:44.123 associated with a 2 millimeter higher
NOTE Confidence: 0.8742321

00:09:44.123 --> 00:09:46.793 systolic blood pressure at night?
NOTE Confidence: 0.8742321

00:09:46.800 --> 00:09:50.000 And seemed to be more so an obese
NOTE Confidence: 0.8742321

00:09:50.000 --> 00:09:52.513 individuals but not statistically
NOTE Confidence: 0.8742321

00:09:52.513 --> 00:09:53.329 significant.
NOTE Confidence: 0.8742321

00:09:53.330 --> 00:09:56.410 So what were the conclusions of this study?
NOTE Confidence: 0.8742321

00:09:56.410 --> 00:09:57.805 First of all,
NOTE Confidence: 0.8742321

00:09:57.805 --> 00:10:00.130 high prevalence of nocturnal hypertension.
NOTE Confidence: 0.8742321

00:10:00.130 --> 00:10:01.674 On dipping blood pressure,
NOTE Confidence: 0.8742321

00:10:01.674 --> 00:10:05.039 I'm sure most of you know what that is.
NOTE Confidence: 0.8742321

00:10:05.040 --> 00:10:06.930 An moderate to severe OSA.
NOTE Confidence: 0.8742321

00:10:06.930 --> 00:10:08.750 In this population the severity
NOTE Confidence: 0.8742321

00:10:08.750 --> 00:10:10.993 of sleep apnea and hypoxemia was

NOTE Confidence: 0.8742321

00:10:10.993 --> 00:10:12.783 associated with high nighttime blood

NOTE Confidence: 0.8742321

00:10:12.783 --> 00:10:15.250 pressure in a dose response manner,

NOTE Confidence: 0.8742321

00:10:15.250 --> 00:10:17.164 and so the results supported the

NOTE Confidence: 0.8742321

00:10:17.164 --> 00:10:18.969 use of ambulatory blood pressure

NOTE Confidence: 0.8742321

00:10:18.969 --> 00:10:21.299 monitoring routinely in this population.

NOTE Confidence: 0.8742321

00:10:21.300 --> 00:10:23.575 So this is the first study actually

NOTE Confidence: 0.8742321

00:10:23.575 --> 00:10:25.602 looking at this Association in

NOTE Confidence: 0.8742321

00:10:25.602 --> 00:10:26.590 this population,

NOTE Confidence: 0.8742321

00:10:26.590 --> 00:10:29.236 and they stated that having more women

NOTE Confidence: 0.8742321

00:10:29.236 --> 00:10:31.519 was a limitation, but again, this.

NOTE Confidence: 0.8742321

00:10:31.519 --> 00:10:33.817 Is in contradistinction to the previous

NOTE Confidence: 0.8742321

00:10:33.817 --> 00:10:35.859 literature on hypertension sleep apnea,

NOTE Confidence: 0.8742321

00:10:35.860 --> 00:10:38.226 so I thought that was good standardized

NOTE Confidence: 0.8742321

00:10:38.226 --> 00:10:40.157 protocol that they used and

NOTE Confidence: 0.8742321

00:10:40.157 --> 00:10:41.865 accounted for multiple confounders.

NOTE Confidence: 0.8742321

00:10:41.870 --> 00:10:43.750 Now what are the limitations?

NOTE Confidence: 0.8742321

00:10:43.750 --> 00:10:45.630 It might not be generalizable

NOTE Confidence: 0.8742321

00:10:45.630 --> 00:10:46.758 to other populations,

NOTE Confidence: 0.86492574

00:10:46.760 --> 00:10:48.635 such as those with lower

NOTE Confidence: 0.86492574

00:10:48.635 --> 00:10:49.385 socioeconomic status.

NOTE Confidence: 0.86492574

00:10:49.390 --> 00:10:51.400 They had single measures and a

NOTE Confidence: 0.86492574

00:10:51.400 --> 00:10:54.063 small number of the Jackson help up

NOTE Confidence: 0.86492574

00:10:54.063 --> 00:10:56.153 place and actually completed both.

NOTE Confidence: 0.86492574

00:10:56.160 --> 00:10:58.035 Both of these, the blood

NOTE Confidence: 0.86492574

00:10:58.035 --> 00:10:59.535 pressure and sleep measures,

NOTE Confidence: 0.86492574

00:10:59.540 --> 00:11:01.796 and they were ten years apart.

NOTE Confidence: 0.8371922

00:11:04.620 --> 00:11:07.826 All right, shifting gears and moving to

NOTE Confidence: 0.8371922

00:11:07.826 --> 00:11:10.858 basic science this I found interesting.

NOTE Confidence: 0.8371922

00:11:10.860 --> 00:11:13.608 This study was published in the

NOTE Confidence: 0.8371922

00:11:13.608 --> 00:11:16.572 Journal of Physiology last Year and

NOTE Confidence: 0.8371922

00:11:16.572 --> 00:11:19.704 the question was is opioid induced

NOTE Confidence: 0.8371922

00:11:19.704 --> 00:11:22.158 respiratory depression and lethality in

NOTE Confidence: 0.8371922

00:11:22.158 --> 00:11:25.259 sleep apnea related to bouts of chronic

NOTE Confidence: 0.8371922

00:11:25.260 --> 00:11:26.658 intermittent hypercapnic hypoxia?

NOTE Confidence: 0.8371922

00:11:26.658 --> 00:11:29.920 So what they did is they measured

NOTE Confidence: 0.8371922

00:11:29.990 --> 00:11:33.050 respiratory depression across rats that had.

NOTE Confidence: 0.8371922

00:11:33.050 --> 00:11:35.260 Well, normoxic normal oxygen saturation

NOTE Confidence: 0.8371922

00:11:35.260 --> 00:11:37.817 was his those exposed to hypoxia

NOTE Confidence: 0.8371922

00:11:37.817 --> 00:11:40.301 for 8 hours a day for a week and

NOTE Confidence: 0.8371922

00:11:40.373 --> 00:11:43.018 they recorded phrenic nerve activity

NOTE Confidence: 0.8371922

00:11:43.018 --> 00:11:45.134 and quantified burst inhibition.

NOTE Confidence: 0.8371922

00:11:45.140 --> 00:11:47.250 Phrenic nerve activity to graded

NOTE Confidence: 0.8371922

00:11:47.250 --> 00:11:50.150 doses of fentanyl that was given Ivy.

NOTE Confidence: 0.8371922

00:11:50.150 --> 00:11:53.588 So if you want to read the what actually

NOTE Confidence: 0.8371922

00:11:53.588 --> 00:11:56.396 happened to the phrenic nerve activity,

NOTE Confidence: 0.8371922

00:11:56.400 --> 00:11:58.490 you can read the paper.

NOTE Confidence: 0.8371922

00:11:58.490 --> 00:12:00.986 But summarized here are the results.
NOTE Confidence: 0.8371922

00:12:00.990 --> 00:12:04.007 The rats that were exposed to chronic.
NOTE Confidence: 0.8371922

00:12:04.010 --> 00:12:07.434 Bouts of hypoxia for a week showed an
NOTE Confidence: 0.8371922

00:12:07.434 --> 00:12:09.288 exaggerated respiratory depression response
NOTE Confidence: 0.8371922

00:12:09.288 --> 00:12:12.066 to fentanyl both while anesthetized as
NOTE Confidence: 0.8371922

00:12:12.066 --> 00:12:15.170 well as while breathing spontaneously,
NOTE Confidence: 0.8371922

00:12:15.170 --> 00:12:17.906 so this study showed a heightened
NOTE Confidence: 0.8371922

00:12:17.906 --> 00:12:20.500 CNS inhibitory efficacy of fentanyl,
NOTE Confidence: 0.8371922

00:12:20.500 --> 00:12:23.510 but also there was tonic and Agenesis
NOTE Confidence: 0.8371922

00:12:23.510 --> 00:12:26.320 opioid suppression of neural inspiration,
NOTE Confidence: 0.8371922

00:12:26.320 --> 00:12:29.260 so this was the first study showing
NOTE Confidence: 0.8371922

00:12:29.260 --> 00:12:31.954 a possible mechanism for respiratory
NOTE Confidence: 0.8371922

00:12:31.954 --> 00:12:33.731 depression, an increase mortality.
NOTE Confidence: 0.8371922

00:12:33.731 --> 00:12:35.933 That is seen in patients with
NOTE Confidence: 0.8371922

00:12:35.933 --> 00:12:37.438 sleep apnea on opioids.
NOTE Confidence: 0.8371922

00:12:37.440 --> 00:12:42.000 Of course, the study needs to be replicated.

NOTE Confidence: 0.8371922

00:12:42.000 --> 00:12:46.774 OK, so moving on to sleep technology.

NOTE Confidence: 0.8371922

00:12:46.780 --> 00:12:49.050 This was a study again,

NOTE Confidence: 0.8371922

00:12:49.050 --> 00:12:51.756 pretty relevant to our practice nowadays.

NOTE Confidence: 0.8371922

00:12:51.760 --> 00:12:55.043 Is looking at performance of watch packed

NOTE Confidence: 0.8371922

00:12:55.043 --> 00:12:58.511 and this was published in JC ** so.

NOTE Confidence: 0.8371922

00:12:58.511 --> 00:13:00.917 They attempted to answer the question

NOTE Confidence: 0.8371922

00:13:00.917 --> 00:13:04.924 how does watch Part 200 compare against

NOTE Confidence: 0.8371922

00:13:04.924 --> 00:13:06.286 Polysomnogram Polysomnographers?

NOTE Confidence: 0.8371922

00:13:06.290 --> 00:13:10.180 He in a clinic based cohort so they had 500

NOTE Confidence: 0.8371922

00:13:10.270 --> 00:13:14.155 patients with suspected OSA at the Atlanta,

NOTE Confidence: 0.8371922

00:13:14.160 --> 00:13:14.551 VA,

NOTE Confidence: 0.8371922

00:13:14.551 --> 00:13:15.333 mostly male,

NOTE Confidence: 0.8371922

00:13:15.333 --> 00:13:18.070 mostly black and very few studies were

NOTE Confidence: 0.8371922

00:13:18.148 --> 00:13:20.640 excluded as technically inadequate.

NOTE Confidence: 0.8371922

00:13:20.640 --> 00:13:23.874 This was performed from 2018 to 2020.

NOTE Confidence: 0.8371922

00:13:23.880 --> 00:13:26.694 Now most patients were sleepy as
NOTE Confidence: 0.8371922

00:13:26.694 --> 00:13:29.589 judged by the essm they were.
NOTE Confidence: 0.8371922

00:13:29.590 --> 00:13:32.530 Was Heiko mobility Burden and they use
NOTE Confidence: 0.8371922

00:13:32.530 --> 00:13:36.232 the 3% or arousal which is the recommended
NOTE Confidence: 0.8371922

00:13:36.232 --> 00:13:39.059 scoring rule for high pop nears?
NOTE Confidence: 0.8371922

00:13:39.060 --> 00:13:39.589 Interestingly,
NOTE Confidence: 0.8371922

00:13:39.589 --> 00:13:42.763 they did not exclude patients with
NOTE Confidence: 0.8371922

00:13:42.763 --> 00:13:45.460 atrial fibrillation or heart failure,
NOTE Confidence: 0.8371922

00:13:45.460 --> 00:13:49.828 so the median PSG HI was 18 and
NOTE Confidence: 0.8371922

00:13:49.828 --> 00:13:54.500 watch pad 3% HI was 25 and so it
NOTE Confidence: 0.8371922

00:13:54.500 --> 00:13:57.180 overestimated it compared to PSG,
NOTE Confidence: 0.8371922

00:13:57.180 --> 00:13:59.800 the diagnostic concordance was
NOTE Confidence: 0.8371922

00:13:59.800 --> 00:14:03.730 higher in the category of those
NOTE Confidence: 0.8371922

00:14:03.844 --> 00:14:06.700 judged to be severe by PSG.
NOTE Confidence: 0.8371922

00:14:06.700 --> 00:14:07.132 Now,
NOTE Confidence: 0.8371922

00:14:07.132 --> 00:14:09.724 what about the ones that turn

NOTE Confidence: 0.8371922

00:14:09.724 --> 00:14:13.178 out to be mild on the watchpad?

NOTE Confidence: 0.8371922

00:14:13.180 --> 00:14:15.036 What it PSG show?

NOTE Confidence: 0.8371922

00:14:15.036 --> 00:14:15.500 Well,

NOTE Confidence: 0.8371922

00:14:15.500 --> 00:14:19.360 PSG showed no OSA in 30% an actually

NOTE Confidence: 0.8371922

00:14:19.360 --> 00:14:22.600 moderate to severe OSA in 20%.

NOTE Confidence: 0.8371922

00:14:22.600 --> 00:14:26.086 So the watchpad 3% using the 3%

NOTE Confidence: 0.8371922

00:14:26.090 --> 00:14:28.880 rule over estimated prevalence and

NOTE Confidence: 0.8371922

00:14:28.880 --> 00:14:32.220 severity by about four per hour.

NOTE Confidence: 0.8371922

00:14:32.220 --> 00:14:36.126 Then they also use the 4% rule on

NOTE Confidence: 0.8371922

00:14:36.126 --> 00:14:39.234 the watchpad again comparing with the

NOTE Confidence: 0.8371922

00:14:39.234 --> 00:14:41.299 recommended hypopnea rule on PSG.

NOTE Confidence: 0.8371922

00:14:41.300 --> 00:14:44.646 So not really comparing apples to apples.

NOTE Confidence: 0.8371922

00:14:44.650 --> 00:14:45.610 But anyway,

NOTE Confidence: 0.8371922

00:14:45.610 --> 00:14:48.010 as expected that under estimated

NOTE Confidence: 0.8371922

00:14:48.010 --> 00:14:50.380 it by 6 per hour.

NOTE Confidence: 0.8371922

00:14:50.380 --> 00:14:54.204 So what were the conclusions of this study?
NOTE Confidence: 0.8371922

00:14:54.210 --> 00:14:57.192 There was an overall tendency of watch
NOTE Confidence: 0.8371922

00:14:57.192 --> 00:15:00.168 Pat to overestimate severely and a
NOTE Confidence: 0.8371922

00:15:00.168 --> 00:15:02.873 significant percent had clinically relevant.
NOTE Confidence: 0.8371922

00:15:02.880 --> 00:15:04.893 Misclassifications there was
NOTE Confidence: 0.8371922

00:15:04.893 --> 00:15:08.248 more discrepancy with the RTI,
NOTE Confidence: 0.8247905

00:15:08.250 --> 00:15:10.440 possibly relating to the algorithm
NOTE Confidence: 0.8247905

00:15:10.440 --> 00:15:13.690 that the watch Pat uses for arousals,
NOTE Confidence: 0.8247905

00:15:13.690 --> 00:15:17.421 and this study showed much lower correlation
NOTE Confidence: 0.8247905

00:15:17.421 --> 00:15:20.888 than we've seen in previous studies.
NOTE Confidence: 0.8247905

00:15:20.890 --> 00:15:23.356 So the authors suggested that we
NOTE Confidence: 0.8247905

00:15:23.356 --> 00:15:26.006 use a 4% threshold on the watchpad.
NOTE Confidence: 0.8247905

00:15:26.006 --> 00:15:29.519 Given that it has a much higher specificity.
NOTE Confidence: 0.8247905

00:15:29.520 --> 00:15:31.580 But then if it's negative,
NOTE Confidence: 0.8247905

00:15:31.580 --> 00:15:34.600 definitely consider performing a PSG.
NOTE Confidence: 0.8247905

00:15:34.600 --> 00:15:36.634 The advantages of the study of

NOTE Confidence: 0.8247905
00:15:36.634 --> 00:15:38.797 the strengths of the study were
NOTE Confidence: 0.8247905
00:15:38.797 --> 00:15:40.647 that the data will complete.
NOTE Confidence: 0.8247905
00:15:40.650 --> 00:15:41.718 It was blinded.
NOTE Confidence: 0.8247905
00:15:41.718 --> 00:15:43.854 The patients with triage very well.
NOTE Confidence: 0.8247905
00:15:43.860 --> 00:15:46.700 Of course, it was not a randomized study.
NOTE Confidence: 0.8247905
00:15:46.700 --> 00:15:48.480 The watch parts were not
NOTE Confidence: 0.8247905
00:15:48.480 --> 00:15:49.548 manually over scored.
NOTE Confidence: 0.8247905
00:15:49.550 --> 00:15:51.686 This is a single center study
NOTE Confidence: 0.8247905
00:15:51.686 --> 00:15:52.754 with limited generalizability.
NOTE Confidence: 0.86597747
00:15:54.930 --> 00:15:58.241 Alright, so this what next topic next
NOTE Confidence: 0.86597747
00:15:58.241 --> 00:16:01.498 article is on the topic of Insomnia
NOTE Confidence: 0.86597747
00:16:01.498 --> 00:16:04.950 was a little hard to sift through,
NOTE Confidence: 0.86597747
00:16:04.950 --> 00:16:07.170 but very interesting and important
NOTE Confidence: 0.86597747
00:16:07.170 --> 00:16:10.670 article that came out in JAMA Psychiatry.
NOTE Confidence: 0.86597747
00:16:10.670 --> 00:16:14.040 Published by Maureen at all.
NOTE Confidence: 0.86597747

00:16:14.040 --> 00:16:17.365 So the questions were what should the
NOTE Confidence: 0.86597747

00:16:17.365 --> 00:16:20.110 first line treatment of insomnia be?
NOTE Confidence: 0.86597747

00:16:20.110 --> 00:16:23.379 An how to proceed when that fails?
NOTE Confidence: 0.86597747

00:16:23.380 --> 00:16:26.593 Also, is there a moderating effect of
NOTE Confidence: 0.86597747

00:16:26.593 --> 00:16:28.979 psychiatric comorbidity on the outcomes?
NOTE Confidence: 0.86597747

00:16:28.980 --> 00:16:32.232 So for this they performed a
NOTE Confidence: 0.86597747

00:16:32.232 --> 00:16:35.034 sequential multiple assignment RCT of
NOTE Confidence: 0.86597747

00:16:35.034 --> 00:16:37.759 200 patients with chronic insomnia.
NOTE Confidence: 0.86597747

00:16:37.760 --> 00:16:40.260 Most were women, middle aged.
NOTE Confidence: 0.86597747

00:16:40.260 --> 00:16:43.130 They were randomized to behavioral
NOTE Confidence: 0.86597747

00:16:43.130 --> 00:16:45.426 treatment or dissolve them.
NOTE Confidence: 0.86597747

00:16:45.430 --> 00:16:47.910 After being stratified by age,
NOTE Confidence: 0.86597747

00:16:47.910 --> 00:16:51.130 *** and psychiatric Co mobility.
NOTE Confidence: 0.86597747

00:16:51.130 --> 00:16:53.951 Then those that did not remit to
NOTE Confidence: 0.86597747

00:16:53.951 --> 00:16:57.237 the first line with the first line
NOTE Confidence: 0.86597747

00:16:57.237 --> 00:16:59.717 treatment went into the medical.

NOTE Confidence: 0.86597747

00:16:59.720 --> 00:17:02.606 ARM, which was zolpidem or Trazodone,

NOTE Confidence: 0.86597747

00:17:02.610 --> 00:17:05.490 or they went into the psychological

NOTE Confidence: 0.86597747

00:17:05.490 --> 00:17:06.450 treatment arm,

NOTE Confidence: 0.86597747

00:17:06.450 --> 00:17:08.738 which was behavioral treatment

NOTE Confidence: 0.86597747

00:17:08.738 --> 00:17:11.026 or cognitive treatment therapy.

NOTE Confidence: 0.86597747

00:17:11.030 --> 00:17:13.304 And this was performed at two

NOTE Confidence: 0.86597747

00:17:13.304 --> 00:17:15.829 sites in Canada and in Colorado.

NOTE Confidence: 0.86597747

00:17:15.830 --> 00:17:18.010 An enrollment took place between

NOTE Confidence: 0.86597747

00:17:18.010 --> 00:17:19.318 2012 to 2017,

NOTE Confidence: 0.86597747

00:17:19.320 --> 00:17:21.936 so 1/3 of the cohort had

NOTE Confidence: 0.86597747

00:17:21.936 --> 00:17:23.680 comorbid anxiety or depression.

NOTE Confidence: 0.86597747

00:17:23.680 --> 00:17:26.296 2/3 of the cohort had other

NOTE Confidence: 0.86597747

00:17:26.296 --> 00:17:27.168 medical comorbidities.

NOTE Confidence: 0.86597747

00:17:27.170 --> 00:17:29.075 The primary outcomes they were

NOTE Confidence: 0.86597747

00:17:29.075 --> 00:17:31.584 looking at were the first treatment

NOTE Confidence: 0.86597747

00:17:31.584 --> 00:17:33.708 responder in remission rates,
NOTE Confidence: 0.86597747

00:17:33.710 --> 00:17:36.260 as judged by the Insomnia Severity
NOTE Confidence: 0.86597747

00:17:36.260 --> 00:17:38.911 Index and the secondary endpoint were
NOTE Confidence: 0.86597747

00:17:38.911 --> 00:17:41.545 the other Sleep diary data points.
NOTE Confidence: 0.86597747

00:17:41.550 --> 00:17:43.850 There were multiple follow up
NOTE Confidence: 0.86597747

00:17:43.850 --> 00:17:46.460 points and they finally looked at.
NOTE Confidence: 0.86597747

00:17:46.460 --> 00:17:49.270 The 12 month follow-up visit
NOTE Confidence: 0.86597747

00:17:49.270 --> 00:17:51.518 was the last one,
NOTE Confidence: 0.86597747

00:17:51.520 --> 00:17:54.325 so initially responder rate was
NOTE Confidence: 0.86597747

00:17:54.325 --> 00:17:57.138 46% versus 50% equivalent with
NOTE Confidence: 0.86597747

00:17:57.138 --> 00:17:59.386 behavioral treatment and zolpidem,
NOTE Confidence: 0.86597747

00:17:59.390 --> 00:18:02.195 you can see the confidence
NOTE Confidence: 0.86597747

00:18:02.195 --> 00:18:04.439 intervals crossing one there.
NOTE Confidence: 0.86597747

00:18:04.440 --> 00:18:08.031 How about remission rates 38% versus
NOTE Confidence: 0.86597747

00:18:08.031 --> 00:18:11.936 30% with behavioral and zolpidem?
NOTE Confidence: 0.86597747

00:18:11.940 --> 00:18:15.125 Then we move on to second stage.

NOTE Confidence: 0.86597747

00:18:15.130 --> 00:18:17.206 There was an increase in the

NOTE Confidence: 0.86597747

00:18:17.206 --> 00:18:19.014 percentage of remitters when you

NOTE Confidence: 0.86597747

00:18:19.014 --> 00:18:21.162 went from behavior to zolpidem in

NOTE Confidence: 0.86597747

00:18:21.162 --> 00:18:23.084 zolpidem to Trazodone meaning to

NOTE Confidence: 0.86597747

00:18:23.084 --> 00:18:25.034 the medications and the remission.

NOTE Confidence: 0.86597747

00:18:25.040 --> 00:18:27.236 Rates were lower in those who

NOTE Confidence: 0.86597747

00:18:27.236 --> 00:18:28.334 had psychiatric comorbidities,

NOTE Confidence: 0.86597747

00:18:28.340 --> 00:18:29.040 but Interestingly,

NOTE Confidence: 0.86597747

00:18:29.040 --> 00:18:31.140 they did better if they stayed

NOTE Confidence: 0.86597747

00:18:31.140 --> 00:18:32.750 with the same modality.

NOTE Confidence: 0.86597747

00:18:32.750 --> 00:18:34.585 Meaning in the behavioral arm

NOTE Confidence: 0.86597747

00:18:34.585 --> 00:18:36.420 or in the medical domain.

NOTE Confidence: 0.86597747

00:18:36.420 --> 00:18:39.048 Medicine to medicine so.

NOTE Confidence: 0.86597747

00:18:39.050 --> 00:18:41.456 DST total Sleep Time was better

NOTE Confidence: 0.86597747

00:18:41.456 --> 00:18:42.258 with medications,

NOTE Confidence: 0.86597747

00:18:42.260 --> 00:18:45.272 but most of the other endpoints
NOTE Confidence: 0.86597747

00:18:45.272 --> 00:18:47.751 improved with behavioral treatment and
NOTE Confidence: 0.86597747

00:18:47.751 --> 00:18:50.079 this if these effects were maintained
NOTE Confidence: 0.86597747

00:18:50.079 --> 00:18:52.998 at the 12 month follow-up point.
NOTE Confidence: 0.86597747

00:18:53.000 --> 00:18:56.608 So what were the conclusions of this study?
NOTE Confidence: 0.86597747

00:18:56.610 --> 00:18:58.442 Behavioral treatment and zolpidem
NOTE Confidence: 0.86597747

00:18:58.442 --> 00:18:59.816 initially produced equivalent
NOTE Confidence: 0.86597747

00:18:59.816 --> 00:19:01.570 response and remission rates.
NOTE Confidence: 0.86597747

00:19:01.570 --> 00:19:05.028 Pretty good if you add up the
NOTE Confidence: 0.86597747

00:19:05.028 --> 00:19:07.888 responders and remission was 50 to 75%,
NOTE Confidence: 0.86597747

00:19:07.890 --> 00:19:10.365 addition of a second treatment
NOTE Confidence: 0.86597747

00:19:10.365 --> 00:19:12.840 produced added value for those
NOTE Confidence: 0.86597747

00:19:12.929 --> 00:19:15.529 who failed first line treatment.
NOTE Confidence: 0.86597747

00:19:15.530 --> 00:19:17.978 The best sequences in Ward behavioral
NOTE Confidence: 0.86597747

00:19:17.978 --> 00:19:19.610 treatment first followed by
NOTE Confidence: 0.86597747

00:19:19.679 --> 00:19:21.687 cognitive or zolpidem treatment.

NOTE Confidence: 0.86597747

00:19:21.690 --> 00:19:25.210 So what were the strengths of this study?

NOTE Confidence: 0.86597747

00:19:25.210 --> 00:19:27.790 So these questions have

NOTE Confidence: 0.86597747

00:19:27.790 --> 00:19:30.370 not been answered before.

NOTE Confidence: 0.86597747

00:19:30.370 --> 00:19:32.680 The problem is that in in

NOTE Confidence: 0.86597747

00:19:32.680 --> 00:19:34.620 clinical practice we do CBT.

NOTE Confidence: 0.86597747

00:19:34.620 --> 00:19:37.700 We don't necessarily do BT or CD separately.

NOTE Confidence: 0.86597747

00:19:37.700 --> 00:19:39.630 There was no control group.

NOTE Confidence: 0.86597747

00:19:39.630 --> 00:19:42.101 If you look at the various combinations

NOTE Confidence: 0.86597747

00:19:42.101 --> 00:19:44.500 of sequences that were the different

NOTE Confidence: 0.86597747

00:19:44.500 --> 00:19:46.200 sequences that were followed,

NOTE Confidence: 0.86597747

00:19:46.200 --> 00:19:48.516 number of patients in each of

NOTE Confidence: 0.86597747

00:19:48.516 --> 00:19:50.060 those categories were small.

NOTE Confidence: 0.8390078

00:19:50.060 --> 00:19:51.600 Women actually received 5

NOTE Confidence: 0.8390078

00:19:51.600 --> 00:19:53.530 milligrams of zolpidem, no higher.

NOTE Confidence: 0.8390078

00:19:53.530 --> 00:19:55.455 The men received 10 milligrams,

NOTE Confidence: 0.8390078

00:19:55.460 --> 00:19:58.155 so that may have affected the results,
NOTE Confidence: 0.8390078

00:19:58.160 --> 00:20:00.210 and so the conclusion was.
NOTE Confidence: 0.8390078

00:20:00.210 --> 00:20:03.542 Future studies should aim to match patients
NOTE Confidence: 0.8390078

00:20:03.542 --> 00:20:06.531 with their preferred form of treatment
NOTE Confidence: 0.8390078

00:20:06.531 --> 00:20:08.996 in consider the insomnia phenotype.
NOTE Confidence: 0.8390078

00:20:09.000 --> 00:20:14.019 Alright, so moving next to sleep apnea.
NOTE Confidence: 0.8390078

00:20:14.020 --> 00:20:17.331 So this study made it to Java
NOTE Confidence: 0.8390078

00:20:17.331 --> 00:20:20.299 effect is called the Sam's RCT.
NOTE Confidence: 0.8390078

00:20:20.300 --> 00:20:23.338 In short, and the question they attempted
NOTE Confidence: 0.8390078

00:20:23.338 --> 00:20:27.342 to answer is is combined palate and tongue
NOTE Confidence: 0.8390078

00:20:27.342 --> 00:20:30.511 surgery effective for patients with OSA
NOTE Confidence: 0.8390078

00:20:30.511 --> 00:20:33.337 who have failed first line treatment.
NOTE Confidence: 0.8390078

00:20:33.340 --> 00:20:36.082 So this was a multicenter parallel
NOTE Confidence: 0.8390078

00:20:36.082 --> 00:20:39.497 group open label RCT of surgery versus
NOTE Confidence: 0.8390078

00:20:39.497 --> 00:20:41.992 medical management of 102 patients
NOTE Confidence: 0.8390078

00:20:41.992 --> 00:20:44.988 who had moderate to severe OSA.

NOTE Confidence: 0.8390078

00:20:44.990 --> 00:20:47.720 Anne, who had failed either C Pap

NOTE Confidence: 0.8390078

00:20:47.720 --> 00:20:51.207 or an oral appliance so middle aged

NOTE Confidence: 0.8390078

00:20:51.207 --> 00:20:54.269 individuals may 18% only being women

NOTE Confidence: 0.8390078

00:20:54.269 --> 00:20:57.047 conducted at 6 sites in Australia.

NOTE Confidence: 0.8390078

00:20:57.050 --> 00:20:59.450 Enrollment took place between 2014

NOTE Confidence: 0.8390078

00:20:59.450 --> 00:21:02.346 to 2017 and patients were followed

NOTE Confidence: 0.8390078

00:21:02.346 --> 00:21:04.010 up to six months,

NOTE Confidence: 0.8390078

00:21:04.010 --> 00:21:07.424 so 51 in the modified UPP

NOTE Confidence: 0.8390078

00:21:07.424 --> 00:21:09.700 plus tongue reduction arm.

NOTE Confidence: 0.8390078

00:21:09.700 --> 00:21:13.935 And 51 in the medical management arm.

NOTE Confidence: 0.8390078

00:21:13.940 --> 00:21:15.705 The primary outcomes they looked

NOTE Confidence: 0.8390078

00:21:15.705 --> 00:21:18.843 at were hi an SS and they looked

NOTE Confidence: 0.8390078

00:21:18.843 --> 00:21:21.003 at number of secondary outcomes.

NOTE Confidence: 0.8390078

00:21:21.010 --> 00:21:23.368 89% of patients completed the trial.

NOTE Confidence: 0.8390078

00:21:23.370 --> 00:21:25.340 So what happened to hi?

NOTE Confidence: 0.8390078

00:21:25.340 --> 00:21:25.733 Hi,
NOTE Confidence: 0.8390078

00:21:25.733 --> 00:21:29.270 went from 48 to 21 in the surgical group.
NOTE Confidence: 0.8390078

00:21:29.270 --> 00:21:31.514 Not much change in the Medical
NOTE Confidence: 0.8390078

00:21:31.514 --> 00:21:33.590 Group between the two groups.
NOTE Confidence: 0.8390078

00:21:33.590 --> 00:21:36.180 The difference was 18 power.
NOTE Confidence: 0.8390078

00:21:36.180 --> 00:21:38.609 ESS went from 12 to five in
NOTE Confidence: 0.8390078

00:21:38.609 --> 00:21:40.562 the surgical group and remain
NOTE Confidence: 0.8390078

00:21:40.562 --> 00:21:43.052 unchanged at 11 in the Medical
NOTE Confidence: 0.8390078

00:21:43.052 --> 00:21:45.398 Group between group Difference 7.
NOTE Confidence: 0.8390078

00:21:45.400 --> 00:21:47.806 So there were improvements in all
NOTE Confidence: 0.8390078

00:21:47.806 --> 00:21:50.908 most of the secondary outcomes in two
NOTE Confidence: 0.8390078

00:21:50.908 --> 00:21:53.278 patients had serious adverse events.
NOTE Confidence: 0.8390078

00:21:53.280 --> 00:21:57.155 So their conclusion was that
NOTE Confidence: 0.8390078

00:21:57.155 --> 00:22:00.554 combined typing surgery may be used
NOTE Confidence: 0.8390078

00:22:00.554 --> 00:22:02.702 to treat patients who have failed
NOTE Confidence: 0.8390078

00:22:02.702 --> 00:22:04.739 conventional treatment for sleep apnea.

NOTE Confidence: 0.8390078

00:22:04.740 --> 00:22:06.620 It was rigorously done study.

NOTE Confidence: 0.8390078

00:22:06.620 --> 00:22:08.500 They standardized technique across this.

NOTE Confidence: 0.8390078

00:22:08.500 --> 00:22:11.083 All the surgical sites in the surgeons

NOTE Confidence: 0.8390078

00:22:11.083 --> 00:22:13.768 were trained to do the same procedure.

NOTE Confidence: 0.8390078

00:22:13.770 --> 00:22:15.650 They recruited those who fail.

NOTE Confidence: 0.8390078

00:22:15.650 --> 00:22:17.030 Standard treatment was simple

NOTE Confidence: 0.8390078

00:22:17.030 --> 00:22:18.755 preop assessment and they looked

NOTE Confidence: 0.8390078

00:22:18.755 --> 00:22:20.538 at patient centered outcomes.

NOTE Confidence: 0.79989195

00:22:23.390 --> 00:22:25.614 So um lot. More on this study in

NOTE Confidence: 0.79989195

00:22:25.614 --> 00:22:27.649 terms of strengths and limitations

NOTE Confidence: 0.79989195

00:22:27.649 --> 00:22:30.457 resulted in an editorial for Jamaan,

NOTE Confidence: 0.79989195

00:22:30.460 --> 00:22:33.428 so it dug into it quite a bit.

NOTE Confidence: 0.79989195

00:22:33.430 --> 00:22:35.943 Middle aged obese patients compared to what

NOTE Confidence: 0.79989195

00:22:35.943 --> 00:22:38.542 you would normally refer for surgery and

NOTE Confidence: 0.79989195

00:22:38.542 --> 00:22:40.732 they actually expanded their BMI criteria

NOTE Confidence: 0.79989195

00:22:40.791 --> 00:22:43.107 'cause they didn't have enough patients.
NOTE Confidence: 0.79989195

00:22:43.110 --> 00:22:45.776 Initially they use the 3% the saturation
NOTE Confidence: 0.79989195

00:22:45.776 --> 00:22:47.791 criteria, which might be different
NOTE Confidence: 0.79989195

00:22:47.791 --> 00:22:50.169 from what you're using in your lab.
NOTE Confidence: 0.79989195

00:22:50.170 --> 00:22:53.530 So you're looking at higher H hi's here.
NOTE Confidence: 0.79989195

00:22:53.530 --> 00:22:56.062 Greater improvement in Essm, but there
NOTE Confidence: 0.79989195

00:22:56.062 --> 00:22:59.458 was no blinding or placebo control group.
NOTE Confidence: 0.79989195

00:22:59.460 --> 00:23:03.267 And if you do the math in the paper,
NOTE Confidence: 0.79989195

00:23:03.270 --> 00:23:06.224 57% were actually left with an H,
NOTE Confidence: 0.79989195

00:23:06.230 --> 00:23:08.982 I-15 or higher, and there was no effect
NOTE Confidence: 0.79989195

00:23:08.982 --> 00:23:11.730 on hard outcomes like hypertension.
NOTE Confidence: 0.79989195

00:23:11.730 --> 00:23:14.887 So the selection criteria for which patients
NOTE Confidence: 0.79989195

00:23:14.887 --> 00:23:18.066 might benefit the most need to be refined.
NOTE Confidence: 0.79989195

00:23:18.070 --> 00:23:20.788 We need studies with women and
NOTE Confidence: 0.79989195

00:23:20.788 --> 00:23:23.420 minorities on longer term efficacy.
NOTE Confidence: 0.79989195

00:23:23.420 --> 00:23:25.690 Um?

NOTE Confidence: 0.79989195

00:23:25.690 --> 00:23:28.132 The effects of weight and age

NOTE Confidence: 0.79989195

00:23:28.132 --> 00:23:31.399 may play a role in the long term,

NOTE Confidence: 0.79989195

00:23:31.400 --> 00:23:33.440 and also comparative trials against

NOTE Confidence: 0.79989195

00:23:33.440 --> 00:23:34.256 maxillomandibular advancement.

NOTE Confidence: 0.79989195

00:23:34.260 --> 00:23:38.646 An upper airway stimulation or inspire.

NOTE Confidence: 0.79989195

00:23:38.650 --> 00:23:41.062 Alright, I don't know if we

NOTE Confidence: 0.79989195

00:23:41.062 --> 00:23:43.919 can do this on zoom or not,

NOTE Confidence: 0.79989195

00:23:43.920 --> 00:23:46.692 but I had a couple of questions

NOTE Confidence: 0.79989195

00:23:46.692 --> 00:23:48.780 that I threw in there.

NOTE Confidence: 0.79989195

00:23:48.780 --> 00:23:51.018 We might just skip that and

NOTE Confidence: 0.79989195

00:23:51.018 --> 00:23:53.230 I give you the answer.

NOTE Confidence: 0.79989195

00:23:53.230 --> 00:23:55.275 10% increase in nighttime oxyhemoglobin

NOTE Confidence: 0.79989195

00:23:55.275 --> 00:23:57.320 saturation associated with a 2

NOTE Confidence: 0.79989195

00:23:57.384 --> 00:23:59.429 millimeter increase in blood pressure

NOTE Confidence: 0.79989195

00:23:59.429 --> 00:24:01.913 with systolic blood pressure for oxygen

NOTE Confidence: 0.79989195

00:24:01.913 --> 00:24:04.169 saturation in the Jackson Heart study.

NOTE Confidence: 0.934939

00:24:07.470 --> 00:24:12.322 Alright. Next we have the

NOTE Confidence: 0.934939

00:24:12.322 --> 00:24:16.090 second half of the talk and.

NOTE Confidence: 0.934939

00:24:16.090 --> 00:24:19.258 We moved to central disorders of

NOTE Confidence: 0.934939

00:24:19.258 --> 00:24:21.902 Hypersomnolence, so this was a

NOTE Confidence: 0.934939

00:24:21.902 --> 00:24:25.788 study published in JC ** last year.

NOTE Confidence: 0.934939

00:24:25.788 --> 00:24:29.502 And the question was do RAM

NOTE Confidence: 0.934939

00:24:29.502 --> 00:24:30.740 suppressing antidepressants

NOTE Confidence: 0.934939

00:24:30.834 --> 00:24:33.459 indeed affect MSL T results?

NOTE Confidence: 0.934939

00:24:33.460 --> 00:24:35.408 So for this study,

NOTE Confidence: 0.934939

00:24:35.408 --> 00:24:38.330 we enrolled adult patients who are

NOTE Confidence: 0.934939

00:24:38.422 --> 00:24:41.950 undergoing MSL tease for the indication

NOTE Confidence: 0.934939

00:24:41.950 --> 00:24:44.920 of daytime sleepiness at Mayo

NOTE Confidence: 0.934939

00:24:44.920 --> 00:24:48.070 Clinic Rochester from 2014 to 2018,

NOTE Confidence: 0.934939

00:24:48.070 --> 00:24:51.358 and the clinical data the test

NOTE Confidence: 0.934939

00:24:51.358 --> 00:24:54.730 results were all manually abstracted.

NOTE Confidence: 0.934939

00:24:54.730 --> 00:24:56.625 Primary outcomes were mean sleep

NOTE Confidence: 0.934939

00:24:56.625 --> 00:24:59.883 latency and number of saw ramps in those

NOTE Confidence: 0.934939

00:24:59.883 --> 00:25:01.607 who discontinued these medications

NOTE Confidence: 0.934939

00:25:01.607 --> 00:25:04.020 versus those who remained on him,

NOTE Confidence: 0.934939

00:25:04.020 --> 00:25:06.284 and regression analysis were

NOTE Confidence: 0.934939

00:25:06.284 --> 00:25:08.548 done accounting for confounders.

NOTE Confidence: 0.934939

00:25:08.550 --> 00:25:10.630 502 patients were included.

NOTE Confidence: 0.934939

00:25:10.630 --> 00:25:13.858 Mean age 38, mostly women and more

NOTE Confidence: 0.934939

00:25:13.858 --> 00:25:17.910 than a third were on RAM antidepressants.

NOTE Confidence: 0.934939

00:25:17.910 --> 00:25:19.743 REM suppressing antidepressants.

NOTE Confidence: 0.934939

00:25:19.743 --> 00:25:24.020 An it was discontinued in a majority

NOTE Confidence: 0.934939

00:25:24.115 --> 00:25:25.708 of these patients.

NOTE Confidence: 0.934939

00:25:25.710 --> 00:25:28.510 So those who discontinued their

NOTE Confidence: 0.934939

00:25:28.510 --> 00:25:30.750 ramp suppressing any depressants,

NOTE Confidence: 0.934939

00:25:30.750 --> 00:25:35.608 were more likely odds ratio of 12.

NOTE Confidence: 0.934939

00:25:35.610 --> 00:25:38.026 To have two or more storms versus those
NOTE Confidence: 0.934939

00:25:38.026 --> 00:25:40.760 who did not discontinue the medications,
NOTE Confidence: 0.934939

00:25:40.760 --> 00:25:43.055 they were also more likely
NOTE Confidence: 0.934939

00:25:43.055 --> 00:25:45.350 to have a shorter MSL.
NOTE Confidence: 0.934939

00:25:45.350 --> 00:25:47.900 Versus those who did not.
NOTE Confidence: 0.934939

00:25:47.900 --> 00:25:49.930 Higher odds of two Sorum,
NOTE Confidence: 0.934939

00:25:49.930 --> 00:25:52.360 so more versus those who were
NOTE Confidence: 0.934939

00:25:52.360 --> 00:25:53.980 never on these medications,
NOTE Confidence: 0.934939

00:25:53.980 --> 00:25:55.980 and the differences persisted
NOTE Confidence: 0.934939

00:25:55.980 --> 00:25:57.980 after accounting for confounders.
NOTE Confidence: 0.934939

00:25:57.980 --> 00:25:59.426 So the conclusion?
NOTE Confidence: 0.934939

00:25:59.426 --> 00:26:02.800 Of the study was that patients who
NOTE Confidence: 0.934939

00:26:02.891 --> 00:26:06.116 taper of REM suppressing antidepressants
NOTE Confidence: 0.934939

00:26:06.116 --> 00:26:09.867 are more likely to demonstrate to
NOTE Confidence: 0.934939

00:26:09.867 --> 00:26:12.435 a more sore imsan shorter MSL.
NOTE Confidence: 0.934939

00:26:12.440 --> 00:26:14.564 So pending prospective investigations,

NOTE Confidence: 0.934939
00:26:14.564 --> 00:26:17.219 the authors concluded that clinicians
NOTE Confidence: 0.934939
00:26:17.219 --> 00:26:19.658 should preferably withdraw REM
NOTE Confidence: 0.934939
00:26:19.658 --> 00:26:22.110 suppressing antidepressants where feasible.
NOTE Confidence: 0.934939
00:26:22.110 --> 00:26:22.859 Otherwise,
NOTE Confidence: 0.934939
00:26:22.859 --> 00:26:26.604 an interpretation should include the
NOTE Confidence: 0.934939
00:26:26.604 --> 00:26:29.600 statement regarding the potential
NOTE Confidence: 0.934939
00:26:29.697 --> 00:26:33.120 effect of these drugs on the results.
NOTE Confidence: 0.934939
00:26:33.120 --> 00:26:35.682 So this was the first study to
NOTE Confidence: 0.934939
00:26:35.682 --> 00:26:37.814 actually answer these questions and
NOTE Confidence: 0.934939
00:26:37.814 --> 00:26:40.209 support the ASM recommendations for
NOTE Confidence: 0.934939
00:26:40.209 --> 00:26:43.057 performance of the conduct of the SLT.
NOTE Confidence: 0.934939
00:26:43.060 --> 00:26:45.150 A large number of patients
NOTE Confidence: 0.934939
00:26:45.150 --> 00:26:46.404 near complete data,
NOTE Confidence: 0.934939
00:26:46.410 --> 00:26:48.510 but it's a retrospective study.
NOTE Confidence: 0.934939
00:26:48.510 --> 00:26:50.975 There are a few ***** drug
NOTE Confidence: 0.934939

00:26:50.975 --> 00:26:52.100 screen results missing,
NOTE Confidence: 0.934939

00:26:52.100 --> 00:26:54.350 and if patients didn't follow the
NOTE Confidence: 0.934939

00:26:54.410 --> 00:26:56.890 instructions of tapering the medications,
NOTE Confidence: 0.934939

00:26:56.890 --> 00:26:59.398 there could be potential withdrawal effects.
NOTE Confidence: 0.934939

00:26:59.400 --> 00:27:01.490 The actual severity of depression
NOTE Confidence: 0.934939

00:27:01.490 --> 00:27:03.162 was not accounted for.
NOTE Confidence: 0.934939

00:27:03.170 --> 00:27:05.260 It seems unlikely that if
NOTE Confidence: 0.934939

00:27:05.260 --> 00:27:06.932 they were severely depressed,
NOTE Confidence: 0.934939

00:27:06.940 --> 00:27:11.546 they would've been taken off the medication.
NOTE Confidence: 0.934939

00:27:11.550 --> 00:27:17.913 Alright, so. Then we move on to the next.
NOTE Confidence: 0.934939

00:27:17.920 --> 00:27:19.745 Study which is on circadian
NOTE Confidence: 0.934939

00:27:19.745 --> 00:27:21.205 rhythm sleep wake disorders.
NOTE Confidence: 0.934939

00:27:21.210 --> 00:27:24.414 If anybody wants a break, I know it's pretty.
NOTE Confidence: 0.934939

00:27:24.414 --> 00:27:27.780 There's a lot of data that we talked about.
NOTE Confidence: 0.934939

00:27:27.780 --> 00:27:30.356 Just raise your hand in the chat
NOTE Confidence: 0.934939

00:27:30.356 --> 00:27:32.960 or indicate in some other way and

NOTE Confidence: 0.934939

00:27:32.960 --> 00:27:35.078 we can take a short break.

NOTE Confidence: 0.70655656

00:27:40.250 --> 00:27:42.246 Can I just remember the quick

NOTE Confidence: 0.70655656

00:27:42.246 --> 00:27:43.580 question? Actually magnets Lauren.

NOTE Confidence: 0.79106

00:27:45.120 --> 00:27:46.348 Hi, this is wonderful.

NOTE Confidence: 0.79106

00:27:46.348 --> 00:27:48.750 Thank you it is it is dented,

NOTE Confidence: 0.79106

00:27:48.750 --> 00:27:51.060 a lot of information but it's great.

NOTE Confidence: 0.79106

00:27:51.060 --> 00:27:53.062 I was just curious with regard to

NOTE Confidence: 0.79106

00:27:53.062 --> 00:27:55.246 the JAMA study that you brought up

NOTE Confidence: 0.79106

00:27:55.246 --> 00:27:57.142 that you had written an editorial

NOTE Confidence: 0.79106

00:27:57.203 --> 00:27:59.453 for about the combined palatal then

NOTE Confidence: 0.79106

00:27:59.453 --> 00:28:01.290 tongue reduction surgery in patients

NOTE Confidence: 0.79106

00:28:01.290 --> 00:28:03.600 who fail kind of first line treatment.

NOTE Confidence: 0.79106

00:28:03.600 --> 00:28:05.580 Do you know of centers that

NOTE Confidence: 0.79106

00:28:05.580 --> 00:28:06.900 are doing that here?

NOTE Confidence: 0.79106

00:28:06.900 --> 00:28:08.880 Because that study, as you mention,

NOTE Confidence: 0.79106

00:28:08.880 --> 00:28:10.552 was done in Australia.
NOTE Confidence: 0.79106

00:28:10.552 --> 00:28:13.060 'cause I was pretty impressed to
NOTE Confidence: 0.79106

00:28:13.143 --> 00:28:15.348 say what I saw that come out.
NOTE Confidence: 0.79106

00:28:15.350 --> 00:28:17.540 Last year that you know of
NOTE Confidence: 0.79106

00:28:17.540 --> 00:28:19.440 all the surgical studies that
NOTE Confidence: 0.79106

00:28:19.440 --> 00:28:21.285 we've had for sleep apnea,
NOTE Confidence: 0.79106

00:28:21.290 --> 00:28:22.538 that was, I thought,
NOTE Confidence: 0.79106

00:28:22.538 --> 00:28:24.410 one of the better done ones
NOTE Confidence: 0.79106

00:28:24.482 --> 00:28:26.108 with impressive outcomes.
NOTE Confidence: 0.83751273

00:28:27.290 --> 00:28:28.570 You summarized it well, Lauren,
NOTE Confidence: 0.83751273

00:28:28.570 --> 00:28:30.298 that is the biggest trend of
NOTE Confidence: 0.83751273

00:28:30.298 --> 00:28:32.442 this study that it was so well
NOTE Confidence: 0.83751273

00:28:32.442 --> 00:28:33.977 done and so rigorously done.
NOTE Confidence: 0.83751273

00:28:33.980 --> 00:28:35.846 I think a big problem here
NOTE Confidence: 0.83751273

00:28:35.846 --> 00:28:36.779 is insurance coverage.
NOTE Confidence: 0.83751273

00:28:36.780 --> 00:28:38.652 You know Orienteer surgeons are doing

NOTE Confidence: 0.83751273

00:28:38.652 --> 00:28:40.255 tongue reduction and things like

NOTE Confidence: 0.83751273

00:28:40.255 --> 00:28:41.760 that for indications of snoring,

NOTE Confidence: 0.83751273

00:28:41.760 --> 00:28:43.620 but that's not usually covered here,

NOTE Confidence: 0.83751273

00:28:43.620 --> 00:28:46.020 so I don't know of any centers that

NOTE Confidence: 0.83751273

00:28:46.020 --> 00:28:47.738 are actually doing that combined

NOTE Confidence: 0.83751273

00:28:47.738 --> 00:28:50.188 surgery as of now for the indication

NOTE Confidence: 0.83751273

00:28:50.257 --> 00:28:52.409 of sleep apnea and a large part of

NOTE Confidence: 0.83751273

00:28:52.409 --> 00:28:55.428 it might be insurance reimbursement.

NOTE Confidence: 0.83751273

00:28:55.430 --> 00:28:57.420 Gotcha, thank you.

NOTE Confidence: 0.83751273

00:28:57.420 --> 00:28:59.030 Any other questions before we

NOTE Confidence: 0.83751273

00:28:59.030 --> 00:29:01.110 move on to the next study?

NOTE Confidence: 0.83751273

00:29:01.110 --> 00:29:03.862 It might be good to take a little

NOTE Confidence: 0.83751273

00:29:03.862 --> 00:29:06.006 break and just talk through

NOTE Confidence: 0.83751273

00:29:06.006 --> 00:29:07.834 some things like that.

NOTE Confidence: 0.83751273

00:29:07.840 --> 00:29:09.000 Like Lauren just did.

NOTE Confidence: 0.8808683

00:29:13.980 --> 00:29:17.204 Alright. Nobody alright,
NOTE Confidence: 0.8808683

00:29:17.204 --> 00:29:19.256 we'll go to the next study.
NOTE Confidence: 0.8808683

00:29:19.260 --> 00:29:21.380 So the next study is looking at the
NOTE Confidence: 0.8808683

00:29:21.380 --> 00:29:23.620 effect of patient safety on resident
NOTE Confidence: 0.8808683

00:29:23.620 --> 00:29:26.092 physicians schedule without 24 hour shifts.
NOTE Confidence: 0.8808683

00:29:26.100 --> 00:29:28.844 And this was published in the New
NOTE Confidence: 0.8808683

00:29:28.844 --> 00:29:30.950 England Journal of Medicine last
NOTE Confidence: 0.8808683

00:29:30.950 --> 00:29:33.494 year by the roster Study Group.
NOTE Confidence: 0.8808683

00:29:33.500 --> 00:29:35.340 And what they attempted to
NOTE Confidence: 0.8808683

00:29:35.340 --> 00:29:37.180 answer is what is the,
NOTE Confidence: 0.8808683

00:29:37.180 --> 00:29:40.505 what are the effects of eliminating extended
NOTE Confidence: 0.8808683

00:29:40.505 --> 00:29:43.318 shifts for residents on patient safety?
NOTE Confidence: 0.8808683

00:29:43.320 --> 00:29:45.430 This was a multicenter cluster,
NOTE Confidence: 0.8808683

00:29:45.430 --> 00:29:46.693 randomized crossover trial
NOTE Confidence: 0.8808683

00:29:46.693 --> 00:29:48.377 that compared two feeds,
NOTE Confidence: 0.8808683

00:29:48.380 --> 00:29:49.206 ICU schedules.

NOTE Confidence: 0.8808683

00:29:49.206 --> 00:29:51.684 The control schedule was the 24

NOTE Confidence: 0.8808683

00:29:51.684 --> 00:29:54.551 hour or greater schedule and the

NOTE Confidence: 0.8808683

00:29:54.551 --> 00:29:57.491 intervention schedule was the less than

NOTE Confidence: 0.8808683

00:29:57.567 --> 00:30:00.395 16 Hour cycling day and night shifts.

NOTE Confidence: 0.8808683

00:30:00.400 --> 00:30:03.361 The primary outcome they looked at was

NOTE Confidence: 0.8808683

00:30:03.361 --> 00:30:06.346 serious medical errors and this was

NOTE Confidence: 0.8808683

00:30:06.346 --> 00:30:08.530 determined through intensive surveillance,

NOTE Confidence: 0.8808683

00:30:08.530 --> 00:30:10.375 including direct observation

NOTE Confidence: 0.8808683

00:30:10.375 --> 00:30:12.220 and chart review.

NOTE Confidence: 0.8808683

00:30:12.220 --> 00:30:14.932 So the characteristics of the patients

NOTE Confidence: 0.8808683

00:30:14.932 --> 00:30:17.140 themselves were similar between the

NOTE Confidence: 0.8808683

00:30:17.140 --> 00:30:19.485 two schedules and the number of ICU

NOTE Confidence: 0.8808683

00:30:19.485 --> 00:30:22.228 patients was higher during the intervention,

NOTE Confidence: 0.8808683

00:30:22.230 --> 00:30:24.736 which is the less than 16 hour

NOTE Confidence: 0.8808683

00:30:24.736 --> 00:30:26.298 rotating shift schedule versus

NOTE Confidence: 0.8808683

00:30:26.298 --> 00:30:28.388 the control schedule an actually
NOTE Confidence: 0.8808683

00:30:28.388 --> 00:30:31.136 there were more serious errors with
NOTE Confidence: 0.8808683

00:30:31.136 --> 00:30:32.648 the intervention schedule,
NOTE Confidence: 0.8808683

00:30:32.650 --> 00:30:36.223 which is a less than 16 hour rotating shift
NOTE Confidence: 0.8808683

00:30:36.223 --> 00:30:38.906 schedule and serious errors unit wide.
NOTE Confidence: 0.8808683

00:30:38.910 --> 00:30:41.668 So not just related to residents was
NOTE Confidence: 0.8808683

00:30:41.668 --> 00:30:44.539 higher during the intervention schedule.
NOTE Confidence: 0.8808683

00:30:44.540 --> 00:30:47.372 But there was wide variability among
NOTE Confidence: 0.8808683

00:30:47.372 --> 00:30:50.369 sites and the secondary analysis that
NOTE Confidence: 0.8808683

00:30:50.369 --> 00:30:53.974 adjusted for number of patients per resident.
NOTE Confidence: 0.8808683

00:30:53.980 --> 00:30:58.750 The results were no longer significant.
NOTE Confidence: 0.8808683

00:30:58.750 --> 00:31:01.060 So, contrary to the hypothesis,
NOTE Confidence: 0.8808683

00:31:01.060 --> 00:31:03.475 residents that were randomly assigned
NOTE Confidence: 0.8808683

00:31:03.475 --> 00:31:05.890 to schedules that eliminated extended
NOTE Confidence: 0.8808683

00:31:05.962 --> 00:31:07.510 shifts made more errors.
NOTE Confidence: 0.8808683

00:31:07.510 --> 00:31:08.644 Of course,

NOTE Confidence: 0.8808683

00:31:08.644 --> 00:31:11.479 the effects varied by site.

NOTE Confidence: 0.8808683

00:31:11.480 --> 00:31:12.773 These residents actually

NOTE Confidence: 0.8808683

00:31:12.773 --> 00:31:14.497 obtained more sleep there.

NOTE Confidence: 0.8808683

00:31:14.500 --> 00:31:15.796 Neuro behavioral performance

NOTE Confidence: 0.8808683

00:31:15.796 --> 00:31:16.660 performance improved,

NOTE Confidence: 0.8808683

00:31:16.660 --> 00:31:19.120 but the number of patients that

NOTE Confidence: 0.8808683

00:31:19.120 --> 00:31:21.420 they cared for was higher,

NOTE Confidence: 0.8808683

00:31:21.420 --> 00:31:23.820 so the conclusions of the authors

NOTE Confidence: 0.8808683

00:31:23.820 --> 00:31:25.976 was that workout reduction should

NOTE Confidence: 0.8808683

00:31:25.976 --> 00:31:27.900 not occur without investment.

NOTE Confidence: 0.8808683

00:31:27.900 --> 00:31:30.945 An high workload or poor handoffs could

NOTE Confidence: 0.8808683

00:31:30.945 --> 00:31:33.508 also be detrimental to patient care,

NOTE Confidence: 0.8808683

00:31:33.510 --> 00:31:36.009 so there are a number of studies

NOTE Confidence: 0.8808683

00:31:36.009 --> 00:31:38.292 looking at work hour limitations

NOTE Confidence: 0.8808683

00:31:38.292 --> 00:31:39.990 and patient outcomes,

NOTE Confidence: 0.8808683

00:31:39.990 --> 00:31:44.130 so this adds to the literature but looked at.

NOTE Confidence: 0.8808683

00:31:44.130 --> 00:31:46.742 Things slightly differently and

NOTE Confidence: 0.8808683

00:31:46.742 --> 00:31:49.354 provided some new information.

NOTE Confidence: 0.8808683

00:31:49.360 --> 00:31:51.220 There was definitely variation

NOTE Confidence: 0.8808683

00:31:51.220 --> 00:31:53.545 in data collection by side,

NOTE Confidence: 0.8808683

00:31:53.550 --> 00:31:56.382 so there may have been variation

NOTE Confidence: 0.8808683

00:31:56.382 --> 00:31:58.762 and workload or handoffs or

NOTE Confidence: 0.8808683

00:31:58.762 --> 00:32:01.198 supervision at each of the sites

NOTE Confidence: 0.8808683

00:32:01.198 --> 00:32:04.240 that may have affected the results.

NOTE Confidence: 0.8808683

00:32:04.240 --> 00:32:06.565 An of course there's limited

NOTE Confidence: 0.8808683

00:32:06.565 --> 00:32:08.890 generalizability to non ICU settings.

NOTE Confidence: 0.83507526

00:32:11.630 --> 00:32:14.408 Alright, so study #8 is on

NOTE Confidence: 0.83507526

00:32:14.408 --> 00:32:17.335 parasomnias and this one was published

NOTE Confidence: 0.83507526

00:32:17.335 --> 00:32:20.263 in sleep by Winkleman at all.

NOTE Confidence: 0.83507526

00:32:20.270 --> 00:32:22.690 Topiramate reduces nocturnal eating

NOTE Confidence: 0.83507526

00:32:22.690 --> 00:32:26.320 in sleep related eating disorder or

NOTE Confidence: 0.83507526

00:32:26.405 --> 00:32:29.546 srat as we will call it is devira made

NOTE Confidence: 0.83507526

00:32:29.546 --> 00:32:32.792 an effective treatment for S red is

NOTE Confidence: 0.83507526

00:32:32.792 --> 00:32:36.188 the question that they were trying to

NOTE Confidence: 0.83507526

00:32:36.188 --> 00:32:39.224 answer for this a placebo controlled

NOTE Confidence: 0.83507526

00:32:39.224 --> 00:32:41.700 randomized control trial was done.

NOTE Confidence: 0.83507526

00:32:41.700 --> 00:32:44.836 Of 34 patients who strictly Matt ICS,

NOTE Confidence: 0.83507526

00:32:44.840 --> 00:32:48.719 D Two or three criteria for S ride with

NOTE Confidence: 0.83507526

00:32:48.719 --> 00:32:51.773 symptoms on going more than six months

NOTE Confidence: 0.83507526

00:32:51.773 --> 00:32:55.170 in at least three episodes per week.

NOTE Confidence: 0.83507526

00:32:55.170 --> 00:32:58.138 Flexible dosing of topiramate up to a

NOTE Confidence: 0.83507526

00:32:58.138 --> 00:33:01.459 maximum of 300 milligrams for 13 weeks.

NOTE Confidence: 0.83507526

00:33:01.460 --> 00:33:03.925 The primary outcomes were the

NOTE Confidence: 0.83507526

00:33:03.925 --> 00:33:07.105 percentage of nights with eating and

NOTE Confidence: 0.83507526

00:33:07.105 --> 00:33:09.649 occlusion global improvement scales.

NOTE Confidence: 0.83507526

00:33:09.650 --> 00:33:13.090 Um? I think global impression,

NOTE Confidence: 0.83507526

00:33:13.090 --> 00:33:16.639 improvement, scale mean age was 40 years,
NOTE Confidence: 0.83507526

00:33:16.640 --> 00:33:18.368 74% were female.
NOTE Confidence: 0.83507526

00:33:18.368 --> 00:33:22.400 An mean duration of Strat was 14
NOTE Confidence: 0.83507526

00:33:22.527 --> 00:33:25.407 years in these subjects.
NOTE Confidence: 0.83507526

00:33:25.410 --> 00:33:28.902 So symptoms reduced with topiramate from
NOTE Confidence: 0.83507526

00:33:28.902 --> 00:33:32.988 75% to 33% of Knights versus placebo,
NOTE Confidence: 0.83507526

00:33:32.990 --> 00:33:35.900 and definitely more CGI responders
NOTE Confidence: 0.83507526

00:33:35.900 --> 00:33:39.852 on topiramate 71% versus 27% with
NOTE Confidence: 0.83507526

00:33:39.852 --> 00:33:42.788 placebo all statistically significant.
NOTE Confidence: 0.83507526

00:33:42.790 --> 00:33:45.163 If they were less awake and had
NOTE Confidence: 0.83507526

00:33:45.163 --> 00:33:47.838 less memory of eating at night
NOTE Confidence: 0.83507526

00:33:47.838 --> 00:33:49.946 that actually predicted response,
NOTE Confidence: 0.83507526

00:33:49.950 --> 00:33:50.370 better,
NOTE Confidence: 0.83507526

00:33:50.370 --> 00:33:52.890 the topiramate group lost more weight,
NOTE Confidence: 0.83507526

00:33:52.890 --> 00:33:55.781 about 8 1/2 pounds versus £1.00 with
NOTE Confidence: 0.83507526

00:33:55.781 --> 00:33:59.540 placebo and the most common side effects

NOTE Confidence: 0.83507526

00:33:59.540 --> 00:34:02.585 were paresthesias and cognitive dysfunction.

NOTE Confidence: 0.83507526

00:34:02.590 --> 00:34:05.566 So the conclusions of this study were that

NOTE Confidence: 0.83507526

00:34:05.566 --> 00:34:08.946 this was the first randomized control trial,

NOTE Confidence: 0.83507526

00:34:08.950 --> 00:34:11.918 showing efficacy of the pyramid for ESRD.

NOTE Confidence: 0.83507526

00:34:11.920 --> 00:34:14.760 The effects were seen as early as the

NOTE Confidence: 0.83507526

00:34:14.760 --> 00:34:17.848 first week until they became asymptomatic,

NOTE Confidence: 0.83507526

00:34:17.850 --> 00:34:20.955 most of them at four to six weeks at

NOTE Confidence: 0.83507526

00:34:20.955 --> 00:34:24.208 a dose of hundred 225 milligrams.

NOTE Confidence: 0.83507526

00:34:24.210 --> 00:34:24.618 Now,

NOTE Confidence: 0.83507526

00:34:24.618 --> 00:34:26.658 many patients who seek medical

NOTE Confidence: 0.83507526

00:34:26.658 --> 00:34:29.242 treatment for S red is because

NOTE Confidence: 0.83507526

00:34:29.242 --> 00:34:31.417 of weight gain and topiramate.

NOTE Confidence: 0.83507526

00:34:31.420 --> 00:34:33.156 Did help with that.

NOTE Confidence: 0.83507526

00:34:33.156 --> 00:34:36.788 So the mechanism we're not sure what it is.

NOTE Confidence: 0.83507526

00:34:36.790 --> 00:34:39.244 It could be related to appetite

NOTE Confidence: 0.83507526

00:34:39.244 --> 00:34:40.880 suppression or something else.
NOTE Confidence: 0.83507526

00:34:40.880 --> 00:34:43.220 There was no reported improvement in
NOTE Confidence: 0.83507526

00:34:43.220 --> 00:34:45.570 other sleep measures or hemoglobin,
NOTE Confidence: 0.83507526

00:34:45.570 --> 00:34:48.120 A1C and side effects were prominent,
NOTE Confidence: 0.83507526

00:34:48.120 --> 00:34:51.382 so the results of this study were
NOTE Confidence: 0.83507526

00:34:51.382 --> 00:34:54.267 similar to previous open label studies
NOTE Confidence: 0.83507526

00:34:54.267 --> 00:34:58.410 of the pyramid or for treatment of estrogen.
NOTE Confidence: 0.83507526

00:34:58.410 --> 00:35:00.595 The stands were there patients
NOTE Confidence: 0.83507526

00:35:00.595 --> 00:35:01.906 were rigorously screened,
NOTE Confidence: 0.83507526

00:35:01.910 --> 00:35:04.538 small sample with a high dropout
NOTE Confidence: 0.83507526

00:35:04.538 --> 00:35:06.290 rate in both groups.
NOTE Confidence: 0.8427277

00:35:08.560 --> 00:35:11.626 Alright, so moving to the study #9
NOTE Confidence: 0.8427277

00:35:11.626 --> 00:35:13.790 sleep related movement disorders.
NOTE Confidence: 0.8427277

00:35:13.790 --> 00:35:16.568 This was a study published again
NOTE Confidence: 0.8427277

00:35:16.568 --> 00:35:19.944 by Winkleman at all in sleep last
NOTE Confidence: 0.8427277

00:35:19.944 --> 00:35:22.334 year that looked at baseline,

NOTE Confidence: 0.8427277

00:35:22.340 --> 00:35:25.286 an one year longitudinal data from

NOTE Confidence: 0.8427277

00:35:25.286 --> 00:35:28.769 the national or less opioid registry.

NOTE Confidence: 0.8427277

00:35:28.770 --> 00:35:30.398 And the question was,

NOTE Confidence: 0.8427277

00:35:30.398 --> 00:35:33.406 what is the long term efficacy and

NOTE Confidence: 0.8427277

00:35:33.406 --> 00:35:36.316 safety of opioids for treatment of

NOTE Confidence: 0.8427277

00:35:36.316 --> 00:35:38.560 refractory restless leg syndrome?

NOTE Confidence: 0.8427277

00:35:38.560 --> 00:35:41.906 So for this they looked at 500

NOTE Confidence: 0.8427277

00:35:41.906 --> 00:35:44.300 participants in the registry.

NOTE Confidence: 0.8427277

00:35:44.300 --> 00:35:47.210 Comprised mostly of white, elderly,

NOTE Confidence: 0.8427277

00:35:47.210 --> 00:35:49.538 educated and retired folks,

NOTE Confidence: 0.8427277

00:35:49.538 --> 00:35:51.866 they looked at baseline,

NOTE Confidence: 0.8427277

00:35:51.870 --> 00:35:55.180 an one year longitudinal dozing

NOTE Confidence: 0.8427277

00:35:55.180 --> 00:35:57.166 and symptom outcomes.

NOTE Confidence: 0.8427277

00:35:57.170 --> 00:36:00.302 Those who are currently taking a

NOTE Confidence: 0.8427277

00:36:00.302 --> 00:36:02.916 prescribed opioids for diagnosed are

NOTE Confidence: 0.8427277

00:36:02.916 --> 00:36:06.010 less that were included in the registry.

NOTE Confidence: 0.8427277

00:36:06.010 --> 00:36:07.501 They obtained information

NOTE Confidence: 0.8427277

00:36:07.501 --> 00:36:09.986 on the dosing side effects,

NOTE Confidence: 0.8427277

00:36:09.990 --> 00:36:11.982 past or current treatments,

NOTE Confidence: 0.8427277

00:36:11.982 --> 00:36:14.476 severity of arlis, psychiatric history,

NOTE Confidence: 0.8427277

00:36:14.476 --> 00:36:16.468 opioid abuse risk factors,

NOTE Confidence: 0.8427277

00:36:16.470 --> 00:36:19.458 so comprehensive look at each of

NOTE Confidence: 0.8427277

00:36:19.458 --> 00:36:21.450 these participants at baseline,

NOTE Confidence: 0.8427277

00:36:21.450 --> 00:36:24.838 and then they did follow up surveys

NOTE Confidence: 0.8427277

00:36:24.838 --> 00:36:28.920 on line at six months and one year.

NOTE Confidence: 0.8427277

00:36:28.920 --> 00:36:32.496 So what is the study show?

NOTE Confidence: 0.8427277

00:36:32.500 --> 00:36:37.060 50% were on opioids is monotherapy.

NOTE Confidence: 0.8427277

00:36:37.060 --> 00:36:39.300 50% were actually on methadone

NOTE Confidence: 0.8427277

00:36:39.300 --> 00:36:41.544 and 25% on oxycodone formulations

NOTE Confidence: 0.8427277

00:36:41.544 --> 00:36:44.680 with a median dose of 30 me,

NOTE Confidence: 0.8427277

00:36:44.680 --> 00:36:47.662 so most of them were on the

NOTE Confidence: 0.8427277

00:36:47.662 --> 00:36:50.500 medication for a year or longer.

NOTE Confidence: 0.8427277

00:36:50.500 --> 00:36:51.772 3/4 of participants,

NOTE Confidence: 0.8427277

00:36:51.772 --> 00:36:54.740 an 1 third were on it for

NOTE Confidence: 0.8427277

00:36:54.834 --> 00:36:56.770 five years or longer.

NOTE Confidence: 0.8427277

00:36:56.770 --> 00:37:00.208 Most of them indicated mild to

NOTE Confidence: 0.8427277

00:37:00.208 --> 00:37:02.500 moderate symptoms on opioids.

NOTE Confidence: 0.8427277

00:37:02.500 --> 00:37:06.010 At one year follow up.

NOTE Confidence: 0.8427277

00:37:06.010 --> 00:37:08.686 About a third close to 1/3

NOTE Confidence: 0.8427277

00:37:08.686 --> 00:37:10.024 increase their doors,

NOTE Confidence: 0.8427277

00:37:10.030 --> 00:37:13.614 but by a small amount median of 10

NOTE Confidence: 0.8427277

00:37:13.614 --> 00:37:16.789 me and 16% decrease their doors.

NOTE Confidence: 0.8427277

00:37:16.789 --> 00:37:19.854 A significant increase in dose.

NOTE Confidence: 0.8427277

00:37:19.860 --> 00:37:22.668 Which they called an enemy increase

NOTE Confidence: 0.8427277

00:37:22.668 --> 00:37:25.608 of 25 or higher was associated

NOTE Confidence: 0.8427277

00:37:25.608 --> 00:37:29.010 with use of opioid for non RLS

NOTE Confidence: 0.8427277

00:37:29.010 --> 00:37:31.851 related pain or if they had used
NOTE Confidence: 0.8427277

00:37:31.851 --> 00:37:35.970 it for less than one year.
NOTE Confidence: 0.8427277

00:37:35.970 --> 00:37:39.006 If they were switching to methadone,
NOTE Confidence: 0.8427277

00:37:39.010 --> 00:37:42.775 or if they were discontinuing
NOTE Confidence: 0.8427277

00:37:42.775 --> 00:37:45.034 other RLS medications.
NOTE Confidence: 0.8427277

00:37:45.040 --> 00:37:48.220 So what were the conclusions of
NOTE Confidence: 0.8427277

00:37:48.220 --> 00:37:51.400 this study in refractory RLS opioids
NOTE Confidence: 0.8427277

00:37:51.400 --> 00:37:54.774 are generally used at low dose and
NOTE Confidence: 0.8427277

00:37:54.774 --> 00:37:57.819 with good efficacy over a year.
NOTE Confidence: 0.8427277

00:37:57.820 --> 00:38:00.000 1/3 increase their dose.
NOTE Confidence: 0.8427277

00:38:00.000 --> 00:38:02.725 The larger dose increases were
NOTE Confidence: 0.8427277

00:38:02.725 --> 00:38:05.370 accounted by predictable features.
NOTE Confidence: 0.8427277

00:38:05.370 --> 00:38:07.206 So this is the largest sample
NOTE Confidence: 0.8427277

00:38:07.206 --> 00:38:09.347 of patients with RLS followed on
NOTE Confidence: 0.8427277

00:38:09.347 --> 00:38:11.487 opioids that were followed long-term,
NOTE Confidence: 0.8427277

00:38:11.490 --> 00:38:13.772 and it's the first study to assess

NOTE Confidence: 0.8427277

00:38:13.772 --> 00:38:15.737 the features that are associated

NOTE Confidence: 0.8427277

00:38:15.737 --> 00:38:17.569 with prescription of these

NOTE Confidence: 0.8427277

00:38:17.569 --> 00:38:19.401 medications and those increase.

NOTE Confidence: 0.8427277

00:38:19.410 --> 00:38:21.940 Of course there's limited generalizability.

NOTE Confidence: 0.8427277

00:38:21.940 --> 00:38:25.468 These are volunteer patients in the registry.

NOTE Confidence: 0.8427277

00:38:25.470 --> 00:38:29.005 It may be related to prescribing bias.

NOTE Confidence: 0.8427277

00:38:29.010 --> 00:38:32.040 These are the patients that get

NOTE Confidence: 0.8427277

00:38:32.040 --> 00:38:34.060 prescribed opioids more frequently,

NOTE Confidence: 0.8427277

00:38:34.060 --> 00:38:36.080 and the participants are

NOTE Confidence: 0.8427277

00:38:36.080 --> 00:38:38.100 usually from academic centers.

NOTE Confidence: 0.9112499

00:38:41.520 --> 00:38:45.678 Alright, that brings us to our last.

NOTE Confidence: 0.9112499

00:38:45.680 --> 00:38:50.090 Study on pediatric sleep disorders.

NOTE Confidence: 0.9112499

00:38:50.090 --> 00:38:52.946 And this study came out in JAMA

NOTE Confidence: 0.9112499

00:38:52.946 --> 00:38:55.694 Pediatrics last year by Videoman out

NOTE Confidence: 0.9112499

00:38:55.694 --> 00:38:58.568 looking at the Association of delaying

NOTE Confidence: 0.9112499

00:38:58.568 --> 00:39:01.567 School start time with sleep duration,
NOTE Confidence: 0.9112499

00:39:01.570 --> 00:39:03.860 timing and quality among adolescents.
NOTE Confidence: 0.9112499

00:39:03.860 --> 00:39:05.261 The question was,
NOTE Confidence: 0.9112499

00:39:05.261 --> 00:39:08.063 is delayed school start time associated
NOTE Confidence: 0.9112499

00:39:08.063 --> 00:39:11.093 with objective sleep measures in a dollar
NOTE Confidence: 0.9112499

00:39:11.093 --> 00:39:13.959 sense and this was an observation.
NOTE Confidence: 0.9112499

00:39:13.960 --> 00:39:16.085 ULL study with district initiated
NOTE Confidence: 0.9112499

00:39:16.085 --> 00:39:18.810 change in school times five public
NOTE Confidence: 0.9112499

00:39:18.810 --> 00:39:21.636 schools in Minneapolis, Saint Paul.
NOTE Confidence: 0.9112499

00:39:21.636 --> 00:39:22.264 Minnesota.
NOTE Confidence: 0.9112499

00:39:22.264 --> 00:39:26.032 Close to 500 students that were
NOTE Confidence: 0.9112499

00:39:26.032 --> 00:39:29.057 followed from 2016 through 2018,
NOTE Confidence: 0.9112499

00:39:29.060 --> 00:39:33.302 so grades nine through 11 and the
NOTE Confidence: 0.9112499

00:39:33.302 --> 00:39:37.148 data was analyzed finally in 2019.
NOTE Confidence: 0.9112499

00:39:37.150 --> 00:39:40.390 Now all of the schools started at 7:30,
NOTE Confidence: 0.9112499

00:39:40.390 --> 00:39:43.225 Seven 45 at Baseline at follow up.

NOTE Confidence: 0.9112499

00:39:43.230 --> 00:39:46.268 Two of the schools delayed their start

NOTE Confidence: 0.9112499

00:39:46.268 --> 00:39:49.960 time by 50 to 60 minutes and three

NOTE Confidence: 0.9112499

00:39:49.960 --> 00:39:53.330 other schools stayed at 7:30 throughout.

NOTE Confidence: 0.9112499

00:39:53.330 --> 00:39:56.930 So all of the students got wrist actigraph,

NOTE Confidence: 0.9112499

00:39:56.930 --> 00:39:59.180 so to measure sleep duration,

NOTE Confidence: 0.9112499

00:39:59.180 --> 00:40:00.028 timing quality.

NOTE Confidence: 0.9112499

00:40:00.028 --> 00:40:02.148 An linear mixed effects models

NOTE Confidence: 0.9112499

00:40:02.148 --> 00:40:04.424 were used to estimate difference

NOTE Confidence: 0.9112499

00:40:04.424 --> 00:40:06.734 in changes in sleep time.

NOTE Confidence: 0.9112499

00:40:06.740 --> 00:40:09.290 Mean age of 15 years with

NOTE Confidence: 0.9112499

00:40:09.290 --> 00:40:12.910 subjects with 50% being girls.

NOTE Confidence: 0.9112499

00:40:12.910 --> 00:40:16.810 Now in the delate cohort.

NOTE Confidence: 0.9112499

00:40:16.810 --> 00:40:20.016 The night time sleep at follow up.

NOTE Confidence: 0.9112499

00:40:20.020 --> 00:40:23.079 One increased by 41 minutes an at

NOTE Confidence: 0.9112499

00:40:23.079 --> 00:40:27.000 follow up two by 43 minutes and this

NOTE Confidence: 0.9112499

00:40:27.000 --> 00:40:30.116 was not associated with falling going
NOTE Confidence: 0.9112499

00:40:30.116 --> 00:40:33.146 to sleep later on school nights.
NOTE Confidence: 0.9112499

00:40:33.150 --> 00:40:35.796 An on weekends at follow up
NOTE Confidence: 0.9112499

00:40:35.796 --> 00:40:37.560 one they were sleeping,
NOTE Confidence: 0.9112499

00:40:37.560 --> 00:40:40.096 a mean of 24 minutes less an at
NOTE Confidence: 0.9112499

00:40:40.096 --> 00:40:42.791 follow up 234 minutes less versus
NOTE Confidence: 0.9112499

00:40:42.791 --> 00:40:45.266 the comparison called it the
NOTE Confidence: 0.9112499

00:40:45.266 --> 00:40:47.699 differences in differences analysis.
NOTE Confidence: 0.9112499

00:40:47.700 --> 00:40:52.036 So that difference in most of the other
NOTE Confidence: 0.9112499

00:40:52.036 --> 00:40:55.546 measures between the two groups or the
NOTE Confidence: 0.9112499

00:40:55.546 --> 00:40:59.130 two conditions I could say was minimal.
NOTE Confidence: 0.9112499

00:40:59.130 --> 00:41:02.280 So the conclusion of this study was
NOTE Confidence: 0.9112499

00:41:02.280 --> 00:41:05.272 that delaying high school start times
NOTE Confidence: 0.9112499

00:41:05.272 --> 00:41:08.374 could extend school night sleep duration
NOTE Confidence: 0.9112499

00:41:08.374 --> 00:41:11.397 an lessen the need for catch up,
NOTE Confidence: 0.9112499

00:41:11.400 --> 00:41:12.612 sleep on weekends.

NOTE Confidence: 0.9112499

00:41:12.612 --> 00:41:15.036 It could be a durable strategy

NOTE Confidence: 0.9112499

00:41:15.036 --> 00:41:17.545 for addressing population wide

NOTE Confidence: 0.9112499

00:41:17.545 --> 00:41:19.567 adolescent sleep deficits.

NOTE Confidence: 0.9112499

00:41:19.570 --> 00:41:22.286 We had before and after measures in

NOTE Confidence: 0.9112499

00:41:22.286 --> 00:41:24.645 the same students with objective

NOTE Confidence: 0.9112499

00:41:24.645 --> 00:41:26.889 sleep measures from actigraphy.

NOTE Confidence: 0.9112499

00:41:26.890 --> 00:41:29.542 It was not randomized and potentially

NOTE Confidence: 0.9112499

00:41:29.542 --> 00:41:32.365 there could be a confounder that

NOTE Confidence: 0.9112499

00:41:32.365 --> 00:41:35.746 accounted for both the change in the

NOTE Confidence: 0.9112499

00:41:35.746 --> 00:41:39.265 starts timings as well as the sleep change.

NOTE Confidence: 0.9112499

00:41:39.270 --> 00:41:39.806 Uh,

NOTE Confidence: 0.9112499

00:41:39.806 --> 00:41:40.878 in Minneapolis.

NOTE Confidence: 0.9112499

00:41:40.878 --> 00:41:44.630 Saint Paul is public schools with had

NOTE Confidence: 0.9112499

00:41:44.731 --> 00:41:48.116 limited racial and ethnic diversity.

NOTE Confidence: 0.9112499

00:41:48.120 --> 00:41:51.025 There was no data on other outcomes.

NOTE Confidence: 0.9112499

00:41:51.030 --> 00:41:53.928 The big question always is about grades.

NOTE Confidence: 0.9112499

00:41:53.930 --> 00:41:56.005 'cause there's conflicting data there

NOTE Confidence: 0.9112499

00:41:56.005 --> 00:41:58.080 an an actual daytime sleepiness.

NOTE Confidence: 0.79758906

00:42:01.190 --> 00:42:03.240 Start a question in there,

NOTE Confidence: 0.79758906

00:42:03.240 --> 00:42:06.504 but it's hard to do again on zoom.

NOTE Confidence: 0.79758906

00:42:06.510 --> 00:42:09.366 The answer is that over one year,

NOTE Confidence: 0.79758906

00:42:09.370 --> 00:42:11.635 patients who are taking chronic

NOTE Confidence: 0.79758906

00:42:11.635 --> 00:42:13.900 opioids for RLS increase the

NOTE Confidence: 0.79758906

00:42:13.978 --> 00:42:16.316 dose in about 1/3 of the cases.

NOTE Confidence: 0.9078513

00:42:18.860 --> 00:42:22.206 Alright, so that's what I have learned.

NOTE Confidence: 0.9078513

00:42:22.210 --> 00:42:25.955 Told me to leave 15 minutes for

NOTE Confidence: 0.9078513

00:42:25.955 --> 00:42:29.570 questions I have about 16 minutes.

NOTE Confidence: 0.9078513

00:42:29.570 --> 00:42:34.170 So I'm going to stop sharing my screen.

NOTE Confidence: 0.9078513

00:42:34.170 --> 00:42:37.758 And take any questions.

NOTE Confidence: 0.9078513

00:42:37.760 --> 00:42:40.106 Thank you for listening to me.

NOTE Confidence: 0.9078513

00:42:40.110 --> 00:42:42.528 And if you have any questions.

NOTE Confidence: 0.9078513

00:42:42.530 --> 00:42:43.930 That I don't answer today.

NOTE Confidence: 0.9078513

00:42:43.930 --> 00:42:45.320 You can always email me.

NOTE Confidence: 0.75918764

00:42:53.810 --> 00:42:55.735 Lauren, should I look in the chat?

NOTE Confidence: 0.79977804

00:43:10.590 --> 00:43:13.558 1st, I have a nice message from Craig

NOTE Confidence: 0.79977804

00:43:13.558 --> 00:43:15.868 Canepari who is well known to me.

NOTE Confidence: 0.79977804

00:43:15.870 --> 00:43:17.278 Welcome message. Hi Magna,

NOTE Confidence: 0.79977804

00:43:17.278 --> 00:43:18.686 another Wednesday afternoon together.

NOTE Confidence: 0.79977804

00:43:18.690 --> 00:43:21.498 Craig and I work on the Education committee.

NOTE Confidence: 0.79977804

00:43:21.500 --> 00:43:26.044 Thank you, Craig. Next we have.

NOTE Confidence: 0.79977804

00:43:26.044 --> 00:43:28.156 This might be Debbie,

NOTE Confidence: 0.79977804

00:43:28.160 --> 00:43:30.090 who's sending some information on

NOTE Confidence: 0.79977804

00:43:30.090 --> 00:43:32.639 the code that you need to text.

NOTE Confidence: 0.79977804

00:43:32.640 --> 00:43:35.658 Although this looks different from the

NOTE Confidence: 0.79977804

00:43:35.658 --> 00:43:39.950 one I said was 21612 and here's 21334.

NOTE Confidence: 0.79977804

00:43:39.950 --> 00:43:42.938 Not sure which one is correct.

NOTE Confidence: 0.79977804

00:43:42.940 --> 00:43:44.440 OK 21612 OK
NOTE Confidence: 0.8426502

00:43:44.440 --> 00:43:46.440 sorry I got disconnected
NOTE Confidence: 0.8426502

00:43:46.440 --> 00:43:49.930 for a second so I'm back on
NOTE Confidence: 0.8426502

00:43:49.930 --> 00:43:51.930 my phone I think.
NOTE Confidence: 0.80710065

00:43:54.500 --> 00:43:56.100 Daily 1612 correct code.
NOTE Confidence: 0.80710065

00:43:56.100 --> 00:43:58.510 It wasn't working at the beginning,
NOTE Confidence: 0.80710065

00:43:58.510 --> 00:44:00.516 but it is working now.
NOTE Confidence: 0.80710065

00:44:00.516 --> 00:44:02.730 So what's that?
NOTE Confidence: 0.80710065

00:44:02.730 --> 00:44:03.980 Yeah, can you hear me?
NOTE Confidence: 0.80710065

00:44:03.980 --> 00:44:05.480 OK, now we can hear you.
NOTE Confidence: 0.9212813

00:44:07.960 --> 00:44:14.090 OK yeah, so the two 1612 is the correct code.
NOTE Confidence: 0.9212813

00:44:14.090 --> 00:44:15.430 Then next question from Craig,
NOTE Confidence: 0.9212813

00:44:15.430 --> 00:44:17.566 could we get a list of these papers?
NOTE Confidence: 0.9212813

00:44:17.570 --> 00:44:19.999 Sure I can send them to you.
NOTE Confidence: 0.9212813

00:44:20.000 --> 00:44:23.997 Craig and I tend the slides too.
NOTE Confidence: 0.9212813

00:44:24.000 --> 00:44:25.352 I will definitely make

NOTE Confidence: 0.9212813

00:44:25.352 --> 00:44:27.380 sure to send those to you.

NOTE Confidence: 0.9212813

00:44:27.380 --> 00:44:28.906 Thank you, you can just send them

NOTE Confidence: 0.8964477

00:44:28.910 --> 00:44:30.326 to me and I can pass them on

NOTE Confidence: 0.8964477

00:44:30.326 --> 00:44:31.520 to anyone who's interested.

NOTE Confidence: 0.843779

00:44:32.180 --> 00:44:33.146 And another question,

NOTE Confidence: 0.843779

00:44:33.146 --> 00:44:35.799 maybe from the VA I haven't had good

NOTE Confidence: 0.843779

00:44:35.799 --> 00:44:38.431 success with topiramate for S red for the

NOTE Confidence: 0.843779

00:44:38.431 --> 00:44:40.705 limited number of patients that I have,

NOTE Confidence: 0.843779

00:44:40.710 --> 00:44:42.350 what are the treatment strategies?

NOTE Confidence: 0.843779

00:44:42.350 --> 00:44:44.318 Have you tried at your center?

NOTE Confidence: 0.843779

00:44:44.320 --> 00:44:46.816 I have had a little bit of luck

NOTE Confidence: 0.843779

00:44:46.816 --> 00:44:48.738 with topiramate but I would say

NOTE Confidence: 0.843779

00:44:48.738 --> 00:44:51.002 that most of the patients I've had

NOTE Confidence: 0.843779

00:44:51.002 --> 00:44:53.168 luck with have been on clonazepam,

NOTE Confidence: 0.843779

00:44:53.170 --> 00:44:55.291 and again I don't know if it's

NOTE Confidence: 0.843779

00:44:55.291 --> 00:44:57.079 because they are not able to
NOTE Confidence: 0.843779

00:44:57.079 --> 00:44:58.976 walk to the kitchen or if it's
NOTE Confidence: 0.843779

00:44:59.040 --> 00:45:01.040 actually treating the estimate,
NOTE Confidence: 0.843779

00:45:01.040 --> 00:45:03.008 but I've had a little bit
NOTE Confidence: 0.843779

00:45:03.008 --> 00:45:04.320 of success with that.
NOTE Confidence: 0.8691242

00:45:07.010 --> 00:45:08.300 Any other questions?
NOTE Confidence: 0.8383889

00:45:15.490 --> 00:45:18.169 I have a question. This is mere
NOTE Confidence: 0.8383889

00:45:18.170 --> 00:45:20.468 creating, so the question that I
NOTE Confidence: 0.8383889

00:45:20.468 --> 00:45:23.150 have this was a paper that that
NOTE Confidence: 0.8383889

00:45:23.150 --> 00:45:25.460 I thought was very important that
NOTE Confidence: 0.8383889

00:45:25.460 --> 00:45:28.130 came out in December last year and
NOTE Confidence: 0.8383889

00:45:28.130 --> 00:45:30.804 I think was in New England Journal.
NOTE Confidence: 0.8383889

00:45:30.810 --> 00:45:33.489 Looking at Oximetry and the fact that
NOTE Confidence: 0.8383889

00:45:33.489 --> 00:45:35.021 Oximetry was frequently inaccurate
NOTE Confidence: 0.8383889

00:45:35.021 --> 00:45:37.319 and African Americans yes and it
NOTE Confidence: 0.8383889

00:45:37.320 --> 00:45:39.618 sort of makes you wonder about

NOTE Confidence: 0.8383889

00:45:39.618 --> 00:45:42.298 how much do people know about the

NOTE Confidence: 0.8383889

00:45:42.300 --> 00:45:43.828 oximeters that they're using,

NOTE Confidence: 0.8383889

00:45:43.830 --> 00:45:45.436 and whether they are.

NOTE Confidence: 0.8383889

00:45:45.436 --> 00:45:47.716 Accurate in their own populations.

NOTE Confidence: 0.8882914

00:45:48.440 --> 00:45:50.380 Yes, exactly that one missed

NOTE Confidence: 0.8882914

00:45:50.380 --> 00:45:52.320 my review because I obviously

NOTE Confidence: 0.8882914

00:45:52.392 --> 00:45:54.197 made my slides before that,

NOTE Confidence: 0.8882914

00:45:54.200 --> 00:45:56.965 but we just had a discussion about

NOTE Confidence: 0.8882914

00:45:56.965 --> 00:45:59.722 that here recently and that's a great

NOTE Confidence: 0.8882914

00:45:59.722 --> 00:46:02.260 paper for everybody to be aware of.

NOTE Confidence: 0.8882914

00:46:02.260 --> 00:46:04.948 That doctor Mayer just mentioned an again,

NOTE Confidence: 0.8882914

00:46:04.950 --> 00:46:08.359 you have to do what is relevant

NOTE Confidence: 0.8882914

00:46:08.359 --> 00:46:10.230 in your population. Yeah.

NOTE Confidence: 0.902666

00:46:15.010 --> 00:46:16.830 Any other comments? Any other

NOTE Confidence: 0.902666

00:46:16.830 --> 00:46:19.190 papers that I might have missed?

NOTE Confidence: 0.89377606

00:46:21.650 --> 00:46:23.883 There are so many on sleep apnea
NOTE Confidence: 0.89377606

00:46:23.883 --> 00:46:25.869 and insomnia that were important,
NOTE Confidence: 0.89377606

00:46:25.870 --> 00:46:27.935 but I was trying to get all
NOTE Confidence: 0.89377606

00:46:27.935 --> 00:46:30.168 of the sleep disorders and is
NOTE Confidence: 0.89377606

00:46:30.168 --> 00:46:32.210 hard to pick sometimes, but.
NOTE Confidence: 0.8864522

00:46:34.720 --> 00:46:36.390 Thank you, that was really
NOTE Confidence: 0.8864522

00:46:36.390 --> 00:46:37.392 a wonderful overview.
NOTE Confidence: 0.8864522

00:46:37.392 --> 00:46:41.358 Thank you so much. That was great.
NOTE Confidence: 0.8864522

00:46:41.360 --> 00:46:43.568 If there's any other questions folks,
NOTE Confidence: 0.8864522

00:46:43.570 --> 00:46:45.410 feel free to speak up.
NOTE Confidence: 0.8864522

00:46:45.410 --> 00:46:47.618 I will just mention or talk.
NOTE Confidence: 0.8864522

00:46:47.620 --> 00:46:50.217 Next week is going to be from
NOTE Confidence: 0.8864522

00:46:50.217 --> 00:46:52.029 Doctor Santosh Peg Bag Ala.
NOTE Confidence: 0.8864522

00:46:52.030 --> 00:46:54.417 Who is one of the Sleep Medicine
NOTE Confidence: 0.8864522

00:46:54.417 --> 00:46:55.879 Fellows at Norwalk Hospital
NOTE Confidence: 0.8864522

00:46:55.879 --> 00:46:58.087 and his talk is entitled Sleep

NOTE Confidence: 0.8864522

00:46:58.087 --> 00:47:00.130 Medicine in the 21st century.

NOTE Confidence: 0.8864522

00:47:00.130 --> 00:47:01.598 Using technology to empower

NOTE Confidence: 0.8864522

00:47:01.598 --> 00:47:02.699 patients and physicians.

NOTE Confidence: 0.7946456

00:47:05.830 --> 00:47:07.823 And it looks like he may

NOTE Confidence: 0.7946456

00:47:07.823 --> 00:47:09.480 be set for questions, so

NOTE Confidence: 0.7946456

00:47:09.480 --> 00:47:10.804 thank you again, Doctor,

NOTE Confidence: 0.7946456

00:47:10.804 --> 00:47:12.140 Johnson County. Thanks so

NOTE Confidence: 0.7946456

00:47:12.140 --> 00:47:13.464 much for being here.

NOTE Confidence: 0.7946456

00:47:13.464 --> 00:47:14.457 Thank you everyone.

NOTE Confidence: 0.7946456

00:47:14.460 --> 00:47:15.784 Thanks for every help.

NOTE Confidence: 0.7946456

00:47:15.784 --> 00:47:18.443 Take care bye bye see you next week.

NOTE Confidence: 0.7946456

00:47:18.443 --> 00:47:19.767 See bye bye bye.