

8th Wong Hock Boon Paediatric Masterclass 2019

**Department of Paediatrics, Khoo Teck Puat – National University Children’s Medical Institute
National University Hospital**

23 August 2019: Pre-Masterclass Paediatric Sleep Workshop (NUHS Tower Block Seminar Room T08-03/04)

A significant number of children worldwide are afflicted by sleep disorders that affect their health, growth and development, daily functioning and scholastic performance. However, many of these children are under-diagnosed and untreated due to a lack of experience in recognising and managing these conditions.

This **one-day workshop** aims to provide health care providers with knowledge of sleep disorders, and will include pathophysiology and management principles, with the aim of improving the health status of children suffering from sleep issues. Half day will be dedicated to behavioral sleep issues in children - these will cover issues such as bedtime refusal or resistance, delayed sleep onset and prolonged night awakening requiring parental intervention. Sleep disordered breathing will be the focus of the other half of the day, dedicated to updates in diagnosis and management of obstructive sleep apnea in children.

Participants will be taught by a group of international and local clinicians specialising in paediatric sleep. Scientific deliberations will be delivered in the form of didactic and interactive lectures, Q & A sessions, symposia and lively debates.

The program is designed for all family physicians, paediatricians, otolaryngologists, dentists, nurse practitioners, sleep technologists and any healthcare practitioners interested in paediatric sleep problems.

Time	Programme
0830 - 0900	Registration
0900 - 0920	Physiology of Sleep
0920 - 1015	Sleep in Children Paediatric Parasomnias Common Sleep Behavioral Issues in the Office Setting Approach to Day Time Sleepiness In The Child
1015 - 1030	Q & A
1030 - 1050	Tea Break
1050 - 1130	Sleep in Special Populations Adolescents Children with Neurodevelopmental Issues
1130 - 1150	Effects of Screen Time on Sleep: Current Recommendations
1150 - 1205	Q & A
1205 - 1315	Lunch
1315 - 1400	Paediatric OSAS - Clinical Features, Evaluation and Treatment
1400 - 1415	Q & A
1415 - 1500	What’s New in Paediatric OSA Obesity and Sleep Update on the Treatment of Childhood OSA: The Pros and Cons of Each Approach Approach to Multi-Site Obstruction in Childhood OSA
1500 - 1515	Q & A
1515 - 1525	Tea Break
1525 - 1545	DISE and its Indications
1545 – 1630	Debate: Sleep Study Is Necessary Before Intervention for Childhood OSA

Day 1: 24 August 2019, Saturday (Morning)

Time	Programme	
0830 - 0900	Registration	
0900 - 0915	Opening Address Prof Lee Yung Seng National University Hospital	
0915 - 1000	Sleep Issues In Children with Neurobehavioral Disorders Prof Judith Owens Boston Children's Hospital	
1000 - 1030	Tea Break	
	WHB Paediatric Secrets	Paediatric Adolescent Symposium
1030 - 1100	Abdominal Pain In Children – When Do You Worry? Dr James Huang National University Hospital	Eating Disorders: Challenges in Successful Treatment Dr Rajeev Ramachandran National University Hospital
1100 - 1200	Interpreting the Chest X-ray: Insights from the Inside Dr Mahesh Ramamurthy and Dr Jeevesh Kapur National University Hospital	1100 - 1130 Psychosomatisation in the Adolescent: Approach to Management Dr Mary Varughese National University Hospital
		1130 - 1200 Adolescents & The Internet – An Increasing Addiction Ms Ng Siau Hwei National University Hospital
1200- 1230	My Pee is Red – A Guide to Common Ailments in Paediatric Nephrology Dr Isaac Liu National University Hospital	Panel discussion: Barriers to Successful Recovery in Adolescents with Chronic Illness - A Parents and Practitioner's Perspective
1230 - 1245	Q & A	
1245 - 1430	Lunch / Research Week Poster Judging / Tour of Khoo Teck Puat – National University Children's Medical Institute	

Day 1: 24 August 2019, Saturday (Afternoon)

Time	Programme
1400 - 1430	Registration
1430 - 1500	Kawasaki's Disease: An Update and Guide to Investigations Dr Robert Grignani National University Hospital
1500 - 1530	Basic Paediatric Genetics: Spotting a Genetic Condition and its Further Management A/Prof Denise Goh National University Hospital
1530 - 1600	Starving for Sleep – Implications for Learning In Children Prof Judith Owens Boston Children's Hospital
1600 - 1610	Q & A
1610 - 1640	Tea Break
1640 - 1710	Childhood Headaches: Red Flags and Practical Tips for the General Practitioner Dr Furene Wang National University Hospital
1710 - 1740	Help! My Skin Is So Itchy! Management of the Child with Severe Eczema Dr Elizabeth Tham National University Hospital
1740 - 1750	Q & A

Day 2: 25 August 2019, Sunday

Time	Programme
0830 - 0900	Registration
0900 - 0930	Interventional Cardiology in the Current Decade: What Can We Do Better Now? Prof Zahid Amin Children's Hospital of Georgia
0930 - 1000	Updates in Management of Myopia in Children Dr Cheryl Ngo National University Hospital
1000 - 1030	Travel, Children and Infectious Diseases – A Guide to Travel Medicine Dr Chan Si Min National University Hospital
1030 - 1040	Q & A
1040 - 1100	Tea Break
1100 - 1130	Poorly Controlled Asthma in Adolescents – Treatment Strategies and Tips Prof Gary Connett Southampton Children's Hospital
1130 - 1215	Debate: Asthma Can Be Fully Outgrown In The Lifetime Of An Individual Prof Gary Connett vs Dr Michael Lim Southampton Children's Hospital / National University Hospital
1215 - 1230	Q & A
1230 - 1330	Lunch

**The programme may be revised without prior notice*

Registration Rates

**8th WONG HOCK BOON PAEDIATRIC MASTERCLASS
(24 – 25 AUGUST 2019)
&
PRE-MASTERCLASS WORKSHOP (23 AUGUST 2019)**

Registration Category	Early Registration (Registration & payment must be made before 15 July 2019)	Standard Registration (Registration & payment to be made 16 July 2019 onwards)	On-site Registration (Payment in cash only)
For participants with exception of #	S\$270	S\$325	S\$380
# For NUHS staff / SPS members	S\$215	S\$260	S\$300
Nursing / Allied Health professionals	S\$60	S\$70	S\$80

Rates listed are inclusive of Masterclass & workshop