

Pediatric Sleep ECHO



IMPROVING CARE FOR SLEEP DISORDERS

University of Missouri's Show-Me ECHO program has created a Pediatric Sleep ECHO to support providers who care for children in identifying and managing sleep-related complaints and primary sleep disorders. This ECHO's expert team offers collaborative and interactive online learning sessions **each Monday from 12 to 1 p.m. until Oct. 11, 2021, and every second and fourth Monday of the month through June 2022.**

GOALS AND OBJECTIVES

Traditional medical/health care education programs provide little exposure to sleep and its related disorders in children. The Pediatric Sleep ECHO will address sleep and its problems in children by empowering providers with knowledge and skills regarding effective assessment and initial management of sleep complaints, as well as how to identify primary sleep disorders that require more comprehensive evaluation. Guidelines, diagnostic tools, approaches to management, and referrals to sleep specialists will be offered. Pediatric Sleep ECHO is fundamental for primary care physicians, nurses, physician assistants, dentists, sleep laboratory staff, and educators.

WHAT DOES THIS ECHO OFFER?

- No cost continuing education for professionals, and no cost to participating sites or individuals
- Collaboration, support and ongoing learning with specialist physicians and other experts



READY TO JOIN?
Visit showmeecho.org

MEET THE EXPERT TEAM



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David Ingram, MD
Pediatric Sleep Medicine
Children's Mercy Hospital



Tracy Stroud, DO
Developmental Pediatrics
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Aneesh Tosh, MD
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John Spivey, MD
Pediatric Pulmonology and Sleep Medicine
Mercy Clinic



Stephen Sheldon, DO
Pediatric Sleep Medicine and Neurology
Northwestern University

TOPICS FOR LEARNING AND DISCUSSION

Case-based learning will address such topics as:

- Diagnostic and Screening Tools: Sleep Study Results
- Normal Sleep: From Infants to Adolescents
- Does Sleep Affect Behavior?
- Pediatric Sleep History: Asking the Right Questions
- Eat, Drink and Sleep (Effect of Diet on Sleep)
- Pediatric Sleep Myths
- When Teens Don't Get Enough Sleep
- Sleep in ADHD and Autism
- What is Sleeping Through the Night?
- Sleep Advocacy in Schools
- Addressing Sleep Hygiene in Culturally Sensitive Way
- My Child is Very Sleepy
- Sleep in Special Populations
- Sleep From a Dental Perspective
- Sleep in Anxiety and Depression
- Things That go Bump in the Night (Parasomnia)
- Sleep in Adverse Childhood Experiences

