Reason for undertaking Paediatric Sleep Disorders Training:

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Has funding been approved for undertaking this training (please tick)

☐ Yes  ☐ No  ☐ Not applicable

Invoicing address (if applicable): .......................................................................................................................
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Dietary requirements: .............................................................................................................................................

Signature: ...............................................................................................................................................................

Date: .................................................................................................................................................................

Please return this form to:
Michele Wille, Course Co-ordinator,
Ashurst Education Centre, Lyndhurst Road,
Ashurst, Southampton, SO40 7AR
Tel: 023 8074 2360; Fax 023 8074 2361:
Email: michelle.wille@solent.nhs.uk
To understand where referral to a specialist is required.

To gain confidence in the diagnosis of sleep disorders.


The course is designed for:

- Paediatricians, Child Psychiatrists and Clinical Child Psychologists
- GPs with a special interest in pediatrics

Learning outcomes

- To understand normal sleep in childhood and the importance of sleep to healthy child development
- To gain confidence in the diagnosis and management of important sleep disorders presenting in clinical practice
- To understand where referral to a sleep centre is required

Course contents

- Sleep physiology and the role of sleep in childhood
- Behavioural insomnia of childhood: evidence base for treatment
- Parasomnias
- Narcolepsy and excessive day-time sleepiness
- Epilepsy and sleep
- Sleep disordered breathing and respiratory diagnostics
- Sleep in autism and severe learning disability
- Circadian rhythm disorders
- Psychological dimensions to childhood insomnia
- ADHD and sleep
- Sleep in children with cerebral palsy
- Diagnostic tools: diaries, questionnaires, interview schedules, actigraphy and more
- The use of medication in sleep disorders

The training team

Cathy Hill – Consultant Paediatrician
Angela Caulfield – Sleep Specialist Nurse
Andrea Whitney – Paediatric Neurologist
Evelyn Stewart – Behaviour Advisor
Hazel Evans – Respiratory Paediatrician
Chantal Homan – Learning Disability Nurse
Rachel Langley – Clinical Psychologist

Course details

Course dates:
Monday 13 and Tuesday 14 June 2011
Venue: Ashurst Education Centre, Lyndhurst Road, Ashurst, Southampton, SO40 7AR
Tel: 023 8074 2360

The course is held in a purpose built education centre in the New Forest. This offers spacious seminar space with state of the art media facilities, a comfortable refreshment area and free parking. It is readily accessed by local public transport links. The local train station is five minutes walk from the site and is on the direct line to both London and Southampton Airport Parkway station. Southampton airport has daily flights to most major UK airports. Ashurst and its neighbouring town Lyndhurst are well served with hotel and guest house accommodation to suit all budgets.

Cost
£300 per participant
This will include:
- two day course
- lunch and all refreshments
- training pack to take away.

We are corresponding with professional bodies to achieve continuing professional development credits for this course. If you would like to secure a place on this course please complete the attached form. Alternatively, if you would like to enquire about this course or future courses please email our course administrator at michele.wille@solent.nhs.uk.

Name: ............................................................................................................
Present appointment: ...........................................................................
Name: .........................................................................Title: ............................
Telephone numbers: .......................................................................................
Address: ........................................................................................................
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