Managing children’s sleep disorders in clinical practice

Courses for professionals who work with children who have sleep problems

www.solent.nhs.uk/sleeptraining
A new UK/Australian training partnership!

Southampton Children’s Sleep Disorder Service is a multi-disciplinary team of health professionals who routinely assess and manage children’s sleep disorders. Alongside our clinical and research reputation, the team has a track record in delivering high quality practical training for professionals. We love teaching and sharing our knowledge and experience and are excited to be delivering our course for the first time in Australia hosted by the Centre for Cerebral Palsy in Perth.

What do people say about our courses?

‘Thank you for a really excellent course last week. The content and clarity of presentations was outstanding and I feel more confident in my clinical work having attended’. Paediatrician

‘I would not hesitate to recommend this course to any of my colleagues’. Health Visitor

‘Thank you so much for the really excellent training course last week. I really enjoyed it and it has inspired me to ‘think sleep’ throughout my practice’. Child Psychiatrist

‘Looking forward to putting my newly learned skills into practice’. Therapist

Who is the course for?

All professionals who regularly work with children who have sleep problems.

Three day course. A ‘fast track’ for paediatricians, child psychiatrists and psychologists or for those who have practical experience but want to update their knowledge.

Five day course. In addition this offers hands on practice in assessment, diagnosis and formulation of sleep management strategies. It will appeal to professionals who work closely with families therapeutically and are directly managing sleep problems, for example community nurses and allied health professionals who work with clients and families in their own home.

Learning outcomes

• To understand the role of sleep in healthy child development

• To understand the nature of sleep problems in children including those with disabilities

• To gain confidence in the management of key sleep disorders and to know when to seek specialist support
Course Contents

Days 1-3 provide the essential evidence base which underpins the management of common sleep disorders

- Sleep physiology and the role of sleep in childhood
- Cultural and family perspectives
- Sleep hygiene
- Specific sleep disorders e.g. behavioural insomnia, parasomnias, circadian rhythm disorders and disorders of excessive daytime sleepiness
- Psychological approaches to sleep management
- Epilepsy and sleep
- Sleep disordered breathing and sleep diagnostics
- Managing sleep in children with neurodevelopmental disorders such as autism, attention deficit hyperactivity disorder (ADHD) and cerebral palsy
- The use of medication in sleep disorders

Days 4 & 5 for those wishing to further develop their practical skills in the management of behavioural insomnia

- Assessing children’s sleep
- Creating and managing a sleep programme
- Flexible approaches to practice

Find out more on our website: www.solent.nhs.uk/sleeptaining

Course dates:

- Days 1-3: 25/26/27 February 2013
- Days 4&5: 28 Feb and 1 March 2013

Venue:

- Wollaston Conference Centre
- 5 Wollaston Road,
- Mt. Claremont,
- WA 6010

http://www.wollaston.org.au

Cost

- 3 day course $750 AUD
- 5 day course $1100 AUD

This will include:

- Course materials
- Lunch and all refreshments

If you would like to apply for a place on the course please complete the attached application form. **NOTE the closing date for registrations is 1 February 2013**
Application Form

☐ I wish to attend 3 day course 25 - 27 February 2013
☐ I wish to attend 5 day course 25 February – 1 March 2013

Name: ____________________________________ Miss/Mrs/Ms/Mr/Dr/other _____

Profession/Current Role: __________________________________________________

Workplace Address: ______________________________________________________

_______________________________________________________________________

Work Tel No: ________________________ Email: _____________________________

Payment method (please indicate)

☐ Electronic Transfer to account details below:
   The Cerebral Palsy Association of WA Ltd – T/A The Centre for Cerebral Palsy
   BSB: 066-118
   ACCT: 10173643

☐ Credit card payment:
   Telephone Candice on +61 08 9443 0292 OR
   Complete the form below to debit your credit card

   ☐ MasterCard    ☐ VISA

Card No.

_________________________  _________________  __________________________
Cardholder’s name

Signature __________________________  Expiry date ________________________

Please sign below to indicate your acceptance of the cancellation policy as follows:

• Cancellations before 1 February 2013 - 100% of the registration fee refunded.
• Later than 1 February 2013 - 50% of the registration fee refunded.

Signature: __________________________ Date: __________________________

Please return this form to Kym Bullen, Acting Manager CPTech
Tel: +61 08 94430364   Email: kym.bullen@tccp.com.au