



Dr. Luis F. Rivera Jr.

Consultant Pediatrician, Makati Medical Center
Asian Hospital and Medical Center PHILIPPINES

Dr. Luis F. Rivera Jr. is a practicing pediatric pulmonology and sleep medicine specialist at the Makati Medical Center and at the Asian Hospital and Medical Center in Metro Manila, Philippines. Dr. Luis F. Rivera Jr. graduated from medical school at the University of Santo Tomas and completed his pediatric residency training at the Makati Medical Center. He pursued fellowship in pediatric pulmonology with training in sleep medicine at the Children's Hospital at Westmead, NSW and Monash Medical Centre, VIC in Australia. He is a member of the Philippine Pediatric Society and the Philippine Society of Sleep Medicine.



Prof. Zhifei XU

Consultant and Associate professor of Pediatrics,
Respiratory Department & Sleep Center,
Beijing Children's Hospital, Capital Medical University, CHINA

Prof Zhifei Xu is currently consultant pediatrician at the Respiratory Department of Beijing Children's Hospital and associate professor of Capital Medical University. She is standing committee member of Chinese Sleep Research Society, vice president of Pediatric Sleep Group under Chinese Medical Doctor Association and executive president of the Chinese Pediatric Sleep Subgroup under the Chinese Pediatric Society. She is the Tutor of International Postgraduate Pediatric Certification of Sydney University. Prof Xu has been working in Beijing Children's Hospital for twenty years and her specialty is pediatric respiratory and sleep medicine.

Johnson's
Khoa học
về Giấc ngủ Trẻ em



Trân trọng kính mời
We'd like to invite

Tham dự
Participate in

HỘI NGHỊ

GIẤC NGỦ TRẺ EM CHÂU Á THÁI BÌNH DƯƠNG

APPSA WORKSHOP – SLEEP PROBLEMS IN CHILDREN

Địa chỉ: Khách sạn Sheraton, 88 Đồng Khởi, Quận 1, TP.HCM
Thời gian: 08:00 - 16:45. Thứ Bảy, 26/11/2016

Tài trợ chính:

Johnson & Johnson
SOUTHEAST ASIA



CHƯƠNG TRÌNH Program

08:00 - 08:30

Đón tiếp đại biểu - Registration

08:30 - 08:45

Phát biểu khai mạc hội nghị - Opening
A.Prof.Vũ Minh Phúc
Dr. Huỳnh Thị Duy Hương
Dr. Mahesh Babu Ramamurthy

Chuyên đề:

HỘI CHỨNG NGƯNG THỞ KHI NGỦ DO TẮC NGHẼN
Obstacle Sleep Apnea

08:45 - 09:10

Dịch tễ học, đặc điểm lâm sàng và chẩn đoán trẻ mắc hội chứng ngưng thở khi ngủ do tắc nghẽn
Epidemiology, clinical features and diagnosis of childhood OSA
Dr. Arthur Teng

09:10 - 09:20

Giải đáp thắc mắc - Q&A
Dr. Arthur Teng

09:20 - 09:45

Biến chứng của hội chứng ngưng thở khi ngủ do tắc nghẽn
Complications of OSA
Dr. Xu Zhifei

09:45 - 09:55

Giải đáp thắc mắc - Q&A
Dr. Xu Zhifei

09:55 - 10:20

Các chọn lựa điều trị cho trẻ ngưng thở khi ngủ do tắc nghẽn
Treatment options of childhood OSA
Dr. Mahesh Babu Ramamurthy

10:20 - 10:30

Giải đáp thắc mắc - Q&A
Dr. Mahesh Babu Ramamurthy

10:30 - 10:45

Giải lao - Tea Break

Chuyên đề:

THIẾU NGỦ
Sleep Deprivation

10:45 - 11:10

Đánh giá và xử trí các rối loạn giấc ngủ
Assessment and Investigation of Sleep Disorders
Dr. Arthur Teng

11:10 - 11:20

Giải đáp thắc mắc - Q&A
Dr. Arthur Teng

11:20 - 11:45

Hậu quả của thiếu ngủ - Consequences of sleep deprivation
Dr. Xu Zhifei

11:45 - 11:55

Giải đáp thắc mắc - Q&A
Dr. Xu Zhifei

11:55 - 12:20

Các biện pháp can thiệp hành vi và giáo dục trong rối loạn giấc ngủ - Sleep education, behavioral intervention for sleep problems
Dr. Luis Rivera

12:20 - 12:30

Giải đáp thắc mắc - Q&A
Dr. Luis Rivera

12:30 - 13:30

Ăn trưa - Lunch Break

Chuyên đề:

CHU TRÌNH GIÚP TRẺ NGỦ NGON
Bedtime Routine

13:30 - 14:30

Công bố Khuyến nghị về Chu trình giúp trẻ ngủ ngon - Hội Nhi Khoa Việt Nam
Recommendation on Better Baby Sleep – Vietnam Pediatric Association

Chuyên đề:

THẢO LUẬN NHÓM NHỎ
Round Table Discussion

14:30 - 16:30

Chủ đề A
Track A

Khi nào cho trẻ đo đa ký đồ giấc ngủ
When to refer a child for PSG
Dr. Mahesh Babu Ramamurthy

Chủ đề B
Track B

Các vấn đề về giấc ngủ ở trẻ nhũ nhi - Infant sleep problems
Dr. Arthur Teng

Chủ đề C
Track C

Vấn đề giấc ngủ ở trẻ thanh thiếu niên - Teenage sleep issues
Dr. Luis Rivera & Dr. Xu Zhifei

16:30 - 16:45

Bế mạc - Closing Remarks



Dr. Mahesh Babu Ramamurthy

Senior Consultant
Division of Pediatric Pulmonology, Sleep and Critical Care.
University Children's Medical Institute
National University Hospital, SINGAPORE

Dr Mahesh Babu Ramamurthy trained in paediatrics in India and attained the gold medal in the FCPS exams in 1993. Subsequently, Dr Mahesh underwent subspecialty training in paediatric intensive care in the UK, and paediatric pulmonology in the US. He was practicing as a Consultant Paediatric Pulmonologist in Bangalore, India for 10 years, where he set up a tertiary referral center for paediatric respiratory diseases.

He joined the National University Hospital, Singapore in October 2009. Dr Mahesh specialises in paediatric pulmonology, sleep and critical care, and his clinical interests include childhood respiratory conditions, including asthma and allergies, flexible paediatric bronchoscopy and sleep studies. He has been a co-ordinator and member of consensus committee in framing the National Guidelines for Bronchial Asthma in Children, the National Guidelines for Rational Therapy of Respiratory tract infection in children and the National Guidelines for diagnosis and management of Pulmonary Tuberculosis in children, in India.



Dr. Arthur Teng

Senior staff specialist paediatrician
Head of the Department of Sleep Medicine
Sydney Children's Hospital, AUSTRALIA

Dr. Arthur Teng is a senior staff specialist paediatrician and Head of the Department of Sleep Medicine at the Sydney Children's Hospital, Randwick. Currently he is Conjoint Senior Lecturer in Paediatrics at the University of New South Wales and Associate Physician at the Royal Prince Alfred Hospital and Children's Hospital, Westmead. Dr Teng was appointed Clinical Senior Lecturer at the University of Tasmania School of Medicine and Consultant Paediatric Sleep Physician at the Launceston General Hospital in 2012. His clinical and research interests include the neuropsychological impact of sleep disorders in children, parasomnias, infant obstructive sleep apnoea and childhood narcolepsy. Dr Teng is been invited as speaker, and presented papers in many national and international meetings

