

CoPG_r CURRICULAR CHAMBER

SUBJECTS PRESENTATION FORM

SUBJECT'S ACRONYM: **RNP5736**

SUBJECT'S NAME: Sleep Medicine: Concepts and Repercussions

CURRICULUM/AREA: Neurology/17140

FOCAL AREA: Neurology

INITIAL VALIDITY (Year/Semester):

N. OF CREDITS: 04

Theoretical Classes: 02 Practical Classes, Seminars and Others: 08 Hours of Study: 05

DURATION IN WEEKS: 04

PROFESSOR(S) IN CHARGE:

USP Professor, n. 66032 – Regina Maria França Fernandes

External Professor, n. USP 5776270 – Alan Luiz Eckeli

ACTUAL COSTS OF THE SUBJECT: BRL

(Presenting, if applicable, the budget foreseen for the year, as an attachment)

PROGRAM

OBJECTIVES:

This subject has as target-audience health professionals and it has the intention of offering the opportunity of discussing themes related to the sleep medicine with emphasis in a multidisciplinary approach and according to the "state-of-art".

For such, its specific objectives are:

- Presenting the Sleep Medicine as an specific specialty.
- Defining the basic concepts related to the sleep.
- Expose the characteristics and definitions in the main sleep disorders.
- Discussing the consequences of sleep-related disorders, according to the International Classification of Sleep Disorders.
- Assessing possible treatments/behaviors which can change/reduce the impact of the sleep disorders.
- Discussion the future of the sleep medicine

JUSTIFICATION:

The justifications for a graduation course in sleep medicine:

- Epidemiologic studies have shown a continuous increase on the prevalence of the sleep diseases.
- The consequences of these disorders are related to the reduction of the life quality, productivity, increase on the incidence of accidents and mortality.
- The sleep medicine is connected to numerous areas of knowledge.
- The knowledge of concepts related to this specialty is essential in the clinical practice of health professionals.
- Despite being a young knowledge area, the quantity of new and relevant information has turned the Sleep Medicine into a strategic field in research, teaching and assistance.

CONTENT (SYLLABUS):

- Sleep physiology
- International Classification of Sleep Disorders
- Neurophysiological methods for the investigation of sleep disorders
- Insomnia
- Sleep breathing disorders
- Hypersomnias of central origin
- Parasomnias
- Sleep-related movement disorders
- Circadian rhythm disorders
- Sleep deprivation

EVALUATION METHOD:

- Content and resourcefulness in the seminars presentation
- Participation in discussions after theoretical classes and seminars
- Final report on the progress

Note:

1. The papers from specialized magazines indicated to be read will be distributed before starting the course.