



5th ANNUAL CONFERENCE OF VIETNAM SOCIETY OF SLEEP MEDICINE

“Sleep Equity for Global Health”



DIAMOND SPONSOR

OM HIMALAYA

SILVER SPONSOR



ResMed

SILVER SPONSOR



NOVOMED
GOLD SPONSOR



SAONIET
MEDITECH

SILVER SPONSOR



Neurosoft

SILVER SPONSOR



CO-SPONSOR

BPHARM

Giải pháp cho hơi thở khỏe mạnh
BRONZE SPONSOR

SleepFi

BRONZE SPONSOR

natus

BRONZE SPONSOR



SPACE
CO-SPONSOR



CQ BIOTEC
BRONZE SPONSOR

Time: June 8-9, 2024. Venue: Sai Gon-Da Lat Hotel, Da Lat City, Lam Dong

Day 1 - June 8, 2024. Time: 7:30 - 10:15 AM. Place: Hall 1

CEREMONIAL SESSION

| | | |
|--------------------|--|--|
| 7:30 - 8:00 | Welcome Reception - Registration - Entertainment | |
| 8:00 - 8:10 | Opening speech at the Vietnam Society of Sleep Medicine (VSSM) Conference) | <i>Prof. Duong Quy Sy President of VSSM</i> |
| 8:10 - 8:20 | Welcome speech by representatives of the Ministry of Health/ Vietnam Medical Association | <i>Ministry of Health/ Vietnam Medical Association</i> |
| 8:20 - 8:30 | 2023 Summary report on activities of the VSSM | <i>Assoc. Prof. Nguyen Nhu Vinh, General Secretary of VSSM</i> |
| 8:30 - 8:45 | Award ceremony: Certificate of merit and commemorative medals | <i>President and the Vice President of VSSM</i> |

PLENARY SESSION

Moderator: *Prof. Francis Martin (President of AFVP, France), Dr. Franck Soyez (Vice President of AFVP, France), Prof. Stanley Yung-Chuan Liu (Stanford, USA), Prof. Duong Quy Sy*

| | | |
|---------------------|---|-------------------------------------|
| 8:45 - 9:00 | Report on the multi-center survey results of sleep disorders, snoring - obstructive sleep apnea in Vietnam: Frequency and Characteristics of level 3 home polysomnography model | <i>Prof. Duong Quy Sy</i> |
| 9:00 - 9:20 | New recommendations of the French Republic on Central Apnea Syndrome | <i>Prof. Francis Martin</i> |
| 9:20 - 9:40 | Updated surgical treatment regimen for Obstructive Sleep Apnea | <i>Prof. Stanley Yung-Chuan Liu</i> |
| 9:40 - 10:00 | Sleep apnea syndrome in pregnant women | <i>Dr. Franck Soyez</i> |
| 10:00 -10:15 | Discussion - Teabreak and exhibition | All attendees |

Day 1 - June 8, 2024. Time: 10:15 - 12:30 AM. Place: Hall 1 & 2

| TOPIC | HALL 1 | HALL 2 |
|----------------------|---|---|
| | <i>Obstructive sleep apnea (OSA) and Respiratory - Cardiovascular Disease</i> | <i>Obstructive sleep apnea (OSA) and Pediatric Sleep Disorders</i> |
| CHAIR PERSON | Assoc. Prof. Nguyen Tuan Vu, Dr. Nguyen Ngoc Phuong Thu, Assoc. Prof. Nguyen Nhu Vinh, Prof. Duong Quy Sy | Dr. Le Khac Bao, Assoc. Prof. Vu Van Giap, Assoc. Prof. Pham Van Linh, Assoc. Prof. Le Thi Minh Huong |
| 10:- 10:30 | <i>Individualizing the diagnosis and treatment of obstructive sleep apnea in cardiovascular & respiratory disease</i> <i>Prof. Duong Quy Sy</i> | Challenges in the diagnosis and treatment of pediatric OSA <i>MSc. Nguyen Huu Hoang</i> |
| 10:30 - 10:45 | Comorbidity of obstructive sleep apnea and chronic obstructive pulmonary disease. <i>Assoc. Prof. Nguyen Nhu Vinh</i> | Results of asthma control in asthmatic children with OSA at the National Children's Hospital. <i>Dr. Nguyen Ngoc Quynh Le</i> |
| 10:45 - 11:00 | Introducing Calapharco - Oriented to providing comprehensive solutions in OSA diagnosis and treatment techniques. <i>Report of sponsor Calapharco - BSc. Nguyen Thi Hong Diep</i> | Early diagnosis of respiratory failure in neuromuscular diseases - The role of polysomnography with transcutaneous CO2 channels <i>Dr. Le Khac Bao</i> |
| 11:00 - 11:15 | Obstructive sleep apnea and chronic coronary artery disease <i>Assoc. Prof. Nguyen Tuan Vu</i> | Application of transcutaneous CO2 in polysomnography in children <i>Report of sponsor Calapharco - Dr. Nguyen Huu Hoang</i> |
| 11:15 - 11:30 | Diagnosis and treatment of obstructive sleep apnea - OSA in patients with nonvalvular atrial fibrillation <i>Dr. Nguyen Ngoc Phuong Thu</i> | he role and application of non-invasive sleep CO2 monitoring in common sleep diseases <i>MSc. Hoang Minh</i> |
| 11:30 - 11:45 | In a case of paroxysmal atrial fibrillation in a patient with sleep apnea <i>Dr. Bui Thi Bich Hue</i> | The role of Omega-3, bacopa, and some micronutrients on sleep & neurological development in children. <i>Report of sponsor Sao Viet - MSc Nguyen Thi Phuong Mai</i> |
| 11:45 - 12:00 | OSA and Respiratory Diseases. <i>Dr. Hoang Thi Lan Huong</i> | Initiation of positive pressure ventilation in children: 1 case of craniofacial abnormality. <i>MSc. Vu Tran Thien Quan</i> |
| 12:00 - 12:15 | General report on Resmed's activities in the Vietnamese market <i>Report of sponsor Resmed</i> | <i>Báo cáo nhà tài trợ Novomed</i> |
| 12:15 - 13:30 | Discussion (12:15 - 12:30) Lunch in Hotel Sai Gon - Da Lat | All attendees |

Day 1 - June 8, 2024. Time: 13:30 - 15:30 PM. Place: Hall 1 & 2

| TOPIC | HALL 1 | HALL 2 |
|---------------|---|---|
| | <i>Ear, Nose and Throat Diseases, Respiratory & OSA - Sleep disorders</i> | <i>Cerebrovascular disease - Neuropsychiatry and sleep disorders</i> |
| CHAIR PERSON | Dr. Nguyen Duc Trung, Dr. Nguyen Minh Sang, Dr. Nguyen Truong Khuong , Dr. Vo Pham Minh Thu | Dr. Dang Thi Mai Khue , Dr. Hoang Thi Lan Huong, MSc . Hoang Chau Bao Dinh , Prof. Duong Quy Sy |
| 13:30 - 13:45 | Residual obstructive sleep apnea syndrome after tonsillectomy and adenoidectomy in children <i>MSc . Ho Thien Huong</i> | Sleep apnea and ischemic stroke: current understanding <i>MSc . Doan Anh Vu</i> |
| 13:45 - 14:00 | Evaluation of upper airway obstruction in patients with snoring and sleep apnea using DISE sleep endoscopy <i>MSc . Hoang Long</i> | The relationship between sleep disorders and attention deficit hyperactivity disorder in children <i>MSc . Nguyen Thi Phuong Mai</i> |
| 14:00 - 14:15 | Initial application of tongue base surgery in the treatment of obstructive sleep apnea <i>Dr. Le Nhat Vinh</i> | Updated classification of sleep disorders ICSD-3-TR <i>Dr. Phan Thanh Thuy</i> |
| 14:15 - 14:30 | Evolution of craniofacial structures and upper respiratory tract, factors favoring OSA. <i>Dr. Nguyen Minh Sang</i> | The role of multi-night sleep exploration <i>Dr. Dang Thi Mai Khue</i> |
| 14:30 - 14:45 | Report on a clinical case series using tongue base surgery in the treatment of OSA. <i>BSCk2. Nguyen Truong Khuong</i> | Clinical case of alveolar hypoventilation in a patient with Duchenne muscular dystrophy <i>Dr. Nguyen Cong Truong</i> |
| 14:45 - 15:00 | Treatment of OSA beyond ENT intervention: The role of pacemaker placement and maxillofacial appliances <i>Dr. Nguyen Duc Trung (French Republic)</i> | Sleep characteristics in epilepsy patients <i>MSc . Hoang Chau Bao Dinh</i> |
| 15:00 - 15:15 | Application of measuring PCO2 through the skin in investigating respiratory diseases <i>Report of sponsor Calapharco - MSc.Bui Nghia Thinh</i> | A new era in polysomnography <i>Report of sponsor Calapharco - Pharmacist Nguyen Trong Bang</i> |
| 15:15 – 15:30 | Discussion & Exhibition | All attendees |

Day 1 - June 8, 2024. Time: 15:30 - 18:00. Place: Hall 1 & 2

| TOPIC | HALL 1 | HALL 2 |
|---------------|--|---|
| | <i>Insomnia and treatment therapies</i> | <i>Sleep Apnea Treatment & CPAP</i> |
| CHAIR PERSON | Assoc. Prof. Doan Ngoc Hai, Dr. Nguyen Ba Viet, Assoc. Prof. Nguyen Duc Minh, Prof. Duong Quy Sy | Dr. Le Khac Bao, MSc . Nguyen Huu Hoang, MSc . Bui Diem Khue , MSc . Vu Tran Thien Quan |
| 15:30 - 15:45 | Insomnia in primary care <i>MSc . Nguyen Dao Uyen Trang</i> | The role of patient psychology in CPAP treatment <i>Report of sponsor Calapharco - MSc . Bui Diem Khue</i> |
| 15:45 - 16:00 | Insomnia after COVID-19 and related factors in medical staff <i>Dr. Hoang Thi Xuan Huong</i> | Clinical characteristics and polysomnography of patients examined and treated for OSA at the Sleep Medicine Clinic - Quang Ninh General Hospital <i>Dr. Hoang Thi Lan Van</i> |
| 16:00 - 16:15 | Effects of sleep deprivation and determinants of aggressive behavior in adolescents <i>Dr. Nguyen Duy Thai</i> | Choosing optimal pressure calibration in OSA treatment <i>MSc . Nguyen Huu Hoang</i> |
| 16:15 - 16:30 | Management of insomnia related to mental disorders <i>Report of sponsor Calapharco - MSc . Nguyen Thien Hung</i> | The role of telemedicine and AI in sleep apnea <i>MSc . Vu Tran Thien Quan</i> |
| 16:30 - 16:45 | Practicing Mindfulness Meditation: Potential Solutions for Insomnia <i>Report of sponsor An Space</i> | <i>Báo cáo nhà tài trợ Novomed</i> |
| 16:45 - 17:00 | Diagnosis and treatment of insomnia in children and adolescents <i>Dr. Tran Thi Ngoc Hoi</i> | Pharmacological therapy in the treatment of sleep apnea - OSA <i>MSc . Doan Truc Quynh</i> |
| 17:00 - 17:15 | Role of Melatonin spray Mefidex <i>Report of sponsor Sao Viet - MSc . Tang Thi Thao Tram</i> | Increase compliance with positive pressure ventilation - PAP treatment <i>MSc . Nguyen Huu Hoang</i> |
| 17:15 - 17:30 | Solution to increase compliance with CBT-I treatment <i>Kevin Abery (Australia)</i> | Surveying the level of alertness and attention in OSA patients before treatment <i>MSc . Bui Diem Khue</i> |
| 17:30 - 17:45 | Evaluating the effectiveness of acupuncture in treating insomnia <i>Dr. Nguyen Thi Binh</i> | OSA and obesity hypoventilation syndrome - Clinical case report <i>Dr. Trinh Duc Loi</i> |

| | | |
|---------------|---|---|
| 17:45 - 18:00 | Update on insomnia treatment drugs in 2024 and applications in treatment <i>MSc. Doan Truc Quynh</i> | The role of rehabilitation in improving sleep quality - Initial results at Hospital 199 <i>Dr. Vo Thi Hong Huong</i> |
| 18:00 - 21:00 | Discussion (18:00 - 18:15) & Gala dinner | All attendees |

Day 2 - June 9, 2024. Time: 7:30 - 11:30 AM

| TOPIC | HALL 1 | HALL 2 |
|--------------|---|--|
| | <i>Maxillofacial Disease - OSA & Artificial Intelligence - Science and technology</i> | <i>Sleep health care model & Cardiovascular - Respiratory - Metabolic diseases</i> |
| CHAIR PERSON | Assoc. Prof. Tran Phan Chung Thuy, Assoc. Prof. Le Thi Minh Huong, Prof. Francis Martin, Prof. Duong Quy Sy | Assoc. Prof. Hoang Thi Lam, Assoc. Prof. Vu Van Giap, Assoc. Prof. Hoang Anh Tien, Dr. Tran Quang Phap |
| 8:00 - 8:20 | Primary care for OSA at the grassroots medical level - Community Sleep Lab model <i>Prof. Duong Quy Sy</i> | Obstructive Sleep Apnea and Pulmonary Embolism <i>Assoc. Prof. Vu Van Giap</i> |
| 8:20 - 8:40 | Adherence to CPAP treatment in older adults newly diagnosed with OSA: Results of a French cohort study <i>Prof. Francis Martin</i> | Updated diagnosis - Treatment of OSA and Cardiovascular disease <i>Assoc. Prof. Hoang Anh Tien</i> |
| 8:40 - 9:00 | Maxillofacial surgery (DOME, MMA) in the treatment of OSA <i>Prof. Stanley Yung-Chuan Liu</i> | Relation of sleep to cardiovascular & metabolic risk <i>Assoc. Prof. Pham Van Linh</i> |
| 9:15 - 9:30 | Appliances to adjust the position of the lower jaw: Indications & notes when using <i>Dr. Lam Dai Phong</i> | OSA in people with normal weight has increased open mass index <i>Dr. Nguyen Thi Hong Lien</i> |
| 9:30 - 9:45 | Diagnosing obstructive sleep apnea - OSA with mobile devices <i>Assoc. Prof. Nguyen Nhu Vinh</i> | Early detection and treatment of OSA: A feasible approach for healthcare facilities <i>Dr. Vo Pham Minh Thu</i> |
| 9:45 - 10:00 | Smart sleeping pillow supports the treatment of snoring - sleep apnea <i>MSc. Tran Ngoc Thai, Assoc. Prof. Mai Anh Tuan</i> | Results of implementing the Sleep Medicine Unit at 199 Hospital: Experience and achievements <i>Dr. Tran Quang Phap</i> |

| | | |
|---------------|---|--|
| 10:00 - 10:15 | Future prospects of Sleep Medicine <i>Assoc. Prof. Doan Ngoc Hai</i> | <i>Sleep medicine clinic model at Lao Cai Traditional Medicine Hospital in comprehensive care</i> <i>Dr. Nguyen My Binh</i> |
| 10:15 - 10:30 | The power of Artificial Intelligence applications in Sleep medicine <i>Engin. Harindra Kumar - Prof. Duong Quy Sy</i> | OSA and chronic urticaria <i>Assoc. Prof. Hoang Thi Lam</i> |
| 10:30 - 10:45 | Discussion & Exhibition | All attendees |

CLOSING CEREMONY AND INTERNATIONAL SLEEP MEDICINE EXAMINATION

| | | |
|---------------|--|---|
| 10:45 - 11:00 | Announcement of the Decision of the Association Branches: <ul style="list-style-type: none"> - Vietnam Association of Nursing and Sleep Medicine (VANSM) - Vietnam Association of Cardiovascular and Sleep Medicine (VACSM) - Vietnam Association of Respiriology and Sleep Medicine (VARSM) - Vietnam Association of Meditation and Sleep Medicine (VAMSM) - Vietnam Association of Sound Management and Sleep Medicine (VASSM) | <i>VSSM Leader</i> <i>Leaders of the Associations</i> <i>Member of the Provisional Executive Committee of affiliated Associations</i> |
| 11:00 - 11:15 | Closing Conference | <i>Prof. Duong Quy Sy</i> <i>President of VSSM</i> |
| 11:15 - 11:30 | Take souvenir photos & Visit Samten Hill Tourist Area - Don Duong District | <i>Organizing Committee & Delegate registration</i> |
| 13:30 - 17:30 | International Sleep Medicine Certification Examination. Place: Hall 2 | <i>Prof. Duong Quy Sy</i> <i>and WSS Committee</i> |

POSTER PRESENTATION & PRESENTATION JUDGING

| No | Poster name | Author | Examiner |
|----|---|---|---|
| 1 | Report on snoring screening results - OSA on Quang Ninh medical staff | Quang Ninh General Hospital research team | Head of Committee: Assoc. Prof. Mai Anh Tuan Deputy Head of Committee: Dr. Hoang Thi Xuan Huong Dr. Mai Xuan Trung Dr. Nguyen Duy Thai Committee member: Dr. Vo Hong Huong Dr. Nguyen Ngoc Quynh Le MSc . Doan Truc Quynh |
| 2 | The tea bags production process from passion fruit leaves and chrysanthemum flowers | <i>Engin. Pham Hoang Phuong Nguyen - MSc . Tang Thi Thao Tram</i> | |
| 3 | Passion fruit tea bags help improve sleep | <i>Pharmacist Tang Le Quynh Trinh</i> | |
| 4 | Lavender's effectiveness in treating insomnia | <i>BSc. Nguyen Van Toi</i> | |
| 5 | Smart headband application using artificial intelligence to help support sleep (FRENZ) | <i>MSc . Tang Thi Thao Tram</i> | |
| 6 | Sleep disorders in patients with COVID-19 at field facilities in Binh Duong province | Lam Dong Medical College research team | |
| 7 | Sleep disorders in patients with COVID-19 at Phu Chanh ICU - Binh Duong | <i>Prof. Duong Quy Sy</i> | |
| 8 | Evaluate sleep quality using the PSQI scale in students of Lam Dong Medical College | <i>BSc. Nguyen Tuan Anh</i> | |
| 9 | The effectiveness of acupressure in improving the sleep of cancer patients in Vietnam | <i>Dr. Dang Thi Loan</i> | |
| 10 | Current status of sleep disorders and some related factors in Parkinson's disease patients at the National Geriatric Hospital | <i>Dr. Nguyen Thi Hong Trang</i> | |