

智慧醫療：睡眠障礙診斷的創新與未來

Agenda

- 活動日期：2024 年 07 月 13 日(六)
- 報到時間：01:00PM - 01:15PM
- 課程時間：01:15PM – 04:40PM
- 活動地點：台北 JR 東日本大飯店 (台北市中山區南京東路三段 133 號)
2 樓牡丹廳
- 主辦單位：台灣睡眠醫學學會
- 協辦單位：台灣胸腔暨重症加護醫學會、博兆股份有限公司
- 參與對象：**50 人，在職中或曾擔任之睡眠專科醫師**
- 報名連結為：<https://forms.gle/fuegbUX5U43w8ZeQ8>
- 課程表：

時間	講題	講師	座長
13:00-13:15	簽到 / 學分簽署		
13:15-13:20	OPEN	台灣睡眠醫學會 理事長 台北榮總 臨床呼吸生理科 周昆達主任	
13:20-14:20	Pathological Endotypes in Taiwan OSA Patients.	中國醫大附醫 精神醫學部 社區精神科 鄭婉汝主任	台灣睡眠醫學會 理事長 台北榮總 臨床呼吸生理科 周昆達主任
14:20-15:20	一代 PSG：A1 與 A1s 臨床使用經驗分享	台灣睡眠醫學會理事 中國醫大附醫 睡眠中心 黃春森組長	台灣睡眠醫學會 理事 林口長庚 肺感染及免疫科 莊立邦主任
15:20-15:35	BREAK		
15:35-16:35	Advancing Sleep Diagnostics: Unveiling the Nox SAS PSG Solution.	Nox Medical 國際臨床事務總監 睡眠技師歐洲協會主席 Carlos Teixeira	台灣睡眠醫學會 理事 中國醫大附醫 睡眠中心 杭良文主任
16:35-16:40	CLOSE	台灣睡眠醫學會 理事 中國醫大附醫 睡眠中心 杭良文主任	

鄭婉汝主任 Wan-Ju Cheng

現職

中國醫藥大學附設醫院精神醫學部 社區精神科主任；中國醫藥大學附設醫院
成癮暨精神健康研究中心副主任；中國醫藥大學公共衛生系 教育部定副教授

學歷

國立陽明大學 醫學士；國立台灣大學 健康政策與管理研究所博士

經歷

芬蘭科學院交換學者；中國醫藥大學附設醫院精神醫學部 主治醫師；新北市欣
康診所 主治醫師；台北市立聯合醫院松德院區 精神科住院醫師、住院總醫
師；台北榮總 特約主治醫師

臨床與學術專長

成癮醫學；精神官能症：恐慌症、焦慮症、強迫症、憂鬱症、壓力反應；睡眠
醫學；健康行為；職場心理健康；性別困擾

證照

精神科專科醫師；成癮專科醫師；睡眠專科醫師；職業健康服務醫師訓練合
格；台灣精神分析學會會員

黃春森組長 Huang,Chun-Sen

現職

中國醫藥大學附設醫院 睡眠中心小組長

學歷

中國醫藥大學 醫務管理研究所碩士

經歷

中國醫藥大學附設醫院 睡眠中心技術員

澄清醫院 神經內科技術員

宏恩醫院 醫檢師

Carlos Teixeira

Education

January 2020

POST GRAD. BIOSTATISTIC IN HEALTH SCIENCE LIFE AND HEALTH SCIENCES
RESEARCH INSTITUTE (ICVS), SCHOOL OF MEDICINE UNIVERSITY OF
MINHO

Professional Experience

September 2020 until the present

INVITED ASSISTANT PROFESSOR OF EEG AND SLEEP SYLLABUS COOPERATIVA DE
ENSINO SUPERIOR PRIVADO UNIVERSITÁRIO (CESPU) ESCOLA SUPERIOR DE SAÚDE
DO VALE DO AVE
VILA NOVA DE FAMALICÃO, PORTUGAL

September 2018 until the present

SCIENTIFIC COORDINATOR POST GRADUATE COURSE IN CHRONOBIOLOGY AND SLEEP
MEDICINE
COOPERATIVA DE ENSINO SUPERIOR PRIVADO UNIVERSITÁRIO (CESPU) ESCOLA
SUPERIOR DE SAÚDE DO VALE DO AVE
VILA NOVA DE FAMALICÃO, PORTUGAL

January 2023 until the present

NOX MEDICAL
CLINICAL AFFAIRS MANAGER

February 2021 to December 2022

PHILIPS US (REMOTE) - GLOBAL SOLUTIONS LEADER – INTERNATIONAL MARKETS
RESPONSIBLE
CEN GROUP FOUNDING MEMBER (CLINICAL EXPERT NETWORK - PHILIPS)

智慧醫療：睡眠障礙診斷的創新與未來

研討會 課程摘要

Obstructive sleep apnea (OSA) is a heterogeneous syndrome with various endotypic traits and symptoms. A link between symptoms, endotypes, and disease prognosis has been proposed but remains unsupported by empirical data. M.D. Cheng, technician Huang, and the team recruited patients with moderate to severe OSA from a single sleep center. Polysomnographic data were collected between May 2020 and December 2022.

Endotypic traits, namely arousal threshold, upper airway collapsibility, loop gain, and upper airway muscle compensation, were retrieved using polysomnographic signals. M.D. Cheng, technician Huang, and the team used latent class analysis to group participants into endotype clusters. Associations between endotype clusters and symptom profiles were examined using logistic regression analyses. M.D. Cheng, technician Huang, and the team also assessed whether continuous positive airway pressure (CPAP) treatment outcomes differ across endotypic subgroups. Three endotype clusters were identified, characterized by high collapsibility/loop gain, low arousal threshold, and low compensation, respectively. Patients in each cluster exhibited similar demographic characteristics, but those in the high collapsibility/loop gain cluster had the highest proportion of obesity and severe oxygen desaturation observed in polysomnographic studies. The low compensation cluster was characterized by less sleepy symptoms and exhibited a lower rate of diabetes mellitus. Compared to the minimally symptomatic group, the disturbed sleep symptoms were associated with the low arousal threshold cluster, and excessively sleepy symptoms were associated with the high collapsibility/loop gain cluster. Patients with high collapsibility required a higher CPAP pressure than those with low collapsibility. Larger increase in slow-wave sleep and rapid eye movement sleep proportions after CPAP treatment were observed in patients with high arousal threshold, high collapsibility, high loop gain, or high upper airway gain than in those with low levels of endotypes. High loop gain and high collapsibility were independently associated with longer CPAP use hours per night. In conclusion, knowledge of endotypes may help clinicians to link clinical symptoms with underlying pathology, and to identify patients who may benefit most from CPAP therapy.

Also, discover the latest innovations, clinical implications, and how at-home PSG testing is poised to reshape the future of sleep health. Asst. Prof. Teixeira offers insights into how the Nox SAS solution is a new flexible way to record EEG, EOG, EMG, and ECG data for a full polysomnography study. Asst. Prof. Teixeira and the Nox medical team will explore the novel research and clinical uses of the Nox SAS, highlighting its impact

on workflow efficiency and effects on patient care outcomes.