

# THE IMPORTANCE OF SLEEP MANAGEMENT IN HOLISTIC PARKINSON'S ASSESSMENT

## MEETING INVITATION

Thursday 5th December 2024

**Venue:** 1599 at The Royal College of Physicians and Surgeons, 232 - 242 St Vincent Street, Glasgow, G2 5RJ

This meeting is designed to provide a greater understanding of the impact of sleep in PD and how we can better assess sleep issues in our clinics. We will discuss and share best practice in referral pathways, psychological approaches, treatment and tools that may help our patient's improve their sleep.

To register, please email: [haaris.iqbal@bial.com](mailto:haaris.iqbal@bial.com)



Mr Nicholas Bryden



Dr Andrew Watt



Dr Ying Teh



Dr Susan O'Connell



Ms Paula Hewat

## AGENDA

**09:00** Arrival and registrations

**09:30** Chair's welcome and introductions

Mr Nicholas Bryden, Parkinson's Disease Nurse Specialist, Biggart Hospital, NHS Ayrshire & Arran

**09:45** Why is sleep poor in Parkinson's? – Improving our understanding and medicines management of sleep

Dr Andrew Watt, Consultant Geriatrician, Biggart Hospital, NHS Ayrshire & Arran

**10:30** Psychological approaches to managing sleep difficulties and disorders in Parkinson's

Dr Ying Teh, Consultant Clinical Psychologist and Clinical Lead for the Older Adult Psychology Specialty, Biggart Hospital, NHS Ayrshire & Arran

Dr Susan O'Connell, Consultant Clinical Psychologist, Queen Elizabeth University Hospital, NHS Greater Glasgow & Clyde

**11:15** Tea and coffee

**11:30** Sleep assessment in Parkinson's clinic – "What can be achieved in limited time?"

Ms Paula Hewat, Lead Parkinson's Nurse Specialist, Biggart Hospital, NHS Ayrshire & Arran

**12:00** Q&A Expert Panel

Facilitated by Mr Nicholas Bryden

**12:30** Lunch

**13:30** Breakout sessions 1 & 2

**14:40** Tea and coffee

**14:50** Breakout sessions 3 & 4

**16:00** Tea and coffee

**16:10** Chair's summary and close

Mr Nicholas Bryden

### BREAKOUT SESSIONS:

- 1) Exploring the psychological factors affecting sleep**  
Dr Ying Teh
- 2) Sleep in Action – What do sleep strategies look like?**  
Dr Susan O'Connell
- 3) Practical application of sleep management**  
Ms Paula Hewat
- 4) Case Studies**  
Dr Andrew Watt

This invitation is personal, non-transferable and for healthcare professionals only.

This meeting is fully organised by