

A Transdisciplinary Approach to Functional Sleep Assessment: A Public Health Initiative

12th Annual Assessment Conference

Dr. Ipsiroglu. MD, PhD
Dr. Wendy Hall, RN, PhD
Dr. Julie Petrie Thomas, PhD

Dr. Osman Ipsiroglu, Developmental Pediatrician

- Interested in socio-cultural aspects of medicine
- Developed a functional sleep assessment concept
- Currently transforming bio-behavioural and physiological knowledge with questions of sleep health and management

Dr. Wendy Hall, RN, PhD, Professor School of Nursing

- Over 25 years of research
- Assists parents of young children with behavioral sleep problems
- Member of a team developing online resources for parents of children ages 1 to 10 years with behavioral sleep problems

Dr. Julie Petrie Thomas, PhD, Developmental Consultant, Dept. of Psychology

- Assess 'high-risk' children recruited from Neonatal Intensive Care (NICU)
- Consultation to families for child's cognitive, learning and behavioral development
- Research on early markers of brain integrity
- Active member (President 2011-2013) of the Western Association for Infant Mental Health

Overview

Conference: Assessing Assessment, Best Practices and New Research

- Original thinking about approaches to assessing children's sleep problems
- Best practices in supporting parents
- Learn about elements to assess for children's sleep
- Links to daytime behavior, and how to support families around children's sleep

Overview cont'

- Interactive component: BEARS
- Cases and Discussion
- Resources
<http://www.childrensleepnetwork.org/WP/resources/take-home-tools/>

Sleep: a Public Health Issue

Case in NICU Follow-up (or community):

Amy 3 yrs, born 26 weeks gestation (extremely premature)

- Meeting cognitive, language and motor developmental milestones
- Difficulties in emotional regulation, making transitions, attention/ hyperactivity, oppositional behaviours, sleep issues
- Parent stress and marital breakdown

Case cont'

Amy's mother 30m phone conversation:

1. Teach re: area of expertise (e.g. prematurity, behaviour, executive functions, self-regulation)
2. Provide Resources for parent-child interaction and support for self-regulation (e.g. community infant Psychiatrist, Alan Cashmore Centre)
3. Counselling options for mother

How to approach case

Who Manages Sleep Issues?

ANY health care provider, parent, or community support staff working with families and children who may have sleep problems:

- Should be able to address sleep concerns ***at some level of effectiveness***
- ***Not in the domain of a particular profession***

Address Sleep Issues?

4. Routinely ask about sleep
Collaboratively identify possible problems

- **Bedtime problems**
Excessive daytime behaviour
Awakenings during the night
Regularity of sleep/wake cycles
Snoring and other symptoms of breathing difficulties during sleep
- Provide Resources including sleep diary, logs
simple interventions, re-asses
<http://www.childrenssleepnetwork.org/WP/resources/take-home-tools/>