

EDUCATION AND CONSULTATIVE SERVICES

PRESENTATION FORM

of UPMC Western Psychiatric Hospital

Presenter Bio

Please include your full name, credentials, degrees and information about your position and place of employment. **Please send a copy of your CV along with this completed form.**

Dr. Deepa Burman is the Co-Director of the Pediatric Sleep Evaluation Program at UPMC Children's Hospital. She has a broad range of experience in managing full spectrum sleep disorders in adults and pediatric patients. Dr Burman's key interests are in improving access and quality of care for patients with sleep disorders, treating sleep disorders in underserved populations and in promoting awareness about consequences of sleep-disorders in all stages of life.

Dr. Deepa Burman is board certified by the American Board of Family Medicine, American Board of Sleep Medicine and is a diplomat of the American Board of Obesity Medicine.

Dr. Burman completed her medical school training from the University College of Medical Sciences, Delhi, India in 2006. She then moved to the United States for her family medicine residency from University of Pittsburgh Medical Center at Shadyside followed by sleep medicine fellowship from University of Pittsburgh Medical Center. She has served as a faculty at UPMC McKeesport Family Medicine Residency. There she had many key roles: Director for Resident Research and Scholarly Activity, the Director of Primary Care Sleep Medicine Clinic and the Medical Director of the Portable Sleep Study Program at McKeesport Hospital.

Currently she is an Associate Professor of Pediatrics at the University of Pittsburgh and co-directs the Pediatric Sleep Program. She also serves as the pediatric rotation director of the UPMC Sleep Medicine Fellowship Program.

She has been involved in several peer reviewed presentations and publications and has been awarded with the fellow status from the American Academy of Sleep Medicine and the American Academy of Family Medicine. She has also been an invited speaker in various national and international conferences about sleep disorders and fatigue management in medical professionals.

Dr. Lucy Lubinski is a licensed clinical psychologist at UPMC Children's Hospital of Pittsburgh and serves in the Behavioral Sleep Medicine program. Dr. Lubinski works with children, adolescents, and their families on the behavioral management of sleep problems, including insomnia, circadian rhythm sleep disorders, nocturnal enuresis, and adherence to continuous positive airway pressure (CPAP) for obstructive sleep apnea.

Dr. Lubinski obtained her Bachelor of Science in Biology and Psychology from Chatham College, Master of Science in Applied Developmental Psychology from the University of Pittsburgh, and both a Master of Science and Doctor of Psychology in Clinical Psychology from Philadelphia College of Osteopathic Medicine. Dr. Lubinski completed her APA-accredited internship within the Immaculata University Psychology Internship Consortium at Belmont Behavioral Hospital in Philadelphia, Pennsylvania. Dr. Lubinski also completed two years of postdoctoral fellowship in the Child and Family Therapy Clinic at Kennedy Krieger Institute/Johns Hopkins University School of Medicine.

Name and Narrative Description of your Presentation

Please determine if it is introductory, intermediate, or advanced.

Assessment and Behavioral Management of Common Pediatric Sleep Problems

Three (3) learning objectives

By the completion of this session, participants should be able to:

Objectives:

- 1 Understand common pediatric sleep problems
2. Learn assessment guidelines and considerations of pediatric sleep problems
3. Learn behavioral management interventions of common pediatric sleep problems

Three (3) current (within the past 10 years) peer-reviewed publications that support the evidencebase for the content of your presentation

Publications must be listed in American Psychological Association (APA) Style (see www.apastyle.org for more information).

APA format for journal article citation:

Author last name, Author First Initial. Author Second Initial. (Publication Year). Title of article. *Title of Journal*. volume(issue) (if issue numbered), pages.

Hyman SL, Levy SE, Myers SM, AAP COUNCIL ON CHILDREN WITH DISABILITIES, SECTION ON DEVELOPMENTAL AND BEHAVIORAL PEDIATRICS. Identification, Evaluation, and Management of Children With Autism Spectrum Disorder. *Pediatrics*. 2020;145(1):e2019344.

Lipkin, Paul H., et al. "Promoting optimal development: identifying infants and young children with developmental disorders through developmental surveillance and screening." *Pediatrics* 145.1 (2020).

Lord, Catherine, et al. "The Lancet Commission on the future of care and clinical research in autism." *The Lancet* 399.10321 (2022): 271-334.

Hirota T, King BH. Autism Spectrum Disorder: A Review. *JAMA*. 2023 Jan 10;329(2):157-168. doi: 10.1001/jama.2022.23661. PMID: 36625807.

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