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Oto-Rhino-
Laryngologie

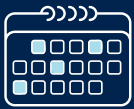
Schweizerische Gesellschaft für Oto-Rhino-Laryngologie,
Hals- und Gesichtschirurgie



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**UNIVERSITÄT
BERN**

3rd European Sleep Surgery Academy Course



August 28th – 30th, 2025



**Inselspital
University Hospital Bern**

Department for ear, nose and throat
diseases, head and neck surgery

Join us with high class conferences, attend practical surgery exercises, workshops and proctored dissection room trainings.



TOPICS & HIGHLIGHTS

- Contemporary Sleep Diagnostics in 2025
- Endotyping and Patient Selection
- Mandibular Advancement Devices and Positional Therapy
- DISE - all you should know about it!
- Palatopharyngeal Surgery Techniques
- Various nerve-stimulation Techniques
- Advanced Surgical Techniques: Robotic and Tongue Base Surgery
- Hands-on Training in Dissection Room



YOUR HOSTS



PD Dr. med. Urs Borner
Organisation Team Bern



Prof. Dr. med. Marco Caversaccio
ENT Clinical Director & Chairman of Department



Dr. med. Samuel Tschopp
Scientific Head

YOUR SWISS ESSA TEAM



Prof. Dr. med.
Raphaël Heinzer
Lausanne



Dr. med.
Karma Lamercy
Lausanne



Prof. Dr. med.
Dr. med. dent.
Benoît Schaller
Bern



PD Dr. med.
Anne-Kathrin Brill
Bern



Prof. Dr. med.
Kurt Tschopp
Basel/Liestal



Dr. med.
Gian-Marco Widmer
Zürich



PD Dr. med.
Dr. med. dent.
Dominik Ettlin
Zürich

YOUR EUROPEAN ESSA TEAM



Prof. Dr. med.
Olivier M. Vanderveken
Antwerp/Belgium



Prof. Dr. med.
Joachim T. Maurer
Mannheim/Germany



Prof. Dr. med.
J. Ulrich Sommer
Munich/Germany



Prof. Dr. med.
Clemens Heiser
Munich/Antwerp



Prof. Dr. med.
Nico de Vries
Amsterdam/Netherlands

COURSE SELECTION & PARTICIPATION FEES

	COMPLETE COURSE Limited seats	CONGRESS COURSE	STUDENTS/FELLOWS Limited seats
Lectures	✓	✓	✓
Trainings	✓	✓	✓
Workshops	✓	✓	✓
Dissection room training	✓	—	—
Course dinner	✓	✓	✓
EARLY BIRD FEE*	1.300,- CHF	750,- CHF	350,- CHF
Regular Fee	1.500,- CHF	875,- CHF	400,- CHF

*Valid until March 15th, 2025



MESSAGE FROM YOUR HOST

Dear Colleagues,

We are delighted to invite you to the 3rd European Sleep Surgery Academy Course from **August 28th – 30th, 2025, in Bern, Inselspital.**

Building on feedback from previous courses, we have carefully designed the program to offer a comprehensive overview of both standard and innovative surgical techniques. Expert-led presentations will feature detailed video demonstrations complemented by a **hands-on training component**, allowing participants to practice these techniques.

The course will be held at **SITEM Inselspital**, with a capacity for **80 participants** in the theoretical sessions and **60 participants** in the hands-on training. To ensure an optimal learning experience, we will provide **20 cadavers**, allowing small groups of three participants to work together in our absolutely brandnew dissection room.

Beyond the classroom, we are excited to showcase Bern's charm. Our social program includes a memorable course dinner in an exciting location in Bern, offering a perfect setting to connect with international experts and colleagues in a relaxed atmosphere.

We look forward to welcoming you to Bern for an enriching and enjoyable experience!

Warm regards

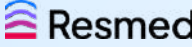


Prof. Dr. med. Marco Caversaccio
ENT Clinical Director & Chairman of Department



OUR SPONSORS

We'd like to thank the following sponsors for their kind support.

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SCIENTIFIC AGENDA ESSA 2025



THURSDAY AUGUST 28TH

10:00 – 10:20	Opening Speech: <i>Prof. Marco Caversaccio</i>	14:30 – 15:00	Mandibular Advancement Devices: <i>Dominik Ettlin</i>
10:20 – 11:00	Polysomnography and Predictors for Cardiovascular Outcome: <i>Raphael Heinzer</i>	15:00 – 15:20	Discussion: all speakers
11:00 – 11:30	Pathophysiological Pheno – Endotyping of OSA – Patients for Successful Selection: <i>Olivier Vanderveken</i>	15:20 – 16:00	Coffee Break
11:30 – 11:50	Night – to – Night Variability: <i>Samuel Tschopp</i>	16:00 – 16:30	Anatomy of Palate and Pharynx, Different Palatopharyngeal Surgery Techniques and Barbed Suture Pharyngoplasty: <i>Gian – Marco Widmer</i>
11:50 – 12:00	Discussion: all speakers	16:30 – 17:00	Outcome prediction of palatal surgery: Does tonsil size and surgical technique matter? <i>Samuel Tschopp</i>
12:00 – 13:00	Lunch Break	17:00 – 17:30	Complications of palatopharyngeal surgery: <i>Kurt Tschopp</i>
13:00 – 13:30	CPAP and CPAP – Failure: <i>Anne – Kathrin Brill</i>	17:30 – 18:00	Discussion: all speakers
13:30 – 14:00	Positional Therapy: <i>Nico de Vries</i>	18:00 – 20:00	Meet and Greet
14:00 – 14:30	Drug – Induced Sleep Endoscopy: How to do it, Interpretation, Do we really need DISE for all patients? <i>Nico de Vries</i>		

FRIDAY AUGUST 29TH

08:00 – 08:30	Robotic Surgery and Ablation of the Tongue Base: <i>Joachim Maurer</i>	13:30 – 14:00	Combination therapy with hypoglossal nerve stimulation: <i>Kurt Tschopp</i>
08:30 – 09:00	Epiglottis Surgery and Is there still a place for Hyoid Suspension? <i>Ulrich Sommer</i>	14:00 – 14:30	The future of neurostimulation: <i>Clemens Heiser</i>
09:00 – 09:30	Maxillomandibular Advancement Surgery: <i>Benoît Schaller</i>	14:30 – 15:00	Peripheral arterial tonometry, Artificial Intelligence and Wearables: <i>Ulrich Sommer</i>
09:30 – 10:00	Discussion: all speakers	15:00 – 15:30	Discussion: all speakers
10:00 – 10:30	Coffee Break	15:30 – 16:00	Coffee Break
10:30 – 11:00	Neuronal Anatomy: <i>Clemens Heiser</i>	16:00 – 16:30	Challenges and Complications with HNS: <i>Karma Lambergcy</i>
11:00 – 11:30	Hypoglossal Nerve Stimulation – Current State, Pearls and Pitfalls: <i>Joachim Maurer</i>	16:30 – 17:00	How to Start your own Sleep Surgery Practice? <i>Urs Borner</i>
11:30 – 12:00	Prognostic Factors in Hypoglossal Nerve Stimulation (HNS): Does DISE improve surgical outcome? <i>Olivier Vanderveken</i>	17:00 – 17:30	Discussion: all speakers
12:00 – 12:30	Discussion: all speakers	17:30 – 18:00	Final of lectures / Invitation to Course Dinner <i>Marco Caversaccio</i>
12:30 – 13:30	Lunch Break	20:00 – 22:30	Course Dinner

SATURDAY AUGUST 30TH

09:00 – 13:00	Team 1: Hands – On – Training in the Dissection Room Tonsillectomy/Tongue base surgery/Hypoglossal implantation/ Palatal Surgery
09:00 – 10:45	Teams 2 & 3: Case Presentations / Mandibular Devices – Hands – on training, monitoring
11:15 – 13:00	Poster Presentations
13:00 – 14:00	Lunch Break and Team 3: End
14:00 – 18:00	Team 1: Case Presentations / Poster Presentations
14:00 – 18:00	Team 2: Hands – On – Training in the Dissection Room Tonsillectomy/Tongue base surgery/Hypoglossal implantation/Palatal Surgery

SUPPORTING TUTORS



Prof. Dr. med.
Roland Giger
Bern



Dr. med. dent.
Sibylle Chatelain
Lausanne



Dr. med.
Christoph Knaus
Basel/Liestal



ABSTRACTS

Submit your abstracts by May 31st, 2025 and the three best abstracts will be rewarded on Friday, August 29th, 2025 by the 3rd ESSA Congress President.

GUIDELINES



REGISTRATION

Please register via
www.essa-event.com/registration

Or use the QR-Code:



LOCATION



 **INSELSPITAL**
UNIVERSITÄTSSPITAL BERN
HÔPITAL UNIVERSITAIRE DE BERNE

Freiburgstr. 3
3010 Bern/Switzerland
www.insel.ch/de

CONTACT

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