



At each quarterly board meeting, the mission and vision of the AASM is prominently displayed to ensure that each decision we make is strategically aligned with our core priorities. At the October 20-21 meeting, the board made several decisions to advance the AASM mission: “The AASM improves sleep health and promotes high quality, patient-centered care through advocacy, education, strategic research, and practice standards.”

## Patient-Centered Care

As I reported in July, the board of directors is considering ways to improve patient access to care to reduce the number of undiagnosed and untreated patients with obstructive sleep apnea by at least 2 percent every year for the next 5 years.

After receiving input from several stakeholders, the board approved a pilot program to equip physicians at critical access hospitals with the education and training they need to screen for obstructive sleep apnea, distribute home sleep apnea tests, and manage therapy. These hospitals will be required to have an agreement with an accredited sleep facility, which will be responsible for interpreting the results of the home sleep apnea tests and evaluating complex patients referred by the hospital. Participating hospitals also will need to have a medical director on staff who has completed a training program in the management of obstructive sleep apnea, which will include instruction on recognizing atypical presentations, identifying non-responsiveness to usual therapy, and knowing when and how to refer patients to the accredited sleep facility. The medical director also will have to pass an exam provided by the American Board of Sleep Medicine. Over the next several months, we will be finalizing the details of this pilot program with an anticipated launch in summer 2018.

The board continued its conversation about how advances in technology will impact patient-centered care in the not-so-distant future. In sleep medicine, artificial intelligence is already being used to establish algorithms that more accurately score sleep studies, and it will likely be used to help physicians identify patients who are at risk for sleep disorders. Each month, nearly 7,000 individuals score records within the AASM's Inter-scorer Reliability program. This data

set is ideal for researchers who are studying in the area of artificial intelligence, so we agreed to make this data available at no cost to researchers for noncommercial use. We are in the process of finalizing a data-sharing agreement and will make it available to the membership in 2018. Also, we created an Artificial Intelligence in Sleep Medicine Subcommittee, which will report to the Technology Committee. This group will be tasked with developing a position statement on artificial intelligence in sleep medicine, reviewing ISR data-sharing agreements, and making recommendations as to whether or not the AASM should share its ISR data with commercial organizations.

Lastly, the board of directors agreed to provide startup funding to the American Alliance for Healthy Sleep. This patient organization is launching in January 2018 and will provide education and advocacy opportunities for our patients and their caregivers.

## Advocacy

Based on input from the Health Policy Strategy Presidential Committee, the board of directors approved four main areas on which to focus our health policy strategies:

- refining a bundled payment model to pilot with payers
- pursuing an exemption to the Stark law
- addressing policy issues with Medicare and private payers
- expanding efforts to raise public awareness of the dangers of drowsy driving and advancing legislative actions addressing this issue

The AASM will continue to monitor all areas of health policy that impact sleep medicine practitioners, but we will be developing detailed plans to strategically address these four areas. The board of directors also approved funding for a day at the Hill in April 2018. Board members and staff will be visiting key congressional leaders to push these health policy initiatives forward.

In response to growing concerns about the use of home sleep apnea tests by individuals who are not medical providers, the AASM introduced a resolution in the American Medical Association (AMA) House of Delegates addressing the [appropriate use of objective tests for obstructive sleep apnea](#). The resolution emphasizes that ordering and interpreting objective tests aiming to establish the diagnosis of obstructive sleep apnea (OSA) or primary snoring constitutes the practice of medicine. I am pleased to report that the resolution was approved by the AMA House of Delegates at its November meeting. I thank the AASM's delegate, Dr. Alex Chediak, and our alternate delegate, Dr. Pat Strollo Jr., for their hard work in garnering the necessary support for this important resolution.

The board of directors also discussed a proposed policy on [the role of dentists in the management of sleep-related breathing disorders](#) that was developed by the American Dental Association (ADA) Council on Dental Practice and submitted to the ADA House of Delegates. This policy included some concerning language minimizing the role of the physician in the diagnosis and follow-up care of patients with sleep-related breathing disorders. AASM Past President Dr. Nathaniel Watson represented the AASM at the ADA meeting and provided testimony opposing their policy. It is our understanding that, regardless of our efforts, the ADA policy was approved without edits. We are working with our dental colleagues at the American Academy of Dental Sleep Medicine (AADSM), who requested edits to the educational requirements in the ADA policy, to ensure that physicians and dentists work in a collaborative manner to effectively manage patients with sleep-related breathing disorders.

Lastly, the board of directors recommitted its support of state sleep societies, which provide education, offer volunteer opportunities on a local level, and have been key partners on state legislative initiatives. Most of the operations of state sleep societies fall to volunteer members. As a national organization, the AASM has the infrastructure in place to provide organizational support by promoting state meetings, providing CME for educational activities, sending speakers to courses, facilitating networking opportunities among state societies, and assisting with filing taxes and other documentation. The AASM is eager to provide this assistance to these important groups whenever possible.

## Education

Over the last several years, the AASM has provided education to volunteer leaders within the organization. In fact, this President's report actually was created based on feedback provided by committee and task force leaders during a discussion at the SLEEP meeting. The board of directors approved additional education for volunteer leaders at SLEEP 2018 and Sleep Medicine Trends 2019.

In addition to emphasizing educational opportunities for our volunteers, the board recognizes the need to facilitate mentorship for sleep specialists who are establishing a career in the sleep field. Therefore, the board of directors approved a proposal from the Membership Presidential Committee to develop a mentor program, which should launch in early 2018.

The board of directors also reviewed and approved a framework for a competency-based sleep medicine fellowship training program, as well as various assessments for evaluating competency. These resources were developed by the Fellowship Models Exploratory Committee and will now be used by the Innovative Fellowship Models Implementation Presidential Committee as they explore nontraditional pathways for sleep medicine fellowship training as a way to supplement existing slots in our 84 sleep medicine programs.

## Strategic Research

The AASM continued its discussion on ways to diversify the American Sleep Medicine Foundation's funding base by increasing donations to the ASMF from individuals, industry and institutions. In April 2018, the ASMF, under the stewardship of Dr. Jennifer Martin, will be putting together a specific strategic plan for the Foundation that will provide the direction we need to guide future fundraising campaigns.

## Practice Standards

The board of directors approved a compensation survey to be completed in Spring 2018. It is our hope that this survey will provide our members with important benchmarking information to use in their discussions with employers. This survey will only be successful if we can get a large portion of our members to complete it; please keep an eye out for the survey invitation in early 2018.

The AASM sets the clinical standards for the field of sleep medicine by publishing clinical practice guidelines, quality measures, position statements and papers, and consensus statements and papers. During our October meeting, we

welcomed Dr. Yngve Falck-Ytter from the GRADE Working Group, who gave a detailed presentation on the GRADE process, which is the methodology used for developing clinical practice guidelines. The presentation definitely provided us with things to consider as the AASM moves forward with developing and updating guidelines. We have numerous volunteer experts within the AASM who are tasked with the development of these instrumental documents, and we want to be sure that we are providing them with the structure and guidance they need.

## Budget

Finally, each October, the board of directors approves the operating budget for the next fiscal year (January to December). The board of directors takes its fiduciary responsibilities seriously. I am happy to report that the AASM's financial health is strong, and the board approved a sound budget for 2018. The board of directors will continue to use your membership dollars to support resources and activities that are beneficial to you, and we hope that, in return, you continue to find value in being a member of the AASM.

In the subsequent pages of this report, you will find information about the work of the AASM's committees and task forces. The AASM relies on the commitment and dedication of our volunteers to advance the strategic initiatives of the organization.

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## REPORT OF THE COMMITTEES & TASK FORCES

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## Accreditation Committee

Alexandre Rocha Abreu, MD - Chair

**Mandate:** The Accreditation Committee identifies issues with accreditation standards and recommends courses of action to the board of directors. The committee will recommend to the board of directors accreditation status for all forms of accreditation.

### Goals for 2017/2018:

1. Develop a plan to educate site visitors and accredited centers about the changes to the accreditation standards.

2. Assist in the review of accreditation applications submitted to the AASM.
3. Evaluate the accreditation/reaccreditation process and make recommendations to streamline and simplify the steps taken by sleep facilities.

**Update:** The committee has continued to review expedited accreditation applications. The group is focusing its efforts on developing recommendations to streamline and simplify the accreditation process.

## Coding and Compliance Committee

Fariha Abbasi-Feinberg, MD - Chair

**Mandate:** The Coding and Compliance Committee evaluates issues related to existing codes in CPT, HCPCS Level II (DME codes), and code evaluations as determined by the Relative Value Scale Update Committee [RUC] and makes recommendations to the board of directors.

### Goals for 2017/2018:

1. Continue to monitor issues related to the sleep medicine family of codes in the HCPCS Level II and at the CPT and RUC levels.
2. Identify strategies and opportunities for creating new codes for sleep medicine. This should include a review of all AASM clinical practice guidelines and ICSD-3.
3. Submit a prioritized list of potential new CPT codes for which to develop CPT code proposals.
4. Develop resources for members to educate them on how to properly comply with various rules and regulations (e.g. MACRA, navigating the 3% and 4% hypopnea rule, etc.)
5. Update and maintain coding and compliance FAQs on AASM website.

**Update:** The committee continues to update the [Coding FAQs](#). They are also finalizing recommendations on how to code for sleep studies that are negative. The committee is revising the A-CEP learning modules, which educate sleep facility staff about the fundamentals of coding. The committee also submitted comments for the Proposed Rule for the CY 2018 Quality Payment Program and the Proposed Rules for the CY 2018 Physician Fee Schedule. Final versions of these rules will be published by CMS in November and will be summarized for members.

## Education Committee

Lourdes Del Rosso, MD - Chair

**Mandate:** The Education Committee proposes and develops educational programs, initiatives and products that meet the educational needs of the AASM membership and their patients. The committee also reviews submissions for the Young Investigator Research Awards and ASMF High School Video Contest.

### Goals for 2017/2018:

1. Update AASM products to ensure they align with current standards and guidelines.
2. Develop a series of educational resources for approved sleep medicine partners outlining a model of care for diagnosing and treating sleep disorders. These resources should provide education that these specialists would need to identify patients who may have sleep disorders.
3. Implement webinar series developed by quality measures education task force and continue collaboration with the ATS to ensure education and dissemination of sleep quality measures.

**Update:** The updated A-STEP online learning modules and three advanced-level A-STEP modules will be released January 1, 2018. The committee has implemented the quality measures webinar series. Recordings of these [“Dialogue with a Doctor”](#) webinars can be viewed online through the end of the year. The committee will be developing resources that sleep medicine physicians can use to have a conversation with patients about how to lose weight.

## Health Policy Strategy Presidential Committee

Chris Lettieri, MD - Chair

**Mandate:** The Health Policy Presidential Committee identifies emerging health policy, payer and legislative priorities and recommends initiatives to the board of directors.

### Goals for 2017/2018:

1. Identify issues that impact the practice of sleep medicine and recommend a health policy agenda for the AASM to pursue.

**Update:** The committee submitted its recommendations for a health policy agenda to the AASM board of directors.

## Innovative Fellowship Model Implementation Presidential Committee

David Plante, MD - Chair

**Mandate:** The Innovative Fellowship Model Implementation Task Force will provide oversight and monitor the progress of the ACGME Advancing Innovation in Residency Education (AIRE) proposal.

### Goals for 2017/2018:

1. Monitor the progress of the ACGME AIRE proposal.
2. Adapt resources for the implementation of the ACGME AIRE proposal, as necessary.

**Update:** The committee has continued its discussions with ACGME, ABIM, ABP and ABPN and is developing a proposal to assess various competency-based training models for sleep medicine.

## Lifelong Learning Development Committee

John Park, MD - Chair

**Mandate:** The Lifelong Learning Development Committee develops educational resources related to lifelong learning in the field of sleep medicine, including the sleep medicine in-training examination and maintenance of certification products.

### Goals for 2017/2018:

1. Update the sleep medicine in-training examination to ensure that it accurately reflects the content areas of the sleep medicine certification examination and has relevant and correct questions.
2. Develop educational content for Part II MOC to ensure there is one self-assessment module for each content area of the sleep medicine certification examination blueprint.
3. Update existing Part II MOC modules to ensure they align with current standards and guidelines.
4. Review questions and rationales developed for Part II MOC for educational courses.

**Update:** The committee continues to develop and review the AASM's online self-assessment examinations. The committee is also developing the Sleep Medicine In-Training Exam, which will be offered to sleep medicine fellows in March 2018.

## Membership Presidential Committee

Khurshid Khurshid, MD - Chair

**Mandate:** The Membership Presidential Committee supports the activities of the AASM Membership Department by providing feedback regarding membership benefits, serving as AASM social media ambassadors, and providing recommendations for the AASM Fellow Member program.

### Goals for 2017/2018:

1. Assist in the review of fellow member applications submitted to the AASM and recommend refinements to the fellow member requirements.
2. Promote the AASM and its products and resources as a social media ambassador.
3. Solicit submissions to *Montage*.
4. Provide suggestions for refinements and improvements to member benefits and the AASM website.

**Update:** The committee has revised the fellow member application to provide additional guidance to members seeking fellow member status. They are now discussing potential changes to the fellow member requirements and also reviewed the AASM's Twitter Guide

## Occupational Sleep Wellness Presidential Committee

Indira Gurubhagavatula, MD - Chair

**Mandate:** The Occupational Sleep Wellness Presidential Committee engages various occupations and populations who are at risk for sleep deprivation and provides education on the effects of sleep deprivation and fatigue management strategies.

### Goals for 2017/2018:

1. Identify various occupations and populations that are at risk for sleep deprivation.
2. Develop key messages and takeaways that can be used by the AASM's public relations campaigns for those target occupations and populations.
3. Develop educational resources as needed to enhance Welltronic's Corporate Sleep Wellness program.
4. Monitor regulatory agencies' actions related to sleep health and safety risks associated with workers in safety sensitive positions who have sleep disorders.

**Update:** The committee continues to work on developing content for a sleep wellness educational program, drafting a patient education fact sheet for commercial drivers, submitting comments in response to an FMCSA request for feedback on a pilot program to allow commercial drivers to split sleeper berth time, and developing position statements and commentaries related to fatigue risk management in specific fields including the ridesharing and EMS industries. The committee has also submitted a session proposal for the 2018 Lifesavers Conference, the largest gathering of highway safety professional in the US.

## Payer Policy Review Committee

Neeraj Kaplish, MD - Chair

**Mandate:** The Payer Policy Review Committee develops recommendations from AASM guidelines for payers to use when establishing policies.

### Goals for 2017/2018:

1. Develop a list of clear, concise and relevant recommendations based off the Diagnostic Testing for OSA and PAP therapy guidelines for payers to use when establishing policies.
2. Encourage correct interpretation and adoption by payers.
3. Create and maintain a public online scoreboard to show committee assessments of which recommendations are followed and which are not by selected insurers according to their published policies at specified time points.

**Update:** The committee developed a score sheet for reviewing how closely payers' policies align with the recommendations in the diagnostic testing of adult OSA clinical practice guideline. Three insurers' policies were scored, and the score sheets were provided to the insurers for comment. The committee is collecting other payer policies to continue their assessments.



## Scoring Manual Editorial Board

Rich Berry, MD - Chair

**Mandate:** The mandate of the Scoring Manual Editorial Board is to review and update the *AASM Manual for the Scoring of Sleep and Associated Events* on an annual basis to ensure it is current with AASM practice parameters, clinical guidelines and policy, and addresses the evolution of technology.

### Goals for 2017/2018:

1. Review the current Scoring Manual and submit recommendations for changes to the January 2018 Board of Directors meeting.
2. Develop a new FAQ section on the AASM Scoring Manual webpage.

**Update:** This group has updated the Scoring Manual FAQs and continues to discuss potential edits to the periodic limb movement rules and slow wave scoring criteria for the next version of the Scoring Manual (version 2.5).

## Sleep Technologist and Respiratory Therapist Education Presidential Committee

Scott Williams, MD - Chair

**Mandate:** The Sleep Technologist and Respiratory Therapist Education Committee recommends and develops educational content that is critical for sleep technologists and respiratory therapists working in AASM accredited sleep facilities.

### Goals for 2017/2018:

1. Develop an educational track for SLEEP 2018 for sleep technologists and respiratory therapists working in AASM-accredited sleep facilities.
2. Evaluate the AASM's current educational resources for sleep technologists and respiratory therapists and recommend online educational resources to fill any gaps.
3. Review the A-STEP educational curriculum to ensure that it is relevant and comprehensive to prepare entry-level sleep technologists for employment in an AASM accredited sleep facility.
4. Develop a video on the correct placement of electrodes as outlined in the AASM Scoring Manual.

**Update:** The committee is finalizing the education track for sleep technologists and respiratory therapists at SLEEP 2018 and is developing an electrode placement video.

## Technology Presidential Committee

Seema Khosla, MD - Chair

**Mandate:** The Technology Committee monitors and evaluates emerging and evolving technologies that impact the practice of sleep medicine. This includes both patient-focused technologies and practice-focused technologies. This committee is responsible for developing educational resources for members that include best practices for the use of these technologies.

### Goals for 2017/2018:

1. Develop a strategy for continued monitoring and evaluation of emerging and evolving technologies that impact the practice of sleep medicine.
2. Identify and prioritize these technologies based on how impactful they are to the practice of sleep medicine.
3. Develop educational resources for members that include best practices for the use of the highest prioritized technology.
4. Develop a position statement on the use of wearable devices and/or apps that monitor sleep.

**Update:** The committee is developing an educational resource, which will provide details about consumer sleep technologies that are relevant to physicians. Once completed, this document will be available on [aasm.org](http://aasm.org). The committee is also drafting a position statement on apps and wearable devices.

## Young Physicians Presidential Committee

Reena Mehra, MD - Chair

**Mandate:** The Young Physicians Presidential Committee supports the growth of the field of sleep medicine by providing feedback and ideas for improving sleep medicine training programs and developing resources that are attractive to young physicians in the field.

### **Goals for 2017/2018:**

1. Review the current structure and training methods for sleep medicine fellowships and recommend changes to make the field attractive to young physicians.
2. Suggest technologies that the AASM should consider to attract young physicians to the society and field.
3. Develop resources that will attract young physicians to the AASM and field of sleep medicine.
4. Develop resources that will help young physicians transition into practice.
5. Develop a mentorship program for young physicians transitioning into practice.

**Update:** The committee submitted a proposal for a mentorship program that will be launched in early 2018.