



Before presenting my update from the Jan. 19-20 meeting of the AASM board of directors, I'd like to thank all of you who have renewed your 2018 AASM membership. There is a lot happening at the AASM, and your support makes it all possible. If you have not renewed your membership, I encourage you [to renew now!](#)

I also thank those who have completed the [2018 AASM salary and compensation survey](#). Each of us understands the importance of our work, but it can be difficult for us to quantify our value for our employers. It is my hope that the survey results will provide useful benchmarks for you to use in salary negotiations. More than 200 of you already have completed the survey, which is a great start. However, we need more responses from members to ensure representation of all parts of the country and all practice settings. Please take 15 to 20 minutes to complete the survey by March 31.

Workforce Expansion

Recognizing that we need to improve access to quality care for the millions of people who have undiagnosed OSA, the board continues to explore new models of collaborative care. A board subcommittee comprised of myself, Past President Ronald Chervin, MD, Nisha Aurora, MD, and David Kristo, MD presented draft models for collaboration with potential partners including advanced practice providers, dentists, bariatric surgeons, and cardiologists. The board agreed that the next step is for the subcommittee and staff to develop a proposal for the AASM to host a summit to discuss these care models with relevant stakeholders.

Another key to expanding the sleep workforce is to develop new training models for sleep medicine fellowship programs so that greater numbers of physicians can enter the field. A presidential committee led by chair David Plante, MD, is developing two draft proposals for the [ACGME Advancing Innovation in Residency Education \(AIRE\)](#) program. One proposal is for a part-time model that would include the use of online learning and telemedicine. The second includes sleep medicine training in a blended model with other training programs that have overlapping knowledge and skills, such

as adult pulmonary/critical care or pediatric pulmonary fellowship programs. Both models would incorporate competency assessments developed by a committee led by chair Andrew Chesson Jr., MD. We are excited about the potential for these new training models, which would be additive to our current traditional training programs (i.e., these would occur in conjunction with a program with an established sleep medicine fellowship). We are hopeful that these proposals are accepted so that we can perform a pilot study.

Clinical Practice Guidelines

The board discussed several important guidelines being developed by volunteer task forces and our science and research staff. I am so appreciative of their hard work. During the public comment period, we received helpful feedback on the PAP therapy guideline, developed by a task force led by Susheel Patil, MD, PhD. It's now in the final stages of development as we fine-tune the document to make it an optimal resource for clinicians.

A task force led by Michael Smith, PhD, developed an actigraphy guideline that was approved for a two-week public comment period. I encourage you to review the draft document and [submit your comments](#) by March 2. A position paper on nightmare disorder in adults, developed by a task force led by Timothy Morgenthaler, MD, also was reviewed and is nearing completion. Other guidelines in various stages of development will address the MSLT and MWT, behavioral and psychological treatments for insomnia, surgical treatments for OSA, and narcolepsy and other hypersomnias.

Position Statements

The Board reviewed three position statements addressing hot topics that required attention. One, drafted by board member Kannan Ramar, MD, focused on marijuana and obstructive sleep apnea (OSA). It was precipitated by the [recent announcement](#) by the Minnesota Department of Health that it is adding OSA as a new qualifying condition for the state's medical cannabis program.

A statement drafted by the Occupational Sleep Wellness Presidential Committee, led by chair Indira Gurubhagavatula, MD, addresses safety risks associated with fatigue and sleepiness in the ridesharing industry. The Technology Presidential Committee, led by chair Seema Khosla, MD, drafted a position statement to give clinicians guidance regarding the clinical role of consumer sleep technology, including wearables and apps. Each of these position statements will be published in an upcoming issue of the Journal of Clinical Sleep Medicine.

The board also agreed to update the [home sleep apnea test position statement](#) later this year. This will allow us to reference the AASM resolution that was adopted in November by the American Medical Association (AMA) House of Delegates, and it will enable us to clarify the important role of nurse practitioners and physician assistants in the assessment and management of patients who have OSA.

Other Decisions

- The board approved for publication a manuscript evaluating OSA screening and outcome assessment tools, which was drafted by a task force led by Charlene Gamaldo, MD.
- Funding was approved for the development of an OSA outcome assessment tool.
- The board approved the candidates recommended by the Nominating Committee for the upcoming leadership election. All voting members will be notified of the election in the coming weeks.
- David Kristo, MD, was reappointed as the president of the American Board of Sleep Medicine (ABSM).
- Jennifer Martin, PhD, was reappointed as president of the American Sleep Medicine Foundation (ASMF).
- Raman Malhotra, MD, was appointed as the Secretary/Treasurer of both the ABSM and the ASMF.
- Kannan Ramar, MD, and James Rowley, MD, were re-appointed as at-large members of the ASMF Executive Committee.
- The board selected the 2018 recipients of the AASM awards, which will be announced soon.
- The board agreed to change the name of the ASMF to the AASM Foundation.

Additional updates are described in the following committee summaries.

Report of the Committees

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.

Update: The board of directors approved several changes proposed by the committee to streamline the accreditation process for sleep facilities. These changes, which soon will be announced to the membership, include restructuring the accreditation process to expedite approval prior to the site visit.

Artificial Intelligence Subcommittee

Cathy Goldstein, MD - Chair

Mandate: The Artificial Intelligence in Sleep Medicine subcommittee is responsible for looking at advancements in artificial intelligence (AI) within the sleep medicine field. The subcommittee will provide information that is relevant to our members on how AI will affect them.

Update: The recently formed subcommittee held its first meeting and is beginning work on a position statement about AI in the field of sleep medicine.

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.

Update: The committee has continued to update the [Coding FAQs](#) on the AASM website, adding new responses and categorizing the questions by relevancy. The committee also continued to monitor potential code change applications that other organizations have proposed to the Current Procedural Terminology (CPT) Editorial Panel of the American Medical Association (AMA).

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.

Update: The committee is developing an interactive medical student wellness resource that medical schools can incorporate in their wellness program. The committee also is reviewing selected AASM products to confirm that they meet ABIM requirements for MOC.

Health Policy Strategy Presidential Committee

Chris Lettieri, MD - Chair

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

Update: The committee completed its goals with the submission of a prioritized health policy agenda to the October 2017 board of directors meeting. We thank chair Chris Lettieri, MD, and committee members Jose Chocano, MD, Alexander Boris Gelfer, MD, Rahul Kakkar, MD, Bimpe Omobomi, MD, and Emerson Wickwire, PhD, for their time and contributions. The board of directors will be increasing advocacy efforts based on some of their findings and suggestions.

Innovative Fellowship Model Implementation Presidential Committee

David Plante, MD - Chair

Mandate: The Innovative Fellowship Model Implementation Presidential Committee will provide oversight and monitor the progress of the [ACGME Advancing Innovation in Residency Education \(AIRE\)](#) proposal.

Update: The committee has continued development of two draft proposals for a part-time sleep medicine fellowship training model and a blended model. The committee will make further revisions to the proposals based on feedback provided by the board of directors.

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.

Update: The committee has been writing all new content for the AASM Sleep Medicine In-Training Exam (SMITE), which will be administered to sleep medicine fellows in March 2018. Three new MOC Self-Assessment Exams developed by the committee also launched in December 2017: Circadian Rhythm Sleep-Wake Disorders, Normal Sleep and Variants, and Sleep in Other Disorders/ Instrumentation and Testing. AASM self-assessment exams now include all sections of the board exam blueprint.

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.

Update: The board of directors approved a pathway proposed by the committee for non-physician, regular AASM members to [apply for Fellow status](#).

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.

Update: The committee completed a final draft of an AASM position statement on fatigue in the ridesharing industry, which was approved by the board of directors for submission to the Journal of Clinical Sleep Medicine. The committee also is finalizing comments in response to a survey proposed by FMCSA to inquire about driver commuting practices in the commercial motor vehicle (CMV) industry.

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.

Update: The committee has completed the diagnostic testing policy scorecards for eviCore, UniteHealthcare, and AIM Specialty Health and has notified these companies of their results. The scorecards were approved for posting on the AASM website. The committee also has reviewed and evaluated the policies of Blue Cross Blue Shield of Massachusetts, Cigna, and Humana. These three scorecards will be sent to each respective payer.

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.

Update: Minor clarifications to the Scoring Manual were approved by the board of directors, but more substantial changes that were proposed to the rules for scoring periodic limb movements were tabled for further discussion.

Sleep Technologist and Respiratory Therapist Education Presidential Committee

Scott Williams, MD - Chair

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

Update: The committee is updating the content of the Technologist's Handbook, which will be re-released in electronic format as *An Introduction to Sleep Disorders*. The committee has developed a storyboard and script for an electrode placement video, and a companion resource in development will review common artifacts and steps for correction.

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.

Update: The committee completed a final draft of Consumer Sleep Technology: An American Academy of Sleep Medicine Position Statement, which was approved by the board of directors for submission to the *Journal of Clinical Sleep Medicine*. The committee also is planning the development of an online resource that will help sleep medicine professionals assess emerging consumer sleep technology, specifically apps and wearables.

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.

Update: The committee finalized details for the launch of the [AASM Mentor Program](#). Participants will be matched in early March to kick off the year-long program.