

## Second Quarter, 2019



In Washington, D.C., at the most recent quarterly meeting of the AASM Board of Directors, we reviewed reports from our committees and task forces, and we discussed ongoing projects of importance to the membership.

This report summarizes key decisions made at the meeting and highlights other recent AASM initiatives.

### Hill Day

Prior to the Board meeting, an AASM delegation spent the day on Capitol Hill for meetings at the offices of more than 35 legislators to advocate for policies to promote sleep health. Joining members of the AASM Board of Directors for the collaborative Hill visit were representatives from four other partner organizations: the AASM Political Action Committee, American Alliance for Healthy Sleep, Sleep Research Society, and Start School Later. I appreciate their participation, which strengthened our ability to address sleep-related issues relevant to clinical practice, patient care, scientific research, and public policy.

Two AASM priorities for these visits were to identify potential sponsors for the establishment of a Congressional Sleep Health Caucus and for the introduction of a National Sleep Health Awareness Month resolution. In addition to making progress on both priorities, we also discussed the need for [Stark Law reform](#) to allow board-certified sleep medicine

physicians to provide positive airway pressure (PAP) therapy to Medicare beneficiaries who have obstructive sleep apnea (OSA). Participants also advocated for Congress to appropriate [line-item funding for "sleep and sleep disorders" activities](#) in 2020 at CDC's National Center for Chronic Disease Prevention and Health Promotion.

Another topic of discussion was the need for healthier school start times for middle school and high school students. We urged legislators to co-sponsor [H.R. 1861](#), a bill introduced March 25 by Rep. Zoe Lofgren (D-CA) to direct the Secretary of Education to conduct a study to determine the relationship between school start times and adolescent health, well-being, and performance.

In between our annual Hill Day visits in April, we focus throughout the year on building relationships with legislators and educating policymakers about important issues related to sleep health. If you would like to be more involved in advocating for the sleep field, or if you want to discuss the AASM's legislative agenda, please send an email to [policy@aasm.org](mailto:policy@aasm.org).

### Committees

I am pleased to report that we received a record number of committee volunteers for the second year in a row. While we were unable to find a committee position for everyone who volunteered, we continue to look for new ways to engage all of our members, such as through the establishment of the [Sleep Team Assemblies](#).

During the Board meeting we approved the committee mandates, goals, and appointments for 2019 – 2020, making several changes to our committee structure. The Artificial Intelligence in Sleep Medicine Subcommittee, Diversity and Inclusion Task Force, Scoring Manual Editorial Board, and Technology Presidential Committee

all became standing committees. The Innovative Fellowship Model Implementation Presidential Committee became an advisory panel and will oversee the [AIRE](#) pilot programs for our blended and part-time training models. Having completed its mandate, the Young Physicians Presidential Committee was sunset, but a new Assembly was created for early career members. We also appointed a new International Member Task Force, which will identify gaps and opportunities to better serve our international members; and an Intersociety Collaborations Presidential Committee, which will identify and evaluate opportunities for collaboration between the AASM and other societies. All these changes will take effect in June at the SLEEP meeting.

## Election

The Board also reviewed the results of the [leadership election and bylaws vote](#). I thank all our members who participated, and I congratulate these elected leaders:

- Kannan Ramar, MD, 2019 – 2020 president-elect
- Fariha Abbasi-Feinberg, MD, director-at-large
- Eric Olson, MD, director-at-large (re-elected)
- Seema Khosla, MD, Nominating Committee representative

## SLEEP 2019

Pre-registration for [SLEEP 2019](#) in San Antonio continues through May 31. If you haven't [registered](#) yet, I encourage you to review the [preliminary program](#) and make plans to join us June 8 – 12 for the premier clinical and scientific meeting in the sleep field.

On Monday, June 10, at the AASM General Membership Meeting at SLEEP 2019, I will pass the presidential gavel to Dr. Kelly Carden, who will be the 2019 – 2020 AASM president. I believe we have taken many important steps this year and want to thank the numerous AASM member-volunteers and the hard-working AASM staff for helping move our society and field forward. In addition, I want to highlight Dr. Ilene Rosen for her contributions and many years of service on the AASM board as her final term on the board ends. I look forward to working with Dr. Carden and the Board of Directors to advance the AASM in the year ahead.

*Douglas Kirsch, MD*  
President

# Report of the Committees

## Accreditation Committee

*Alexandre Rocha Abreu, MD - Chair*

**Mandate:** The Accreditation Committee identifies potential concerns 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 approved several of the committee's proposed changes to the Standards for Accreditation to simplify requirements that have a limited bearing on the quality of a sleep center. The updated standards will be released in July.

## 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 subcommittee has continued to edit and refine a draft position statement on AI in sleep medicine.

## Coding and Compliance Committee

*Fariha Abbasi-Feinberg, MD - Chair*

**Mandate:** The Coding and Compliance Committee evaluates potential concerns 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 is developing recommendations related to new telemedicine codes implemented by CMS and is in the process of developing a new Coding FAQ related to correct coding for cognitive behavioral therapy for insomnia (CBT-I).

## NEW- Diversity and Inclusion Task Force

*Lourdes Del Rosso, MD - Chair*

**2018/2019 Mandate:** The Diversity and Inclusion Task Force evaluates how well the AASM does in fostering a welcoming environment for all members. The task force assesses the current AASM membership to identify underrepresented groups, detect any barriers to diversity and inclusion, and recommend strategies for improvement.

**Update:** The task force began gathering demographic information from AASM members by adding new profile questions to the online [member account](#) system. Now the task force is analyzing the data composition of AASM members, volunteers and leaders and developing a full report that will be presented to the Board of Directors in July.

## Education Committee

*Tomasz Kuzniar, MD, PhD*

**Mandate:** The Education Committee proposes and develops educational programs, initiatives and products that meet the educational needs of the AASM membership and their patients.

**Update:** The committee reviewed all the entries and submitted recommendations for the recipients of the AASM Young Investigator Award and High School Video Contest. The committee also finalized two new [provider fact sheets](#) to equip primary care providers and colleagues in other specialties with key information about Circadian Adaptation to Shift Work and Brief Behavioral Treatment for Insomnia (BBT-I). The committee also completed a new [parasomnias slide set](#) and is developing new videos to provide education on cognitive behavioral therapy for insomnia (CBT-I) and BBT-I.

## 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 and oversee its implementation if approved.

**Update:** The committee has formally submitted two AIRE proposals, a part-time and a blended model, to the ACGME for approval to begin the pilot process. The committee also requested formal support letters from the ABIM, ABPN, and ABP to submit to the ACGME, and it identified first-year pilot programs. The applications are being reviewed by the ACGME Review and Recognition Committees (RRCs). Pending approval, the pilot programs are projected to start with the 2019/2020 academic year.

## Lifelong Learning Development Committee

*David Goldstein, 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 (MOC) products.

**Update:** The committee is completing its review and revision of published self-assessment exams to ensure that they feature the most up-to-date references and align with the revised [ABIM Sleep Medicine Certification Examination Blueprint](#) and the [MOC Examination Blueprint](#). The administration of the 2019 sleep medicine in-training examination occurred in March.

## Payer Policy Review Committee

*Neeraj Kaplish, MD - Chair*

**Mandate:** The Payer Policy Review Committee develops and maintains resources based on AASM publications for payers to use when establishing sleep specific policies.

**Update:** The committee finalized additional [guideline scorecards](#) to evaluate how effective payer policies are at establishing appropriate coverage for diagnostic sleep testing services, and it has been sending a letter to payers that have not yet revised their hypopnea scoring criteria to include arousals. The committee also has been sending a letter to notify payers about the new [actigraphy clinical practice guideline](#), encouraging them to reimburse providers and facilities for this service. Now the committee is drafting an article for JCSM that will discuss the impact of the diagnostic testing scorecards.

## NEW - Public Safety Committee

*Indira Gurubhagavatula, MD - Chair*

**Mandate:** The Public Safety Committee identifies various occupations and populations that are a safety risk due to sleep deprivation and sleep disorders, and it develops strategies to advocate for and promote improved regulatory oversight, employer awareness, and employee and public safety.

**Update:** The committee's editorial, "[Industrial Regulation of Fatigue: Lessons Learned from Aviation](#)," was published in the April issue of JCSM. The committee's letter to the editor, "[Teen Crash Risk and Insufficient Sleep](#)," was published in the Journal of Adolescent Health. The committee continues to work on a position statement about sleep and physician burnout, and committee representatives are working with a collaborative writing group, including representatives from the AAN, ACOEM, CHEST, and the SRS, to develop a position statement on OSA in the transportation industry.

## Scoring Manual Editorial Board

*Rich Berry, MD - Chair*

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

**Update:** The editorial board continues to review the scoring manual and will submit any proposed changes to the Board of Directors in July 2019 in preparation for the release of a new version in 2020.

## Sleep Medicine Fellowship Directors Council (SMFDC) Steering Committee

*Ian Weir, DO - Chair*

**2018/2019 Mandate:**

**Facilitate information exchange/access:** Develop and facilitate an annual forum for Program Directors at the SLEEP meeting. Manage existing content and develop new content as needed for AASM Choose Sleep website.

**Implement strategies to strengthen the quality and increase the number of individuals entering sleep medicine fellowships:** Implement strategies from the

Strategic Plan/Future of Sleep Medicine plan to strengthen the pipeline.

**Administration of Sleep Medicine Match:** Support the Match and ensure that all programs adhere to the All-In Policy.

**Develop and distribute materials that assist programs in meeting ACGME requirements:** Develop evaluation tools and facilitate monthly webinars for sleep medicine fellows. Facilitate three Faculty Development Workshops each year at the SLEEP meeting.

**Update:** The committee has finalized the agenda and speakers for a [fellow boot camp](#) course that will prepare incoming sleep medicine fellows with the baseline skills and knowledge needed to excel during their fellowship year. The free course will be held at the SLEEP meeting in June. The committee also is finalizing the plans for a forum and three faculty development workshops that will be held at SLEEP, overseeing a survey of institutions to identify ways to improve AASM support for sleep medicine interest groups (SMIGs) for medical students, and continuing the free [sleep medicine fellows webinar series](#).

## 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.

**Update:** The committee has planned the general sessions for the [SLEEP 2019 technologist track](#) for sleep technologists and respiratory therapists. The committee also has reviewed and edited the [A-STEP](#) assessment questions and is developing practice tests to help sleep technologists prepare for their registry exams.

## 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, including both patient-focused 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 is providing feedback on updated proof-of-concept designs for the section of the AASM website that will house its assessments of consumer sleep technology (CST) devices and apps. The committee continues to assess additional CST devices and apps, and it has begun expanding its reviews to include new clinical devices in preparation for the launch of the online resource. The committee also provided input on a letter to the editor co-authored by Dr. Kirsch and Dr. Khosla, “Public Awareness, Medical Integration, and Innovation in Sleep Medicine,” which will be published in the May 15 issue of JCSM.

## 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, generating ideas and developing resources that make the field of sleep medicine more attractive to young physicians in the field.

**Update:** The committee is matching participants in the 2019 [Mentor Program](#) and has completed the online [Sleep Medicine Elective Toolkit](#), which will help attract young physicians and medical students to the field of sleep medicine.