

Third Quarter, 2019



In Chicago 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.

AIRE Pilot Programs

I am pleased to report that the Accreditation Council for Graduate Medical Education (ACGME) approved both of the AASM's innovative, competency-based sleep medicine fellowship models submitted as part of the [Advancing Innovation in Residency Education \(AIRE\)](#) initiative. Participating fellows were identified for the blended program, in which sleep medicine training is combined with pulmonary/critical care training or pediatric pulmonary training, and for the part-time program, which leverages online learning and telemedicine to require less time at the sponsoring institution/primary clinical site. Both pilots began in July.

I appreciate the support and involvement of the participating fellowship training programs at Beth Israel Deaconess Medical Center (Program Director Robert Thomas, MD); LSU Health Sciences Center-Shreveport (Program Director Oleg Chernyshev, MD, PhD), Rush University Medical Center (Program Director James

Herdegen, MD), and UCLA David Geffen School of Medicine (Program Director Michelle Zeidler, MD, MS).

These innovative training programs have come to fruition after years of hard work from numerous AASM volunteers. I am grateful for the leadership of these members, including the current Innovative Fellowship Models Advisory Panel: Chair David Plante, MD; Susan Dunning, MD; Barry Fields, MD; Meena Khan, MD; Vishesh Kapur, MD; Ilene Rosen, MD, MS; Sheila Tsai, MD; and Ian Weir, MD. Critical support also has been provided by Board liaison Anita Shelgikar, MD, and AASM Past President Lawrence Epstein, MD. We are hopeful that these pilot programs will confirm the viability of these training models, widening the pathway into the sleep medicine specialty for more physicians.

Diversity & Inclusion

A point of emphasis over the past two years has been to promote a welcoming environment at the AASM, ensuring that all our members feel like they belong and are valued. To advance our efforts, the Board of Directors brought in guest speaker [James Pogue, PhD](#), to lead us in a discussion about the topics of diversity, inclusion, unconscious bias, and multi-generational intelligence.

The thought-provoking dialogue with Dr. Pogue was the perfect precursor to a special presentation by AASM Diversity and Inclusion Committee Chair Dr. Andrew Spector, who presented the initial findings from the committee's ongoing collection and analysis of membership demographic data. Based on their findings, the committee made four preliminary recommendations to the Board:

- Identify ways to improve and/or leverage the [mentor program](#)

- Review the leadership selection process to determine if known “best practices” are being utilized to ensure diverse representation
- Continue to promote family friendly policies that are well-publicized so that members feel comfortable that they can attend and manage their family responsibilities during AASM meetings
- Identify ways to support diverse Fellow member applications

These recommendations will be helpful to the Board during our upcoming strategic planning session in September.

Membership Survey

The Board also reviewed the preliminary report from the membership survey that was conducted for us in the spring by Tecker International. I am thankful for each of our members who took the time to complete the survey and provide valuable feedback for us. We had an outstanding response rate of 15% from individual members and 17% from facility members. In addition to facilitating the survey, Tecker conducted nine focus groups with AASM members at SLEEP 2019 in June and has performed a series of qualitative telephone interviews with individual members over the last two months.

All this information was used to guide the Board’s strategic planning session over the weekend of Sept. 14-15. Then the final strategic plan will be approved by the Board during our next quarterly meeting in October. I look forward to sharing the strategic plan with you along with results from the diversity and inclusion survey and the membership survey.

Opioids Position Statement

While the problem of opioid abuse has garnered national attention, there is much less awareness of the complex relationship between opioids and sleep. Chronic opioid therapy can alter sleep architecture and cause respiratory depression, increasing the risk for sleep-disordered breathing. Medical providers also need to be aware that opioid therapy is a treatment option for severe, refractory restless legs syndrome (RLS).

To draw attention to these important issues, the Board developed and approved a position statement on chronic

opioid therapy and sleep. The statement is scheduled for publication in the November issue of the *Journal of Clinical Sleep Medicine*.

Shift Length Paper with SRS

The Board also received an update from the expert panel that is developing a position paper defining principles for the management of shift length as part of the joint public awareness partnership between the AASM and the Sleep Research Society (SRS). Led by Co-Chairs Indira Gurubhagavatula, MD, and Hans Van Dongen, PhD, the expert panel has held a face-to-face meeting and now is completing a first draft of the manuscript, which will be co-published in the *Journal of Clinical Sleep Medicine* and the journal *Sleep* in early 2020.

Closing Thoughts

As I complete the first quarter of my term as AASM president, I remain deeply humbled and incredibly excited to be in this position. I am passionate about the AASM, and I recognize that this organization has played a significant role in advancing the sleep field over the past four decades. Like many of you, I also have strong opinions about what the AASM should be doing, and what it could be doing better. I will continue to work together with my colleagues on the Board of Directors to address the issues that our most important to our membership.

As you identify ways in which the AASM could be a better professional resource for you, I encourage you to share your thoughts with me at kcarden@aasm.org.

Kelly A. Carden, MD, MBA
President

Report of the Committees

Complete [committee rosters and goals](#) are available online.

Accreditation Committee

Alexandre Rocha Abreu, MD – Chair

Mandate: The Accreditation Committee evaluates the existing accreditation programs and standards and identifies potential new models of accreditation based on the current and future needs of the field of sleep medicine. The committee will recommend to the Board

of Directors' accreditation status for all forms of accreditation.

Update: The committee is planning to begin discussing a new model for facility and DME accreditation.

Alternative Payment Models (APM) Task Force

Jeremy Weingarten, MD – Chair

Mandate: The Alternative Payment Model (APM) Task Force will refine a bundled payment option for OSA management.

Update: Based on feedback received through an AASM member survey, which provided information about episodes of care for adult OSA in different care settings and practice types, the task force made revisions to a Medicare proposed bundled payment model to reflect the most valuable bundle that accurately represents an episode of care for adult OSA and includes cost savings for the Centers for Medicare & Medicaid Services (CMS). The task force is also reviewing APMs currently being implemented by other medical specialties and accountable care organizations, which focus on patients with a specific diagnosis, to determine reimbursement and care coordination strategies in current practice.

APSS Program Committee

Shalini Paruthi, MD – AASM Chair

Mandate: The APSS Program Committee is a joint committee of the American Academy of Sleep Medicine (AASM) and the Sleep Research Society (SRS). The committee shapes the annual SLEEP meeting and its content – everything from cutting-edge science to engaging speakers to beneficial education opportunities.

Update: The committee has begun planning for SLEEP 2020, the 34th Annual Meeting of the Associated Professional Sleep Societies, LLC, which will be held June 13-17, 2020 at the Pennsylvania Convention Center in Philadelphia. A call for recommendations for keynote speakers, invited lecturers and lunch sessions speakers was sent to AASM and SRS members.

Artificial Intelligence in Sleep Medicine Committee

Cathy Goldstein, MD – Chair

Mandate: The Artificial Intelligence in Sleep Medicine committee reviews advancements in artificial

intelligence (AI) within the sleep medicine field. The committee provides information that is relevant to our members on how AI will affect them.

Update: The committee has drafted a brief position statement on artificial intelligence in sleep medicine along with a more detailed companion paper that provides additional information on the topic. Both papers are undergoing revisions.

Coding and Compliance Committee

Jeffrey McGovern, MD – Chair

Mandate: The Coding and Compliance Committee evaluates changes related to new and existing CPT and HCPCS Level II codes, and code values as determined by the Relative Value Scale Update Committee [RUC] and Centers for Medicare and Medicaid Services (CMS) rules, policies and regulations to make recommendations to the Board of Directors.

Update: The committee has been in communication with a Medicare Administrative Contractor (MAC), Wisconsin Physicians Services (WPS) Insurance Corporation, advocating for the inclusion of board-eligible physicians in its local coverage determination (LCD). The committee also is in the process of developing recommendations and resources to assist members with reporting two new HCPCS Level II codes for telemedicine.

Consumer and Clinical Technology Committee

Seema Khosla, MD – Chair

Mandate: The Consumer and Clinical Technology Committee monitors and evaluates emerging and evolving technologies that impact the practice of sleep medicine. This committee is responsible for developing resources for members that include best practices for the use of these technologies.

Update: The committee is preparing for the launch of a new members only section of the AASM website that will house the committee's assessments of consumer and clinical sleep technology devices and apps. The committee also provided input to Dr. Khosla and Dr. Douglas Kirsch for a [letter to the editor](#) that was published in the Journal of Clinical Sleep Medicine.

Diversity and Inclusion Committee

Andrew Spector, MD – Chair

Mandate: The Diversity and Inclusion Committee works to promote a welcoming environment for all AASM members.

Update: The task force, now a committee, completed a preliminary analysis of AASM membership demographic data, presenting a report and recommendations to the Board of Directors.

Education Committee

Tomasz Kuzniar, MD, PhD - 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.

Update: The committee completed the development of several educational products, recently released by the AASM: Sleep Medicine Trends 2019 on-demand modules, a parasomnias slide set, and a behavioral sleep medicine therapies bundle.

Guidelines Advisory Panel (GAP)

R. Nisha Aurora, MD, MHS – Chair

Mandate: The Guidelines Advisory Panel (GAP) works with the AASM staff to oversee the development of clinical practice guideline (CPG) and position paper (PoPa), approve key steps in development processes and to make recommendations to the AASM Board of Directors (BOD) for approval to publish the systematic review (SR), CPG, and PoPa documents.

Update: The GAP recently completed guideline prioritization, during which they reviewed all existing guidelines that are ≥5 years old and any new topics submitted. The Board approved the development of a new clinical practice guideline on sleep-disordered breathing in inpatient settings.

Hypopnea Scoring Rule Task Force

Richard Berry, MD – Chair

Mandate: The Hypopnea Scoring Rule Task Force will create a strategy for adoption and implementation of the AASM RECOMMENDED adult hypopnea scoring criteria amongst members, payers and devices manufacturers.

Update: The task force is planning to survey AASM-accredited sleep facilities to gather data about which hypopnea scoring criteria they use.

Innovative Fellowship Models Advisory Panel

David Plante, MD – Chair

Mandate: The Innovative Fellowship Models Advisory Panel oversees implementation of the ACGME [Advancing Innovation in Residency Education \(AIRE\)](#) proposals.

Update: The ACGME has approved two innovative sleep medicine fellowship models (blended and part-time) submitted by AASM. Participating fellows have been identified for each program. Both pilot programs began in July 2019.

International Members Task Force

Lourdes Del Rosso, MD – Chair

Mandate: The International Member Task Force will assess the AASM's current offerings to identify gaps and opportunities to better serve AASM's international members.

Update: Task force members will represent the AASM at [World Sleep 2019](#) in Vancouver, Canada, in September.

Intersociety Collaborations Presidential Committee

Ilene Rosen, MD – Chair

Mandate: The AASM Intersociety Collaborations Presidential Committee fosters relationships between the AASM and other societies to identify and evaluate opportunities for collaboration.

Update: The committee is discussing potential society meetings at which AASM could present, as well as possible speakers and topics. AASM leaders will be giving a presentation, and AASM will be exhibiting, at CHEST 2019 in October.

Lifelong Learning Development Committee

David S. 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 has begun preliminary work to improve 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.

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 updating or establishing sleep-specific policies.

Update: The committee continues to complete [payer policy scorecards](#) and has begun evaluating updated policies to assess alignment between payer policies and the AASM clinical practice guideline for diagnostic testing for obstructive sleep apnea. The committee also is sending a letter to private payers to notify them of the publication of the AASM clinical practice guideline for the treatment of adult obstructive sleep apnea with positive airway pressure. The committee also has contacted payers, urging them to adopt the AASM recommended hypopnea definition/scoring criteria and reimburse providers and facilities for performing actigraphy.

Political Action Committee (PAC)

Rafael Pelayo, MD – Chair

Mandate: The AASM Political Action Committee (PAC) leaders serve as ambassadors for the PAC by encouraging member engagement, providing strategic counsel to guide fundraising activities, and supporting AASM advocacy initiatives.

Update: The AASM PAC held a successful fundraising event on Monday, June 10, at SLEEP 2019.

Public Safety Committee

Indira Gurubhagavatula, MD - Chair

Mandate: The Public Safety Committee identifies public safety risks related to sleep and fatigue and develops strategies to advocate for and promote improved regulatory oversight, employer awareness, employee alertness, and public safety.

Update: The committee has completed a brief position statement on sleep and physician burnout and is revising a companion paper that will be published with it. The committee also is reviewing the daylight saving time literature to recommend a potential position to the

Board of Directors. The committee's editorial, "[Industrial Regulation of Fatigue: Lessons Learned from Aviation](#)," was published in the Journal of Clinical Sleep Medicine. Its letter to the editor, "[Teen Crash Risk and Insufficient Sleep](#)," was published in the Journal of Adolescent Health. The committee [submitted comments](#) to the Department of Transportation (DOT) in response to a notice requesting input about guidance documents that are no longer needed or that need to be updated and also [submitted comments](#) in response to an FRA notice seeking input on its proposal to gather data on the impact of commute times on the fatigue and safety of locomotive engineers and conductors.

Quality Measures Task Force

Timothy Morgenthaler, MD - Chair

Mandate: The Quality Measures Task Force supports the development, maintenance and implementation of sleep-specific quality measures and a qualified clinical data registry to track and improve quality of care and increase member participation in national quality reporting programs.

Update: The task force is refining the measure evaluation criteria to be used for the quality measure maintenance process, prioritizing the adult OSA measure set for maintenance.

Scoring Manual Committee

Stuart Quan, MD - Chair

Mandate: The Scoring Manual Committee reviews the *AASM Manual for the Scoring of Sleep and Associated Events*, provides clarifications of the scoring rules, and recommends necessary updates to ensure it is current with AASM publications and policies, while addressing the evolution of sleep testing technology.

Update: The Scoring Manual Committee proposed revisions and provided rationale for potential changes to include in the next version of the Scoring Manual.

Sleep Medicine Fellowship Directors Council (SMFDC) Steering Committee

Ian Weir, DO – Chair

Mandate: The Sleep Medicine Fellowship Directors Council (SMFDC) Steering Committee recommends and develops resources to support sleep medicine fellowship programs and program directors.

Update: The committee developed an AASM Fellow Boot Camp, which debuted at SLEEP 2019 in June, and continues developing strategies to grow sleep medicine interest groups at medical colleges.

Sleep Team Assemblies

Loretta Colvin, APRN, RN – APP Chair

Leslie C. Dort, DDS – Dental Chair

Emerson M. Wickwire, PhD – Sleep Psychologist Chair

Todd Burchard, BS, RPSGT - Sleep

Technologist/Respiratory Therapist Chair

Reena Mehra, MD – Early Career Chair

Mandate: The AASM Sleep Team Assemblies provides sleep team partners an environment where they can learn from and network with individuals from a similar professional background. Each Assembly will be responsible for developing content for its constituents.

Update: The assemblies held networking events at SLEEP 2019 and continue to develop continuing education webinars and articles for the Montage membership newsletter.

Sleep Technologist and Respiratory Therapist Education Committee

Robert Stansbury, 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 planned a Tech Track at SLEEP 2019, which was attended by 336 sleep technologists. It included a sold out, afternoon hands-on session focusing on downloads and titrations. Also new this year was a complimentary tech breakfast, which featured a guest appearance from Dr. William Dement and a brief presentation by Dr. Rafael Pelayo on the history of sleep medicine. The Tech Track was recorded and will be made available for on-demand access for AASM continuing education credits. The committee also has developed Sleep Technologist Practice Exams as an online resource to prepare techs for the registry exam.