

**2013 MINI-FELLOWSHIP PROGRAM FOR INTERNATIONAL SCHOLARS**  
**Introduction to Sleep Medicine**

**PURPOSE:**

The goal of the Mini-fellowship program is to provide practical training in clinical sleep medicine to international physicians from lower-income countries who have no or minimal experience in Sleep Medicine so they may develop or improve sleep health care in their respective home countries.

**DESCRIPTION:**

The Mini-fellowship will consist of a four-week training program that includes three weeks of experience at an AASM-accredited U.S. sleep center, involving hands-on teaching and training for the fellow. The AASM will match participants with host sites. The fourth week of the fellowship will be spent at the SLEEP 2013 Annual Meeting where the fellowship participants will have an opportunity to attend a variety of courses and academic sessions. The meeting will also allow the fellows to meet and network with AASM members and faculty, as well as sleep industry leaders. During the SLEEP Meeting, a certificate of training completion will be issued to each fellow.

**NUMBER OF FELLOWS:**

Up to ten (10) candidates will be selected for participation in the 2013 program.

**REQUIREMENTS FOR APPLICATION (Deadline: November 5, 2012):**

**All application requirements must be translated and submitted in English.**

Eligible applicants will be residents of countries outside the United States or Canada. Note that preference will be given to candidates from lower-income countries.

1. Evidence of graduation from a nationally or regionally accredited Medical School.
2. Licensure to practice medicine in home nation.
3. Evidence of certification in a specialty area by a nationally or regionally recognized medical group.
4. A copy of the applicant's Curriculum Vitae.
5. Documentation of an active medical practice affiliation with a national or regional medical facility in home nation.
6. A letter of recommendation to study sleep medicine from a senior faculty medical officer at the affiliated medical facility with an assurance that the applicant will practice this specialty in the home nation upon his/her return.
7. A letter of recommendation from a mentor or colleague attesting the applicant's character and clinical skills.
8. A one- to two-page letter describing the existing state of affairs of the practice of sleep medicine in the home country, detailing the applicant's professional experience and reason(s) why the candidate is interested in sleep medicine. *This information will be provided to the host center to initiate the development of the fellowship curriculum.*
9. A valid passport from the home country and eligibility to obtain a visa to travel to the United States if selected.
10. A description of previous research experience (if applicable). A copy of a previous publication and/or description of previous experience in the applicant's field of clinical medicine. Previous

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exposure and/or experience in the field of Sleep Medicine (if any, including Sleep Medicine Courses and/or conferences) should be described and documented.

#### **SELECTION CRITERIA:**

1. All applications meeting eligibility requirements will be considered and reviewed by the committee.
2. Committee members rate each applicant's credentials and the composite scores of all committee members render a global score for each applicant. Applicants with the highest scores are invited to participate in the fellowship. If an applicant declines participation in the program an invitation to participate in the program will be forwarded to the applicant with the next highest score.
3. Multiple applications for a single country will be considered. However, the committee favors limiting the participation of only one fellow per country. The applicant with the highest global score will be invited to participate. The committee will consider having more than one applicant per country if the committee reaches a consensus that more than one applicant from the same country is qualified and the specific country is considered an underserved area with limited or no Sleep Medicine services.

#### **TRAINING DESCRIPTION:**

When developing the training curriculum, the assumption is made that the background training of the participants will vary. An effort will be made to develop each participant's program to better meet the needs of each individual.

#### **MENTOR:**

The training sites are required to identify one person as a mentor. This person will be in charge of the fellow assigned to that facility's program. The mentor will provide a basic assessment of his/her sleep knowledge. The mentor will meet with the fellow on the first day of the fellowship. Based on the mentor's interview with the fellow, a curriculum for the three-week training period will be developed. Throughout the three-week fellowship, it is essential that the mentor remain in contact with the fellow at least once per day to assess progress and make necessary adjustments to the proposed agenda.

#### **PRACTICAL ISSUES:**

It is assumed that international fellows will not be allowed to interview patients directly. Nevertheless, training should be as practical as possible. For example, the fellow might be required to preview PSGs and note diagnostic impressions and possible treatment options before the sleep specialist reviews the results. The fellow might be asked to observe interviews conducted by staff sleep specialists. At a signal from the mentor, the fellow might record what he/she would diagnose and the steps of patient treatment.

All fellows will be required to spend at least two evenings in the laboratory, observing patient hook-up and the onset of recordings. The fellow may elect to read the appropriate chapters in an assigned textbook and discuss with the mentor, or review the appropriate materials suggested by his/her mentor.

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Upon completion of the three-week course, the mentor will again meet with the fellow to administer a post-assessment and discuss continued educational opportunities. The fellow will need to report back to the fellowship committee, in the form of a letter and evaluation form, the experiences gained during the fellowship program.

#### SLEEP ANNUAL MEETING:

The last week of the fellowship training will be spent at the SLEEP Meeting. In addition to attending the scientific portions of the meeting, the fellows will be able to register for one half-day postgraduate course. (Additional courses may be attended at the expense of the fellow.) The fellows will have an opportunity to meet AASM members and sleep health advocacy experts and have the opportunity to learn about various ways to promote and increase sleep health awareness in their respective home countries. Education and training is a continuous process and the fellows will be encouraged to develop an ongoing communication with the AASM through its membership. At the SLEEP Meeting, the fellow will receive a certificate indicating completion of the mini-fellowship program.

#### COURSE MATERIALS:

A selection of sleep medicine training materials will be provided to each participant.

#### SUMMARY OF RESPONSIBILITY

| <b>Expenditure Responsibility</b>                 | <b>AASM</b> | <b>Fellow</b> | <b>Host Institution</b> |
|---|-------------|---------------|-------------------------|
| Airfare and miscellaneous travel                  |             | X             |                         |
| Accommodations and meals                          |             | X             |                         |
| SLEEP Annual Meeting general registration         | X           |               |                         |
| SLEEP Annual Meeting half-day course registration | X           |               |                         |
| AASM 2013 membership dues (one year)              | X           |               |                         |
| Training/education during 3-week course           |             |               | X                       |
| Reception at the SLEEP Annual Meeting             | X           |               |                         |

#### QUESTIONS AND APPLICATION SUBMISSIONS

For questions or to submit an application, contact Christine Stepanski, Education Coordinator, at [cstepanski@aasmnet.org](mailto:cstepanski@aasmnet.org)