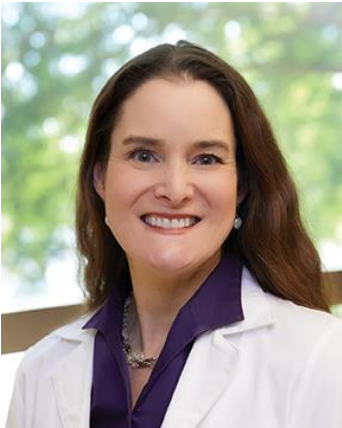


Fourth Quarter, 2019



In Nashville 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.

Strategic Plan

The most important discussion during the meeting involved the finalization and approval of a new strategic plan that will guide AASM activities for the next three to five years. As a professional membership society, the AASM must remain relevant amid constantly changing circumstances by providing consistent and lasting value for our members. This requires the leaders of the AASM to frequently assess the organization's priorities and direction to determine if they are still aligned with the needs of our members and the field of sleep medicine.

The AASM board of directors embarked on such a process in 2019. Our strategic planning was guided by a wealth of information that we gathered from multiple sources: a survey of individual and facility members, focus groups that were conducted at SLEEP 2019, qualitative telephone interviews with stakeholders representing the broad spectrum of the sleep field, and a preliminary report from the AASM Diversity and Inclusion Committee.

I am pleased to share with you the key components of the new AASM strategic plan:

Mission

Advancing sleep care and enhancing sleep health to improve lives

Vision

Sleep is recognized as essential to health.

Core Values

- *Adaptable*
- *Diverse and Inclusive*
- *Evidence-based*
- *Innovative*
- *Patient-centered*
- *Visionary*

Goals

Promote greater public recognition that sleep is essential to health

Positively influence the impact of technology on patients and the sleep team

Expand the sleep team workforce of the future to improve access to high-quality sleep care

Positively influence clinical practice for providers and their patients

None of these goals would be achievable without our engaged members and committed volunteers. I am thankful for this support, and I look forward to working together to advance sleep care and enhance sleep health to improve lives.

I encourage you to learn more about the [strategic plan](#) on the AASM website.

New Position Statements

The Board reviewed new position statements developed by AASM committees to address two important topics.

First, the Artificial Intelligence in Sleep Medicine Committee, led by Chair Cathy Goldstein, MD, and Vice Chair M. Brandon Westover, MD, PhD, presented its position statement on artificial intelligence (AI) in sleep medicine. The statement outlines the potential opportunities and limitations of integrating AI into the practice of sleep medicine.

Second, the Public Safety Committee, led by Chair Indira Gurubhagavatula, MD, and Vice Chair Shannon Sullivan, MD, presented its statement on sleep, fatigue and burnout among physicians. Burnout is one of the most pressing concerns in the medical profession, and this statement provides the much-needed perspective of sleep specialists. I am grateful for the expertise of the members of these two committees, and I appreciate their hard work on both position statements, which will be published in the *Journal of Clinical Sleep Medicine*.

Scoring Manual Update

The Board of Directors also reviewed and approved draft updates to the AASM Manual for the Scoring of Sleep and Associated Events, which were proposed by the Scoring Manual Committee, led by Chair Stuart Quan, MD. The AASM Scoring Manual is one of our most important resources, and the committee works diligently to ensure the manual's accuracy, clarity and relevance. The latest updates and clarifications are included in the [AASM Scoring Manual](#), Version 2.6, which was just released.

Sleep Medicine Trends

I invite you to join me Feb. 21-23 at [Sleep Medicine Trends 2020](#) in sunny Tampa, Florida. This weekend course is one of the highlights of the year and one of the best opportunities to gather with other sleep clinicians to discuss the latest advances in the sleep field. Be sure to register by Jan. 24 to receive a discount. Also, consider coming early for the leadership add-on course on Thursday, Feb. 20, to learn about, "Advanced Skills for Leading Challenging Patient Conversations." I hope to see you there!

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 reviewed a new Roadmap to Accreditation resource, which will be available soon to help guide users through the accreditation process. The committee also is developing a proposal for the "Program of Distinction," a new form of recognition for accredited sleep facilities.

Alternative Payment Model (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: The task force continues to revise the original Medicare proposed bundled payment model to reflect the most valuable bundle that accurately represents an episode of care for adult obstructive sleep apnea (OSA) and includes cost savings for the Centers for Medicare & Medicaid Services (CMS).

APSS Program Committee

Shalini Paruthi, MD – AASM Chair

Mandate: The Associated Professional Sleep Societies (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 reviewed and updated the SLEEP 2020 abstract categories and identified hot topics for the meeting. The APSS issued a call for abstracts and session proposals.

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 presented revised drafts of a brief position statement on artificial intelligence in sleep medicine along with a more detailed companion paper that provides additional information on the topic. The Board of Directors provided edits for both papers.

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 completed an annual review of the AASM [Coding FAQs](#). While most FAQs received editorial revisions, several FAQs were retired, as the information was more appropriately captured on other pages throughout the AASM website. The committee also sent a letter to a health system's EPIC system manager recommending updates to correct the coding for treatment-emergent central sleep apnea within its EPIC electronic health record system.

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 AASM launched the [#SleepTechnology](#) system, developed by the committee, as an online resource to familiarize AASM members with new and popular sleep devices and apps. The committee

continues to draft additional summaries that will be added to the online content.

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 committee is developing proposals for a Diversity, Equity & Inclusion Leadership Award and for a Diversity Travel Scholarship. The committee continues to work with staff to collect additional demographic data for the AASM membership.

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 identified opioid education as a content gap and has discussed other potential high-interest topics. The committee also reviewed and updated the narcolepsy slide set and is reviewing the Sleep Medicine Essentials and Intensive Scoring Review modules for MOC credit.

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 presented a draft of the position paper, "Use of Polysomnography and Home Sleep Apnea Tests for the Longitudinal Management of Obstructive Sleep Apnea in Adults," for input from the Board of Directors. Two patient guides were approved on the topics of [Treatment of Adult Obstructive Sleep Apnea with Positive Airway Pressure](#) and [Treatment of Chronic Insomnia in Adults using Medications](#). The Board of Directors approved a proposal for the development of an online resource on the evaluation, management and long-term care of OSA in adults.

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 device manufacturers.

Update: The task force is finalizing questions for a survey to send to AASM-accredited sleep facilities to gather data about which hypopnea scoring criteria they use. The task force also is planning to contact diagnostic device manufacturers to gather information about what options they currently have for scoring and reporting the different hypopnea rules.

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 \(AIRE\)](#) pilot programs.

Update: Year one of the five-year pilot program for the blended and part-time sleep medicine fellowship models officially began in July, with two fellows participating in each model. The application process for year two began in September.

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: The Board of Directors approved the task force's proposal of a tiered membership dues structure for Corresponding A members residing in countries classified by the World Bank as low-income, lower-middle-income, or upper-middle-income. The task force is developing a proposal for an Ambassador Program that will identify individuals in specified regions as an ambassador of the AASM.

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: AASM leaders gave a presentation, and AASM exhibited, at CHEST 2019 in October. The committee also reviewed a list of other national meetings to identify the potential for session submissions. As a result, a session proposal, "Genetic Mechanisms of Sleep and Sleep Disorders," was submitted for the April 2020 American Psychiatric Association annual meeting.

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 is in the processes of completing its yearly review and revision of the Sleep Medicine In-Training Examination, in preparation for its administration to fellows in 2020. A psychometrics project also is underway to make the exam more predictive of success on the board certification exam.

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 has sent letters to private payers notifying them of the publication of the AASM clinical practice guideline for the treatment of adult obstructive sleep apnea with positive airway pressure, urging them to adopt the AASM recommended hypopnea definition/scoring criteria, and recommending that they reimburse providers and facilities for performing actigraphy. The committee is finalizing a special article highlighting the payer policy scorecard initiative, which will be submitted to the Journal of Clinical Sleep Medicine.

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 is planning a fundraising event that will be held at Sleep Medicine Trends in February.

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 presented revised drafts of a brief position statement on physician burnout with a more detailed companion paper that provides additional information on the topic. The Board of Directors provided edits for both papers. The AASM sent Dr. Indira Gurubhagavatula and Dr. Omer Ahmed as committee representatives to the National Institute for Occupational Safety and Health (NIOSH) forum, “[Working Hours, Sleep & Fatigue: Meeting the Needs of American Workers & Employers](#),” which was held Sept. 13-14.

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 AASM has completed the “requirements phase” with the external vendor that is developing the qualified clinical data registry and is moving forward with the “design phase.” The task force continues to work on the quality measure maintenance process, beginning with the adult OSA measure set.

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 Board of Directors approved the committee’s proposed revisions to the [AASM Scoring Manual](#) for release in January as Version 2.6.

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 2019-2020 [webinar series for fellows](#) is underway. The committee has approved a three-year webinar curriculum and is in the process of finalizing speakers for the 2019-2020 academic year.

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 continue to develop educational webinars and draft articles for the [Montage](#) membership newsletter. In September the APP Assembly hosted a PAP Therapy Troubleshooting webinar; the recording is available for free to AASM members in the online store.

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 is planning a Tech Track to be held at SLEEP 2020 in June and is identifying content gaps in existing AASM educational resources for sleep technologists and respiratory therapists. The committee also is reviewing 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.