

SLEEP MEDICINE NEWS AND UPDATES

Institute of Medicine Survey Update

The Institute of Medicine (IOM) is administering a survey designed to capture information about the need for new programs for the training of future sleep researchers and sleep medicine clinicians. The American Academy of Sleep Medicine, recognizing the immediate importance of this survey and the need for this data, has endorsed and helped to shape this initiative.

According to the IOM Web site, there are fewer than 100 basic research faculty members who devote the majority of their time to sleep research. To remedy this situation, more training programs need to be developed to ensure the vitality of the field. The survey will identify barriers and opportunities for improving interdisciplinary research, medical education and training in the areas of sleep and sleep medicine as well as propose strategies for developing increased support for sleep medicine and sleep research in academic health centers.

The results of this ambitious survey will be described in a book length report that will be made available to the public.

The growth of sleep medicine has been fueled by the needs of a large patient population, and this demand will continue as awareness of sleep disorders continues to heighten as a public health concern. The AASM encourages participation in this timely survey as the results will guide the future of the sleep field.

Public Education Campaign Initiative

A core principle of the American Academy of Sleep Medicine is providing information, knowledge and education to the public as sleep disorders have emerged as a great public health concern. In response to an increasing demand for information about sleep disorders and their consequences, the AASM has decided to undertake a public health education campaign to advise Americans about the scope of the sleep disorders, the causes and available treatment options.

Currently, the AASM provides information to the public through a special section of the Web site and various outreach efforts. However, this is the first time the AASM has undertaken a campaign of this breadth and scope.

The AASM is partnering with Chicago-based Stewart Communications on this initiative. Stewart Communications has an extensive background in managing public education campaigns, specifically health and medical campaigns. Working with AASM staff, Stewart Communications will provide media and public relations support for the campaign and also assist with the development of goals, messages and related materials. The campaign will launch this spring and continue through the year.

In addition to outreach through articles, spots and advertising in print and broadcast media, the campaign will center on a new public-education Web site www.sleepeducation.com; the site is currently being developed by the AASM. The interactive site

will feature information, responses to frequently asked questions, message boards, an “ask the expert” feature and other special sections.

As the plans for this campaign continue to develop, the AASM will detail more information to the membership.

We believe the promotion of awareness about sleep and a positive quality-of-life message, which is the core of the campaign, complements the efforts of all sleep medicine practitioners to provide the highest quality care to their patients.

ICSD-2 Coming Soon

The field of sleep is experiencing unparalleled growth – evident in new research, further integration into medical specialties, and the introduction and improvement of technology. As such, these developments necessitate comprehensive analysis and review of applied, clinical and basic research to ensure reliability and validity. In response, the American Academy of Sleep Medicine developed the *International Classification of Sleep Disorders, Second Edition*.

During his presidency in 2003-2004, Conrad Iber, MD chaired a committee with the task of devising a new outline and rewriting the classification text. When the committee completed their draft versions of the *ICSD-2*, Michael Sateia, MD, current AASM president, undertook a final review of the complete text and worked diligently to ensure its accuracy and utility. With his complete review of the text, the *ICSD-2* is undergoing further editing by a professional medical editor and will be published in spring 2005.

This will serve as a diagnostic and coding guide for clinicians and undoubtedly be an indispensable resource for sleep specialists. Since there is a wide variability in knowledge about individual disorders, the *ICSD-2* includes the sleep disorders in eight categories that currently make pragmatic and empirical sense. The *ICSD-2* will also include a glossary, index and list of commonly-used abbreviations.

The AASM will be announcing pre-ordering opportunities as well as the expected publication date in the near future.

The AASM previously had a nosology committee that existed within the committee structure of the society, but was disbanded once the committee completed the *ICSD, Revised*. Recently, the AASM re-commissioned a nosology committee to monitor literature and basic science for future editions of the *International Classification of Sleep Disorders* as well as collateral publications. The Nosology committee will review and consider develop a pocket edition of the *ICSD-2* and other collateral publications, collect and review new literature germane to future revisions, and engage in the international classification system. Clearly, they will be instrumental in the development of future publications and materials.

Certification Exam and Review Course Offered in Behavioral Sleep Medicine

As more clinicians express professional interest in behavioral sleep medicine, the American Academy of Sleep Medicine has responded by offering an educational course and a certification examination in behavioral sleep medicine.

The AASM last year introduced the Behavioral Sleep Medicine Course under the direction of James K. Wyatt, PhD of Rush University Medical Center in Chicago, Illinois. The course introduces clinicians with a basic knowledge of behavioral modification to the field of behavioral sleep medicine, including key concepts, diagnostic tests and treatment modalities. The course also comprehensively reviews a range of topics such as characteristics of normal sleep, circadian rhythm disorder, pediatric sleep disorders, insomnia diagnosis and treatment, and sleep in psychiatric disorders.

Information, including course date, location and application details, will be announced via the Weekly Update and in mailings to members.

The AASM first offered the Behavioral Sleep Medicine Examination in 2003 and it is currently administered at the APSS Annual Meeting in June. Successful completion of the examination recognizes that an individual has devoted time to specialized training and has obtained extensive knowledge in behavioral sleep medicine; there are, to date, 50 specialists certified by the AASM in the area of behavioral sleep medicine.

This year, there has been a change in eligibility for candidates interested in sitting for the Behavioral Sleep Medicine Examination. Previously, candidates must have completed 2,000 hours of training and experience to be eligible for the exam. Candidates now only need 1,000 hours of training and experience, which can be accrued by two ways: either 1,000 hours of behavioral sleep medicine training and experience or 500 hours behavioral sleep medicine training experience combined with 500 hours of behavioral medicine training and experience.

Review and download the 2005 eligibility guidelines and application on the AASM Web site at www.aasmnet.org/BehavioralExam.asp. The application and all supporting materials must be postmarked no later than January 15, 2005, or sent via facsimile to the AASM national office no later than 5:00 p.m. CST on January 15, 2005. For further information regarding the AASM Behavioral Sleep Medicine Examination, please contact Becky Nowlin at bnowlin@aasmnet.org.

AASM Announces Single Part Examination

The American Board of Sleep Medicine (ABSM) has announced a change to its certification examination in sleep medicine.

The 2004-2005 examination cycle is the final examination cycle in which candidates must successfully complete the Part I Examination and Part II Examination in order to be certified by the ABSM. The 2004 Part I Examination was administered September 28, 29, 30, October 1 and 4, 2004. The 2005 Part II Examination will be administered March 22 and 23, 2005. The deadline to register for the 2005 Part II Examination is January 15, 2005.

Commencing with the 2005 examination cycle, all candidates will take a single part multiple-choice examination. Upon the

successful completion of this one-day examination, individuals will be recognized as Diplomates of the ABSM.

The basic training requirement to apply for the 2005 single part examination is successful completion of a total of 12 months of full-time training in sleep medicine at the level of postgraduate year (PGY) 3 or later.

Sleep medicine training must have occurred in the course of formal postgraduate educational training within an ACGME accredited program. Training time that occurred as mentorship in the course of either an independent private or academic practice setting, even under the supervision of a Diplomate of the ABSM, is not acceptable as postgraduate educational training and cannot be counted towards the 12 months of postgraduate sleep medicine training.

The deadline for to submit an application is March 1, 2005.

Visit the ABSM Web site, www.absm.org, for complete information, including application details, deadlines and future examination dates.

WFSRS Name Change and Update

With developing knowledge and technology shaping the global landscape, health-related quality of life – especially sleep – is affected as individuals modify their lifestyle to keep pace. These advances have necessitated research in the areas of physiology of sleep, circadian biology and the pathophysiology of sleep disorders as well as centers devoted to evaluation and treatment of these disorders.

Recognizing the invaluable role of clinicians in the sleep field as well as important contributions they have made to the field, the World Federation of Sleep Research Societies has changed its name to the World Federation of Sleep Research and Sleep Medicine Societies (WFSRSMS).

The name change was approved by the organization's governing council at its October 2004 meeting.

The change to WFSRSMS reflects the dynamic growth of sleep medicine and its integration with sleep research in professional sleep societies globally. The WFSRSMS will continue to serve its 7 organizational members, representing nearly 10,000 sleep clinicians and sleep scientists, by maintaining its goal of facilitating international exchange in sleep. The WFSRSMS will facilitate this exchange through the International Congress, where state-of-the-art science is presented and discussed among the global community; the next International Congress is in Cairns, Australia in 2007. The continuation of training programs in clinical sleep research is also a priority for the WFSRSMS as well as the introduction of training programs in sleep medicine. The WFSRSMS Also central to the organization's goal is dissemination of professional materials internationally to keep researchers and clinicians abreast of professional standards and current research. In addition to serving its membership, the WFSRSMS is committed to the promotion of sleep health as a public health priority.

The change to WFSRSMS takes effect immediately. All materials, including the Web site, are currently under redesign and will be re-launched to reflect the new name. In the meantime, please continue to visit www.wfsrs.org for information about the WFSRSMS.

ACCME Issues Updated Standards for Commercial Support

The American Academy of Sleep Medicine is an accredited provider for continuing medical education (CME) credit by the Accreditation Council for Continuing Medical Education (ACCME), the main accreditation body for medical education. In September 2004, the ACCME issued the “2004 Updated Standards for Commercial Support,” which was approved by its seven member organizations. The revised standards replace the “1992 Standards for Commercial Support” and are effective immediately. As an accredited provider, the AASM must incorporate the updated standards into the policies for sponsoring educational activities for CME credit over the next 6 months.

According to the ACCME’s Web site, the revised standards are set forth to further distance CME from commercial influence. The ACCME states that it will base its accreditation decisions on substantial compliance with all ACCME accreditation standards in effect, including these “Updated Standards for Commercial Support.”

Central to the revised standards is that disclosure of ties to a drug company or medical device manufacturer will no longer be sufficient to resolving conflicts of interest. Further, failure to disclose (even if there are no conflicts of interest to disclose) is grounds for cancellation of an educational event or cancellation of the presentation by the individual who failed to provide disclosure. The Standards apply to everyone who is in a position to control the content of an educational activity including planning committee members, speakers, and authors. In order to assure compliance with ACCME updated Standards, it is critical for all individuals in a role named above to complete conflict of interest disclosure forms as requested by the accredited provider. Once conflicts of interest have been identified, the provider must resolve those conflicts by significantly changing the factors creating the conflict. This may include altering or removing the financial relationship with the commercial interest and/or altering the individual’s control over CME content related to the conflict. Peer reviewed CME and evidence-based presentations are additional alternatives for resolving conflicts of interest.

Detailed information about the revised standards is available on the ACCME Web site: www.accme.org.