

Michigan Academy of Sleep Medicine

Dear Colleagues,

As all of us experience every day, sleep medicine continues to be an evolving field and public awareness of sleep disorders and negative effects of health loss continues to grow. There has been a boom of technological advances and knowledge in our field. Along with the growth, there are challenges in meeting patient and insurer expectations.

As an active specialty state society, MASM has several initiatives. Through the insurance liaison committee, we offer opportunities to the state insurers to help us provide affordable and best possible care to our patients. Our education committee works to increase awareness of sleep health and sleep disorders. The membership committee helps us recognize those doing important research in our state of Michigan. Our most active society initiative is the annual fall conference. The conference in 2019 was a big success in beautiful Traverse City and we are excited to be planning our 2020 conference in Grand Rapids during the Art Prize.

But we need your help! For the MASM to remain an active society, we need your membership and your referral of fellow colleagues! We also need to hear from you on what MASM needs to focus on. We are always looking for members to join the committees. Being a member of a MASM committee gives you the opportunity to advance the field in the state of Michigan and make long-lasting connections.

I encourage you to renew your MASM membership, join a committee, attend the 2020 annual fall conference and bring a friend!

Sincerely,

Virginia Skiba, MD
MASM President

WE ARE ALWAYS LOOKING FOR NEW MEMBERS TO JOIN OUR COMMITTEES!

If interested, please contact the Committee Chair

MEMBERSHIP COMMITTEE

Responsible for recruiting members, developing and implementing a membership marketing strategy, as well as highlighting the contributions and publications from MASM members.

Chair: Soumya Madala, MD (talsou@yahoo.com)

Board Liaison: Christopher Morgan, MD

Members: Lorraine Brierley RPSGT, Afifa Shamim-Uzzaman MD, Jennifer Speller RPSGT

INSURANCE LIAISON/HEALTH POLICY COMMITTEE

Monitor the insurer policies for adherence with published practice guidelines, make recommendations and feedback to insurers on present or future evaluation, diagnostic and treatment strategies in the field of sleep medicine.

Chair: Mark Garwood, MD

(mgarwood@med.umich.edu)

Board Liaison: Mark Garwood, MD

Members: Mark Goetting MD, Alok Sachdeva MD, Bart Sangal MD, Afifa Shamim-Uzzaman MD, Virginia Skiba MD

EDUCATION AND PRACTICE MANAGEMENT COMMITTEE

This committee will provide updates to the MASM membership on evidence-based sleep medicine practice, increase public and provider awareness of sleep health and provide feedback from MASM membership to AASM on AASM accreditation scoring and policies.

Chair: Cynthia Nichols, PhD (CNICHOLS@mhc.net)

Board Liaison: Cynthia Nichols, PhD

Members: Latanya Bolden RPSGT, Larry Darnell RPSGT, Mohan Dutt MD, Afifa Shamim-Uzzaman MD, Virginia Skiba MD

ANNUAL CONFERENCE PLANNING COMMITTEE

Solicit speakers for the conference and plan all conference related activities, coordinate additional educational initiatives that will enhance the conference experience of attendees.

Chair: Christopher Morgan, MD

(christopher.morgan@mercyhealth.com)

Board Liaison: Soumya Madala, MD

Members: Aleta Cozart RPSGT, Mohan Dutt MD, Beth McLellan FNP, Cynthia Nichols PhD, Afifa Shamim-Uzzaman MD, Virginia Skiba MD

MASM FALL CONFERENCE IS COMING BACK TO WEST MICHIGAN!!!

We are excited to announce our fall conference will be held on October 2nd-3rd, 2020 in Grand Rapids, Michigan.

We will have a have a high yield program put together during the height of Art Prize in the city and truly hope you can all attend!

www.artprize.org

ArtPrize is an open, independently organized international art competition which takes place for 19 days every other fall in Grand Rapids, Michigan. \$250,000 in prizes are awarded by smartphone-enabled public vote.

Any artist working in any medium from anywhere in the world can participate. Art is exhibited throughout downtown Grand Rapids—museums, bars, public parks, restaurants, theaters, hotels, bridges, laundromats, auto body shops, vacant storefronts and office spaces. Artists and venues register for the competition then find each other through an online connections process in late spring. No one at ArtPrize selects a single artist or artwork, directs an artist where to show work or directs a venue what to show. In 2018, 1,260+ works created by 1,400+ artists from 41 states and 40 countries were exhibited in 165+ venues.

WHAT IS NEW AT AASM? LINKS TO AASM UPDATES FOR 2019

Some links require AASM membership status to access.

CLINICAL PRACTICE GUIDELINES: NEW FOR 2019

Patil SP, Ayappa IA, Caples SM, Kimoff RJ, Patel SR, Harrod CG. Treatment of adult obstructive sleep apnea with positive airway pressure: an American Academy of Sleep Medicine clinical practice guideline. *J Clin Sleep Med*. 2019;15(2):335–343.

<http://jcsm.aasm.org/ViewAbstract.aspx?pid=31513>

POSITION STATEMENTS: MOST RECENT

Rosen IM, Kirsch DB, Chervin RD, Carden KA, Ramar K, Aurora RN, Kristo DA, Malhotra RK, Martin JL, Olson EJ, Rosen CL, Rowley JA, American Academy of Sleep Medicine Board of Directors. Clinical use of a home sleep apnea test: an American Academy of Sleep Medicine position statement. *J Clin Sleep Med*. 2017;13(10):1205–1207.

<http://jcsm.aasm.org/ViewAbstract.aspx?pid=31106>

HEALTH ADVISORIES: MOST RECENT

Adopted by the AASM Board of Directors Sept 14, 2018. Health advisory: Insufficient sleep and work performance.

<https://j2vit3dnbra3ps7ll1clb4q2-wpengine.netdna-ssl.com/wp-content/uploads/2018/09/Sleep-work-health-advisory.pdf>

QUALITY MEASURES: MOST RECENT

Aurora RN, Quan SF. Quality measure for screening for adult obstructive sleep apnea by primary care physicians. *J Clin Sleep Med* 2016;12(8):1185–1187.

CODING AND REIMBURSEMENT: MOST RECENT

American Academy of Sleep Medicine. Coding and reimbursement quick reference guide. Darien, IL. ebook 2016 with updated FAQs in 2019.

<https://learn.aasm.org/AssetHandler.ashx?path=AASM%5cpdf%5c9325385f-76df-427d-8621-9b542790aea8.pdf&fileName=Coding%20and%20Reimbursement>

SCORING: MOST RECENT

Berry RB, Albertario CL, Harding SM, et al.; for the American Academy of Sleep Medicine: The AASM manual for the scoring of sleep and associated events: Rules, terminology and technical specifications. Version 2.5.0. Darien, IL: American Academy of Sleep Medicine 2018.

<https://learn.aasm.org/SecurePdfViewer/web/viewer.html?file=https%3a%2f%2flearn.aasm.org%2fPdfPages%2fSecurePdfHandler.ashx%3fq%3d3ordvCHDseeaCxoWd7%252bZ93yHw%252flhDQ06YdlGxF4beAA%253d>

PLEASE JOIN OR RENEW YOUR MASM MEMBERSHIP TODAY!

Go to the MASM website, click on Membership,
and apply or renew online.

<https://masm.wildapricot.org/>

If you have any questions, please contact Rachel Flum
rflum@wcmssm.org