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# Welcome Letter from the President

by Anoop Karippot MD DABSM DABPN FAASM RPSGT

It has been a great pleasure working with the Board of Directors and the membership of Pennsylvania Sleep Society this past year. The field of Sleep Medicine has taken gigantic strides in the last 12 months. The Pennsylvania Sleep Society has kept pace with advocacy efforts and proactive initiatives to safeguard the interest and livelihood of sleep professionals in Pennsylvania. Practice of Sleep Medicine in Pennsylvania has seen several challenges with CMS and insurance reimbursement changes, AASM offering a new type of credential for sleep technologists, home sleep testing, State budget shortfall, deadlines for the adoption of electronic medical records and so on.

I am ecstatic to report that the General Assembly of Pennsylvania adopted the Senate Resolution (SR 68) in April 2011 to recognize the month of May 2011 as "Sleep Apnea Awareness Month". This is an important recognition of the field of sleep medicine in Pennsylvania, courtesy to the support from Senator John N. Wozniak who sponsored the resolution. In the later part of 2011, The Centers for Medicare & Medicaid Services (CMS) will establish a physician specialty code - a new Taxonomy code of sleep medicine specialists. This is a huge step forward in the recognition of sleep medicine as an independent and essential specialty.

Please remember that Sleep Medicine in Pennsylvania is a young, vibrant and growing field and our Sleep Society remains active on many fronts. We have proudly added 100 new members to our growing society since our last annual meeting in May 2010. We need doctors, sleep technicians, researchers, educators, nurses, dentists and others in the field of sleep medicine to come together and help build a strong community to serve the people of Pennsylvania. The advocacy efforts are only possible if each and every member continues to support the sleep society. Your membership is invaluable. Please note that we have several key positions open to volunteer with the Pennsylvania Sleep Society including positions to the Board of Directors. Please contact me or any member of the Board if you are interested. I wish to say a special "Thank You" to all the committee members and volunteers on behalf of the sleep society.

The Board and I hope to meet you at the Annual meeting on May 7<sup>th</sup> at Hershey. This is our society; let's make it strong.

Sincerely,



**Anoop Karippot**  
*President of the Pennsylvania Sleep Society*

# Changes to the PA Sleep Society Bylaws

by Michael Grandner PhD

One of the most important tasks of the original PA Sleep Society Organizing Committee was to draft the first set of by-laws. This task was accomplished over the course of about a year. We consulted bylaws of other organizations, including the American Academy of Sleep Medicine, the Sleep Research Society, and other state Sleep Societies. We used these as a starting point and, over the course of numerous discussions and drafts, produced a document that we believed would outline an innovative group that espouses the mission and vision held by the Committee.

It was also our goal to draft a document that allowed the Society to function in such a way that the rules were clear and practical. However, we knew that over the course of the first few years, a number of changes would have to be made, as situations would arise that the bylaws either did not consider or did not do so optimally.

It was also the deliberate intention of the Committee, which formed the first Board of Directors, to wait to put forward these amendments until the first year that the original board members rotated off and at least some new members (who were not involved in the original drafting) were present to weigh in. With that in mind, a number of changes were made over the 2010-

2011 year. Below is a summary of these changes.

## Term Limits

The bylaws have been amended so that the term of Board Members is 2 years, with the possibility of reelection once. We believe this limits the demands of service, allows for flexibility, and provides the necessary continuity.

The term for President-Elect, President and Past-President was settled on 1 year each.

The term for Secretary-Treasurer was amended to be 2 years, with the possibility of re-election twice, allowing for continuity in this position.

## Continuity and Balance

Maintaining a diversity of opinions and interests on the Board and other leadership positions is a major priority. To accomplish this, half of all of the Board positions will be up for election each year. As there will usually be 6 Board members, 3 positions will come up for election each year. Of the two types of membership eligible for a Board position (Doctoral and Polysomnographic Practitioner),

every year will alternate between having 2 positions for one type and 1 position for the other type open for election. This year will be the first year for this process, with 2 Polysomnographic positions and 1 Doctoral position up for election. Next year, this will alternate, with 2 Doctoral positions and 1 Polysomnographic position.

It was also decided to alternate membership categories in the President position as well. In the case of a Doctoral President, the Past President and President-Elect positions will be held by Polysomnographic members, and vice versa. This year will continue this pattern, as we will be transitioning to a Doctoral Past President, a Polysomnographic Practitioner President, and a Doctoral President-Elect (currently open to nominations). This also ensures that in years where only 1 Board position is open for a particular group, a President-Elect position is open for that group also.

Finally, restrictions on whether the Secretary-Treasurer needs to be a Doctoral or Polysomnographic member have been removed.

## The Meeting

The bylaws originally had all elections announced before the

annual meeting, with the annual meeting serving as the first meeting of the new Board. However, it became clear that the annual meeting has been a good venue to solicit nominations and elections should take place after the meeting. We have adapted the bylaws to allow for this.

## Softening Language

Several rules in the bylaws specified situations which “shall” take place. To allow for more flexibility, we have amended this language so that these events “should” take place but deviations will be allowable. This will provide leeway for extenuating circumstances.

## Tidying Up

We also took this opportunity to correct spelling, grammatical, and typographic mistakes that were the result of working among and combining many drafts. Hopefully, these have all been fixed.

## Download

A current draft of the bylaws is always available on the PSS website: <http://www.pasleep.org> under the heading “About PSS.” You can download the document at any time.

# Sleep Health: Healthy People 2020

by Nirav Patel MD MPH FAASM

Healthy People is a program administered by the US Department of Health and Human Services that dictates 10-year plans that guide funding and policies across federal agencies.

Poor sleep health is a common problem with 25 percent of U.S. adults reporting insufficient sleep or rest at least 15 out of every 30 days (1). The Institute of Medicine's report "Sleep Disorders and Sleep Deprivation: An Unmet Public Health Problem" (2) published in 2006 highlighted the substantial public health burden. A lack of awareness amongst the populous, health care providers, and policy makers compounds the magnitude of the sleep health problem.

Healthy People 2020, published by the Department of Health & Human Services (3), outlines broad objectives to improve the nation's health.

Healthy People 2020 seeks to:

1. Identify nationwide health improvement priorities.
2. Increase public awareness and understanding of the determinants of health, disease, and disability and the opportunities for progress.
3. Provide measurable objectives and goals that are applicable at the national, State, and local levels.

4. Engage multiple sectors to take actions to strengthen policies and improve practices that are driven by the best available evidence and knowledge.

5. Identify critical research, evaluation, and data collection needs.

## Healthy People 2020 and Sleep Health

Sleep health is a new topic in the Healthy People initiative. The main focus is on increasing public knowledge of how adequate sleep and treatment of sleep disorders can maintain and improve health, productivity, wellness, quality of life, and safety on the roads and of course in the workplace.

Healthy People 2020 aims to provide a "well-coordinated strategy to improve sleep-related health."

Objectives include:

1. Increase the percentage of persons with obstructive sleep apnea symptoms who seek medical care (from 25.5% to 28%).
2. Reduce the rate of vehicular crashes per 100 million miles traveled that are due to drowsy driving (from 2.7 to 2.1).

3. Increase the percentage of students in grades 9-12 who get sufficient sleep (defined as 8 hours or more on an average school night) (from 30.9% to 33.2%).

4. Increase the percentage of adults who get sufficient sleep, defined as 8 or more hours for those aged 18-21 years, and 7 or more hours for those aged 22 years and older (from 69.6% to 70.9%).

## References

1. Centers for Disease Control and Prevention, Epidemiology Program Office. Perceived insufficient rest or sleep among adults: United States, 2008. MMWR. 2009 Oct 30;58(42):1175-9.
2. Institute of Medicine, Committee on Sleep Medicine and Research. Sleep disorders and sleep deprivation: An unmet public health problem. Washington: National Academies Press; 2006.
3. <http://www.healthypeople.gov/2020/about/default.aspx>

# Legislative Update

by Michael Misero RPSGT

A number of important developments have taken place over the past few months.

## PA Sleep Apnea Awareness Month

May is Sleep Apnea Awareness Month in Pennsylvania. Senate Resolution 68 sponsored by Senator Wozniak was introduced and adopted on April 6, 2011.

This resolution recognizes the serious health consequences of undiagnosed and untreated Sleep Apnea. The resolution helps to promote further public awareness of sleep apnea to citizens of the state. Centers and technicians are encouraged to utilize this as part of their own awareness efforts throughout the month. Additional information can be found here: <http://www.legis.state.pa.us/cfdocs/billinfo/billinfo.cfm?year=2011&ind=0&body=S&type=R&bn=0068>

## Health Care Facilities Act Update

Senator Solobay is the prime sponsor of proposed Senate Bill 1009. This bill is to amend the Health Care Facilities act in Pennsylvania to include a definition of sleep disorders labs/centers. The

current status is that this bill was referred to the Public Health and Welfare committee on April 28th, 2011.

The Health Care Facilities act does allow for and require the licensing of certain types of facilities. If sleep centers are amended in this bill the state could require facilities meeting this definition to become licensed.

A similar bill was proposed in prior sessions but was not adopted. Follow this link for additional detail: <http://www.legis.state.pa.us/cfdocs/billinfo/billinfo.cfm?year=2011&ind=0&body=S&type=B&bn=1009>

## Scope of Practice Language

In Pennsylvania, language exists in the state Respiratory Care Act that gives exception for sleep technicians to provide services that might otherwise be considered in the scope of Respiratory Therapists such as the performance of PAP titration and supplemental oxygen. However, the language is vague and sleep technologists are not specifically defined. The exact text reads:

*"A person executing or conveying medical orders pursuant to lawful delegation by a physician."*

While this should cover most situations technologists might find themselves in, it does leave enough gray area to give pause. There does not appear to be any move currently in the state to legally put restraints a sleep technician providing PAP titration or other services.

In Pennsylvania, Respiratory Therapists themselves only recently went from a certification to licensure in 2008. The topic of licensure for sleep technicians in the state is still being explored.

Part of the process of the process involves a 25 question "Sunrise Evaluation." This evaluation is a tool that the state licensure committees use to help assess the need for professional licensure. Within the questionnaire, the number of practitioners in the state must be established and whether the majority are supportive of the introduction of licensure needs to be ascertained. There would additionally need to be an update to the Respiratory Care Act to include a more detailed description and except for Polysomnographic Technicians and Technologists.

## New Jersey Licensure

New Jersey joins the growing list of states that do have technician licensure. In New Jersey, this has been a long process that started with a cease and desist order in

April of 2003 stating that sleep technologists in the state were violating their state's Respiratory Care Act and practicing respiratory care without a license.

Thus began a long, slow process in New Jersey that resulted in their Polysomnography Practice Act being signed into law. <http://www.njsleep.com/legislation.php>

There are 3 levels of licensure in the state, Trainee, Technician and Technologist. There was a "grandfathering" clause for a limited period of time for technicians and technologists with a less restrictive list of needed criteria for licensure. That "grandfathering" period ended in March, 2011.

License and application fees range from \$250-\$600 for a 2 year time period. Additionally, background checks, CPR certification and fingerprinting are required. Those who missed the grandfathering deadline may still apply but must meet all of the requirements listed.

See the NJ State Board of Polysomnography website for additional information. <http://www.njconsumeraffairs.gov/poly/index.htm>

## Licensing in Other States

Other states bordering Pennsylvania that have enacted sleep technician licensing include Virginia <http://leg1.state.va.us/cgi-bin/legp504.exe?000+cod+54.1-2957.15> and Maryland <http://www.mbp.state.md.us/pages/polysom.html>.

New York is moving forward with their process as well. As of January, 2011 there is legislation being considered in New York [http://assembly.state.ny.us/leg/?default\\_fld=&bn=A00354%09%09&Summary=Y&Text=Y](http://assembly.state.ny.us/leg/?default_fld=&bn=A00354%09%09&Summary=Y&Text=Y)

Currently, there is no activity in Pennsylvania in this regard, as there is currently no perceived need to further regulate the practice of Polysomnography, as well as require that technologists incur the expense requisite of licensure. Also, there are no ongoing legal disputes with the community of Respiratory Therapists in Pennsylvania that would force this issue. However, we anticipate that this is an important trend that may involve Pennsylvania soon.

# Coming Soon: Membership Certificates

by the PSS Board of Directors

Soon after the Annual Meeting, all active members will receive digital copies of wall certificates, including the member's name year of joining and membership number.

We are excited to provide these to our members, as this is a benefit that was requested at the last meeting. These certificates will serve several purposes:

1. To display your affiliation with the PSS to colleagues and patients.
2. To maintain a record of your membership.
3. To record your membership number.

In the near future, membership numbers will be used in a number of ways by the Society. You will soon use your member number to:

1. Vote in PSS elections and on Society-wide issues.
2. Obtain member discounts on products, services and meeting registrations.

3. Demonstrate eligibility for elected positions, awards, etc. Look for these in your email inbox soon!

If you would like printed and/or framed copies, these will soon be available.





# Gearing Up for the 3<sup>rd</sup> Annual Meeting

## THIS WEEKEND

by Marcy Guido-Posey RPSGT

Final preparations are underway for the Pennsylvania Sleep Society's 3<sup>rd</sup> Annual Meeting. This year's meeting will be held Saturday May 7, 2011 at the **Hershey Lodge and Convention Center**, 325 University Drive, Hershey, PA 17033.

Your registration fee will cover the meeting, continental breakfast, lunch and coffee break. We expect this to be another great meeting.

*Please register in advance so we can plan meals and breaks accordingly. (Walk-ins accepted only if space is available.)*

### Location:

## Hershey Lodge

Rooms at the Hershey Lodge are available at a discounted rate of \$159 per night. Please contact the Hershey Lodge directly to reserve a room, and mention PA



SLEEP Society to get the rate.

There are a finite number of rooms available at this rate, so call early!

Bringing your family along? Hershey Lodge offers **discount tickets for Hersheypark!**



The Hershey Lodge and Convention Center phone numbers are: 717-533-3311 or 800-533-3131.

## FREE Networking Event Friday Night

There is a **FREE pre-conference social event** on Friday May 6, from 6:30 pm to 8:30 pm. Cocktails and light refreshments will be provided by **PHILLIPS RESPIRONICS**.

Come to the Social, meet the PSS board of directors and other PSS members.

This is a terrific opportunity to network with other sleep professionals. *Please designate your attendance on your registration.*

## The Details

This year, we offer some favorite speakers of the past, as well as some new ones. Our topics are quite diverse, from Sleep and Epilepsy; to Home Sleep Testing; to Sleep and Society. PSS is very excited about this conference, and we so hope you are able to attend. We look forward to seeing you this weekend!

PSS has again partnered with the Hershey Medical Center, Department of Continuing Education, and application has been made for 6.0 credits through AAST and AARC (final determination pending). 6.0 AMA PRA Category 1 credits have been approved.

Registration is now open, and is available online [www.pennstatehershey.org/ce](http://www.pennstatehershey.org/ce)

by fax: 717-531-5604, or by mailing to: REGISTRAR, Penn State Continuing Education, G220, PO Box 851, Hershey, PA 17033. Special thanks to the meeting committee members for all their dedication for planning this event.



