

## LETTER FROM THE PRESIDENT

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Susheel Patil, MD, PhD

Emerson Wickwire, PhD



As we enter into a new year, 2014 will undoubtedly present ongoing as well as new challenges in the field of Sleep Medicine. Many of us are completely “reinventing” our careers in this new environment, and looking for new ways to participate in the delivery of care to Sleep Medicine patients. Current national conferences, in fact, are focusing in one way or another on “future models of care,” looking to our leaders to forecast where the paradigm of delivering sleep services is heading.

Our challenges in Maryland are not small and are not few in number. Our licensure law has led to a more highly trained corps of technologists, yet several hurdles remain for new techs to enter the field in our state. Physicians are trying to provide testing to patients in need, only to be told by our gatekeepers that services are not covered. All clinicians are being required to provide abbreviated testing when we often know the appointed study is not optimal for many of our patients. On top of all of this, reimbursements will certainly continue to decline, forcing all of us to look for more efficient ways to deliver these services.

**Has there ever been a more crucial time to unite as a Society?**

Many wise people have said that with challenge comes opportunity. As The Maryland Sleep Society has grown in size and experience over the past four years, so has our potential to affect policy. Our management team is spearheading opportunities for our leadership to meet with legislators/payors to deliver our messages and suggestions.

**So what will be our priorities, our suggestions, our initiatives, on behalf of the Society?**

I have summarized in the “**State of the Society**” notes in this newsletter, some of our activity over the past three months in developing our advocacy plans for the coming year. We have focused on what we think are the most important new issues in Maryland, as well as those initiatives that will support our national organization, the AASM. Your feedback on these issues is very important! While we are defining our new advocacy issues, Jessica Schmidt and Susheel Patil are continuing efforts on the Maryland Board of Physicians PSG standards committee to follow through on our previous initiative.....to improve the pathway we need to bring more trained technologists into our workforce!

The MDSS will continue to emphasize education and improvement in communication as well. You will soon be seeing some changes to our website, including ongoing information in the “Members Only” section. This will be a forum for sharing information regarding some of the changes in the field...our first section will pertain to our early experiences with HST programs. We are also going to give you an introduction to two board members in each newsletter over the next year, and invite you to reach out to them with questions and suggestions.

Our management team and board have also been busy planning for our Annual Conference, where most of you know we provide a balance of clinical education as well as an overview of practice models (this year focusing on setting up HST programs and utilizing BSM services). For those of you who have done research over the past year, get your posters together for our Research Poster Presentation Awards as well.

**I now have two huge favors to ask of each of our members...**

1. Please take 5 minutes to express your opinions by following this link to our [2014 Member Survey](#). You are the voice of our society and we need to know which items are most important to you!
2. I also ask every society member to **recruit a colleague**. I am sure everyone knows someone in their office or sleep center that is not currently a member. The larger our society, the greater our voice in making changes and affecting policy. As a newly approved incentive, each member credited with a new recruit prior to our conference will be placed in a drawing for a new iPad (drawing at the meeting, even if you are not present.)

Thank you for your commitment to The Maryland Sleep Society. On behalf of our Board of Directors, we all appreciate your support and will promote your opinions. We also hope that you will be able to turn your own challenges into opportunities this year, and that we can all be of help to each other in this regard.

Looking forward to seeing you all at the Annual Conference in April!

Brian Bohner

## 5TH ANNUAL EDUCATIONAL CONFERENCE PREVIEW

Enjoy Wonderful Speakers...Network within the Sleep Community... Fulfill all of your Continuing Education Credits.....

**APRIL 25-26, 2014**  
**Conference Center at Sheppard Pratt**  
**Towson, Maryland**

The Conference is a two-day event...full day Friday and half day Saturday.....and includes interesting topics presented by exceptional speakers:

**Mark Rosekind, PhD**  
National Transportation Safety Board

**Carolyn Marcus, MBBCh**  
Children's Hospital of Philadelphia

**Christopher Lettieri, MD**  
Walter Reed National Military Medical Center

**Judith Owens, MD, MPH**  
Children's National Medical Center

**Mark Pressman, PhD, D.ABSM**  
Lankenau Medical Center &  
Institute for Medical Research

**Vivek Jain, MD**  
The George Washington University

**Philip Smith, MD**  
Johns Hopkins University  
School of Medicine

**Deniz Somel, RPSGT, RST, CSE**  
Pulmonary & Critical Care Associates  
of Baltimore

**Emerson Wickwire, PhD**  
Howard County Center for Lung & Sleep Medicine

**Brian Bohner, MD, FCCP, ABSM**  
Sleep Medicine Associates of Maryland

**Steven C. Scherr, DDS**  
Baltimore, MD

**STAY TUNED FOR CONFERENCE REGISTRATION.....**

**Interested in presenting a Research Poster?**

**See the next page....**

*Members who pay their 2014 dues enjoy a discount on Conference Registration*

## CALL FOR ABSTRACTS

You are invited to submit an abstract for the **Maryland Sleep Society 5th Annual Conference**, which will be held on April 25, 2014, at the Conference Center at Sheppard Pratt in Towson, Maryland. Abstracts will be accepted for poster presentations only. Posters for completed research, research in progress, and practice innovations will be considered.

Abstracts should be no more than 300 words. Research abstracts should contain sections for introduction, methods, results and conclusions. No references, tables or figures should appear in the abstract or be submitted with it.

Please email submissions to Dr. Jeanne Geiger Brown at [jgeiger@son.umaryland.edu](mailto:jgeiger@son.umaryland.edu) with the email heading 'MDSS Abstract'. The due date for submission is February 28, 2014. Abstracts will be peer reviewed, and notification of acceptance will be by email no later than March 14, 2014.

Posters should measure no more than 4'x4', and should be clear and organized for viewing. The poster will be presented at the end of the scientific session on that day. During this hour, the author should be physically present to discuss the content and answer questions. Abstract presenters are expected to register for the meeting and be present at the poster session.

Two prizes will be awarded for meritorious poster, with first prize of \$200 and second prize of \$100.

## STATE OF THE SOCIETY—UPDATES

1. **October 2013**- Emerson Wickwire, Pat Dempsey, Michelle Guzman elected to two year terms on Board of Directors
2. **October 2013**- John Mathias and Norm Schubert complete terms on Board of Directors, and their excellent service is appreciated.
3. **October 2013**- Katherine Buki, MD accepts appointment to Doctorate Advocacy Committee of MDSS.
4. **Nov/ Dec 2013**- Doctorate Advocacy Committee presents suggestions for 2014 initiatives (presented in [Member Survey](#)).
5. **Nov/Dec 2013**– Tele-meetings with AASM rep, Ted Thurn, re AASM request to have MDSS support in AASM campaign to seek Stark exemption for physicians to dispense DME to Medicare patients (see details in [Member Survey](#)).
6. **December 2013**- BOP Polysomnography Standards Committee meets- committee includes MDSS board members Susheel Patil MD (Chair) and Jessica Schmidt. Key items include defining clinical hours needed to complement A Step training pathway, and defining rules for licensing techs coming from out of state.

## GET TO KNOW THE BOARD of DIRECTORS . . .

### JESSICA L. SCHMIDT, MA, RPSGT, RST



Jessica Schmidt has been in sleep for eight years and is currently the manager of the Sleep Disorders Center at MedStar Georgetown University Hospital in Washington, DC. She was director of the first CAAHEP-accredited Polysomnography program in the Mid-Atlantic (the Community College of Baltimore County) and recently began directing the program at Montgomery College. Jessica is a founding member and the Immediate Past-President of the Maryland Sleep Society. She also serves on the Maryland Board of Physician's Polysomnographic Advisory Committee. Jessica was recently appointed as a Director for the Board of Registered Polysomnographic Technologists (BRPT) and looks forward to serving the sleep community on a national level.

Jessica holds a MA degree in political economy from the University of Hawaii. She enjoys running and is hoping to participate in her first marathon in 2014. She is happily married and the proud owner of 12 pounds of terror: Aeneas. Ms. Schmidt may be reached by e-mail: [info@marylandsleepsociety.com](mailto:info@marylandsleepsociety.com)

### STEVEN C. SCHERR, DDS

Steven C. Scherr, D.D.S. is dental director of AADSM accredited dental sleep medicine facilities in Pikesville and Bel Air, providing oral therapeutics for the treatment of obstructive sleep apnea and snoring. He is a Diplomate of the American Board of Dental Sleep Medicine (not an ADA recognized specialty), and is currently Secretary-Treasurer of the Board of Directors of the ABDSM. He is an at-large Director of the American Academy of Dental Sleep Medicine (AADSM), having chaired the task force that developed dental sleep medicine facility accreditation standards. He most recently chaired an AADSM consensus conference which developed an empirical definition of an effective oral appliance. Dr. Scherr is the Johns Hopkins Medical School Sleep Disorders Fellowship Program Local Program Director for oral appliance therapy training. He works directly with sleep physicians, technologists, and support staff at nearly 20 central and northern Maryland Sleep Disorders Centers/Labs on an ongoing basis. Dr. Scherr is Secretary of the Board of Directors of the Maryland Sleep Society, and has co-authored several educational and research publications related to dental sleep medicine. Dr. Scherr is married to his high school sweetheart, Marcia. Their life is enriched by their daughter, son, daughter-in-law, and grandson. Dr. Scherr may be reached by e-mail: [sleepdentist@comcast.net](mailto:sleepdentist@comcast.net)



## BRPT ANNOUNCES NEW CREDENTIAL FOR HEALTHCARE PROVIDERS SPECIALIZING IN SLEEP MEDICINE

BRPT recently announced the development of an advanced credentialing examination for healthcare providers who work directly with sleep medicine patients, families and practitioners to coordinate and manage patient care, improve outcomes, educate patients and the community, and advocate for the importance of good sleep. The Certification in Clinical Sleep Health (CCSH) exam will be offered for the first time in the Spring of 2014.

Currently, the BRPT offers a one-day Clinical Sleep Educator program that provides a certificate, not a credential, to healthcare providers. The certificate program was started in 2011 as a first step to identify and define the emerging new role in sleep medicine. It initially focused on sleep apnea, but is gradually evolving and expanding in content area. The program has been met with such enthusiasm that there are now more than 1,200 individuals with the Clinical Sleep Educator certificate. In response to this enthusiastic demand for recognition in a changing field, the BRPT is developing a new credential for healthcare providers which reflects the knowledge and skills needed to work as a specialist in clinical sleep health.

The Certification in Clinical Sleep Health exam blueprint is available on the BRPT website. The Candidate Handbook, including eligibility pathways and study references will be available on the BRPT website by February 2014.

Go to <http://www.brpt.org/default.asp?contentID=289> to view the new exam blueprint. To read the news release announcing this new exam, please go to: <http://www.brpt.org/default.asp?contentID=290>.