

AUSTRALASIAN SLEEP ASSOCIATION



NEWSLETTER March 2005

From the President

With 2005 well and truly upon us, it is timely to update the membership on a range of ASA activities. But before doing that, it is important to reflect on the highly successful annual scientific meeting held in Sydney. We are very grateful to the entire organising committee, ably led by Alistair Neill and Tracey Robinson, for their enthusiasm and commitment, which produced a record attendance and record number of abstract submissions, not to mention a healthy financial result. The postgraduate courses were well attended, and received very positive feedback. Plans for the 2005 meeting in the Gold Coast are well on track, under the Chairmanship of Craig Hukins. Our keynote speaker, Professor John Stradling from Oxford University has an outstanding international reputation and will contribute to a strong scientific programme. Membership feedback from last year's conference and other suggestions will assist in efforts to produce another highly relevant and stimulating programme.



Since the 2005 AGM, the executive has been hard at work on a myriad of issues ranging from clinical, education, research, and political matters, the details of which can be found in the various committee and special interest group reports within this newsletter.

The implementation phase of the ASA Strategic Plan that was endorsed by the membership at the last AGM has now been initiated. Expansion of the committee structure to include Conference, Education, and Membership committees, and to appoint committee members to all committees is nearing completion. It has been gratifying to receive an enthusiastic response to our request for expressions of interest for these important positions, and this reflects a great willingness amongst many members to serve their organisation. This gives me great confidence in our future, as the greater involvement of the membership will enhance our ability to proactively face the myriad of challenges facing the ASA.

The proposal to establish a national organisation to promote the public health aspects of sleep and its disorders is now entering an interesting phase. In accordance with the ASA desire for such an organisation to have broad-based industry support, a business plan has been submitted to key industry groups seeking the financial support that is required to make the concept a reality. Early signs are encouraging, and the ASA will remain actively involved in the process in order to forge a mutually beneficial partnership.

On the international front, there has been political activity involving the World Federation of Sleep Research and Sleep Medicine Societies (note the recent name change to include "Sleep Medicine"), of which the ASA is a member society, and the newly founded World Association of Sleep Medicine (WASM). The key concern for the ASA has been whether WASM's threat of holding a rival conference to the 2007 Cairns meeting that we are hosting on behalf of WFSRSMS would adversely impact us. At a recent WFSRSMS meeting convened in the U.S. strong support for the Cairns meeting was expressed by all member societies and potential industry sponsors, and we are confident that the meeting will be well attended. This will be further supported by a satellite meeting of the international Sleep & Breathing Symposium, with Matthew Naughton and Doug McEvoy being the convenors. This will ensure the participation of many high-calibre researchers at both meetings.

Australasian Sleep Association Inc (ABN 32 172 170 561)

GPO Box 295, Sydney 1043

Phone: 0500 500 701 Fax: 0500 500 702

E-mail: sleepaus@ozemail.com.au Web Page: www.sleepaus.on.net

In previous newsletters I raised ethical issues facing the ASA, particularly in relation to the appropriate management of conflicts of interests. The Royal Australasian College of Physicians has recently updated its position on relationships between physicians and industry, and is seeking comment from Specialty Societies. It is our eventual aim to use such a document as the basis for an ASA code of conduct.

I take this opportunity to wish all members a successful year ahead, and look forward to working with you to progress the ASA.

Peter Cistulli

Sleepless in Sydney!

Last year's Annual Scientific Meeting, held at Star City, has been heralded a great success, with records broken in many areas. A record 472 people came to meeting, where invited international speaker, Professor Terry Young, spoke on the epidemiology of OSA. She brought delegates up to date on the sleep apnea cohort studies, including the Wisconsin Sleep Cohort. A Pro-Con Debate on automatically-adjusting CPAP devices sparked lively discussion amongst attendees. The Special Interest Groups (SIG) now form an integral part of the ASM programme. The Insomnia, Orofacial and Paediatrics SIG Symposia were well-attended with interesting presentations in all three. The SIG Annual Meetings were lively forums for debate on issues of particular relevance to their group, with the Insomnia group deciding on a name change (see article on page 6). The meeting venue also provided opportunities for delegates to go downstairs to attend the concurrent sessions in applied statistics.

A record number of abstracts were submitted, resulting in over 70 Poster presentations. A new format for these sessions was tried at the Meeting, which worked well, but the main complaint on evaluation forms was that these sessions were noisy, and it hard for people to hear what presenters were saying. This feedback has been taken on board and a different format will be trialed at the 2005 ASM.

A record number of sponsors and exhibitors assisted the meeting. We would like to take this opportunity to thank all those sponsors, particularly Gold & Silver Sponsors, GlaxoSmithKline, Mayo Healthcare and Fisher & Paykel Healthcare, without sponsorship the Conference Registration would be very much higher.

Postgraduate Courses

Postgraduate courses were held immediately prior to the ASM. The Non-Invasive Ventilation Course was oversubscribed, and unfortunately potential delegates had to be turned away, as this was a "hands-on" course it was not possible to increase numbers. With 10 presenters this was a very busy day and those who attended the Course indicated that it had been most informative and useful. This Course was kindly sponsored by Air Liquide and Mayo Healthcare.

The second course, on Circadian Rhythms, with presenters Leon Lack, Philippa Gander and Helen Wright, was well received by the delegates who attended.



Keynote speaker Prof Terry Young, from the University of Wisconsin Medical School (middle) with Peter Cistulli, President ASA (left) and Kim Ward, ASTA president (right)

Copies of notes from the course are still available, and can be obtained from Stephanie. <sleepaus@ozemail.com.au> for \$55 including postage and GST.

Awards and Prizes

With nearly 100 abstracts submitted the Committee had a hard task to select six presentations for the New Investigator awards, the six finally selected were, Jason Amatoury, Melinda Carrington Danny Eckert, Michael Hlavac, Andrew Ng and Qiao Yang, covering diverse areas including cognitive and cardiovascular effects



The New Investigator presenters (left to right): Qiao Yang, Andrew Ng, Michael Hlavac, Danny Eckert, Melinda Carrington and Jason Amatoury.

of sleep apnea and snoring, as well as predictors of treatment response to OSA. Congratulations to Michael Hlavac from the Adelaide Institute for Sleep Health, who won the New Investigator Award for 2004 with his paper “The Effect of Sustained Hypoxia on the Arousal Response to External Resistive Loading and Airway Occlusion”.

In the face of intense competition, which kept the judges busy right up until it was time to go in for dinner, and the presentation, the Poster Prize went to Deanne Curtin from Prince Charles Hospital in Brisbane, who measured aortic distensibility using the MRI in subjects with OSA.

The Helen Bearpark Memorial Scholarship for 2004 received a record number of applications and was awarded to Sarah Blunden, who will go to the University of Michigan this year. Applications for the 2005 HBMS should be submitted by 30 June 2005, details can be found on the Web Page.

Social Functions

As usual, the social functions were most enjoyable – welcome drinks on Thursday evening gave ASM delegates a chance to mingle with those who had attended the Postgraduate Courses but did not stay for the rest of the Meeting.

Saturday Evening saw delegates doing the Salsa to band *Chirmoya* at the Conference Dinner in Star City. A good time was had by all, and pictures can be found on the ASTA Web Site at www.sleeptechnologists.com – thanks to Angela Campbell for taking them.

From the Secretary

A new Membership Committee has been convened as part of the Strategic directives for the ASA. The function of the committee is as follows:

- To assist the Hon. Secretary (chair of committee) in serving the membership
- To determine the academic and practical needs of members
- To oversee and co-ordinate the development of Special Interest Groups (through SIG convenors)
- Recommend to the Secretary programmes and member services that meet the needs of the membership
- To provide input to the scientific programme content of the annual scientific meeting

- To plan and co-ordinate communications with the membership via the Secretary (eg. Newsletter)

I am very pleased to have a very high-calibre trans-Tasman group of scientists, psychologists, adult and paediatric sleep physicians on the committee:

- Delwyn Bartlett PhD MAPS, Consultant & Research Psychologist, RPAH & Woolcock Institute of Medical Research, Sydney.
- Margot Davey FRACP, Director, Melbourne Children's Sleep Unit
- Leigh Signal PhD, Associate Director, Sleep/Wake Research Centre, Massey University, Wellington, New Zealand
- Keith Wong FRACP, Sleep and Respiratory Physician, RPAH and Woolcock Institute, Sydney.
- The Executive and Honorary Secretaries complete the committee.

As always, we value feedback and suggestions from the Membership and thank everyone for their patience in getting the newsletter out. Stephanie should be buzzing with good ideas at the end of a workshop on Effective Publications in Not for Profit Organisations on 22 February. As a priority we will endeavour to make the newsletter less elusive!

Since the last AGM in Star City we have had 10 new members making a total of 411.

Arthur Teng
Honorary Secretary

ASA executive 2004/2005

POSITION	PERSON	E-mail address
President:	A/Prof Peter Cistulli	p.cistulli@unsw.edu.au
President Elect	A/Prof Matt Naughton	M.Naughton@alfred.org.au
Secretary	Dr Arthur Teng	a.teng@unsw.edu.au
Treasurer	A/Prof Peter Eastwood	peter.eastwood@health.wa.gov.au
Research Chair	Prof Philippa Gander	p.h.gander@massey.ac.nz
Clinical Chair	Dr Peter Solin	peter.solin@southernhealth.org.au
Conference Chair	Dr Craig Hukins	craig_hukins@health.qld.gov.au
Education Chair	Dr Darren Mansfield	Darren.Mansfield@southernhealth.org.au
ASTA Representative	Mr John Martin	John.Martin@svhm.org.au

Report from the Clinical Chair

The clinical world of the ASA is absolutely buzzing with activity. The Modafinil working party advised CSL and PBAC on fair and reasonable second line indications for the use the Modafinil in individuals with contra indications to, or significant side-effect problems with Dexamphetamine. My thanks go out to everyone who contributed their time and expertise so freely. A mail out regarding the indications should follow in due course. Professor Doug McEvoy is chairing two committees, the first is looking at a teaching curriculum for sleep disorders, and the second is revising the guidelines for respiratory sleep studies. Both committees have had a lot of enthusiastic input from members of our society. The Queensland government is holding a parliamentary inquiry called the Travelsafe inquiry. Local Queensland members Drs James Douglas and Craig Hukins have volunteered their time to help the government in their efforts. Dr Mark Howard from Victoria has put together a document on behalf of the ASA outlining the knowledge regarding sleep disorders, fatigue, road accidents and the transport industry, which has been submitted. Our thanks go to Mark for distilling his knowledge from his PhD research work into a very readable document. On another note, the Communicating for Health group, who were charged with the task of organising the Assessing Fitness to Drive manual

produced for Ausroads and NTC have begun the next phase of the process which is an education campaign mainly for commercial truck drivers, and those in the transport industry. They have produced a number of teaching modules, but more importantly information sheets, which will be branded with the ASA logo, and downloadable for your use from the NTC and Ausroads web sites, and eventually will also include these on our web site. The information sheets on sleep apnoea and driving will be particularly useful to hand out of patients in your clinic, or patients going through a sleep laboratory.

On another note, with so much activity, a clinical committee is being formed, and I thank everyone for their enthusiastic response. We are still looking for volunteers so please don't be shy. A number of issues have yet to be tackled. The first is a submission for a Medicare item number to cover the expertise and expense of initiating or performing non-invasive ventilation.

As mentioned, a lot of issues are either with us, or are on the horizon, and will need to be given some thought by the membership at large. Here are just a few.

1. **Limited channel sleep studies** performed at home on an outpatient basis: what place will they have in the future, and will they help to shorten prolonged waiting lists particularly in public laboratories, and how will false negative studies be handled? What are the appropriate Medicare billing items to use? Is the push by industry groups to utilise these technologies appropriate?, or are they undoing traditional referral based consultations, testing and management pathways? Can limited channel sleep studies be used non sleep physicians in underserviced areas?
2. **Mandibular advancement splints**: with the increasing popularity of this form of treatment for mild-to-moderate groups of sufferers with OSA, or snorers, or those individuals with OSA who do not want to use CPAP, is there enough evidence in the literature to support their use? The Australian Dental Association is putting out a position paper which states that only specialised physicians interested in sleep disorders should be prescribing these devices, so does that mean that sleep physicians need to see all uncomplicated snorers prior to recommending an M. A. S.? Should all snorers without symptoms of sleep apnoea have some form of overnight sleep study?
3. **Accreditation of sleep laboratories** is gaining pace, and traditionally members of the ASA volunteer their time to perform these duties, sometimes at considerable personal inconvenience. Can the society sustain this effort? What alternative models for accreditation are there? Should this be a paid activity, with a specific committee constituted to perform this duty?

I would welcome any comments or discussions from the membership at large, particularly to reflect the questions and concerns of the wider membership in clinical issues.

Peter Solin

Report from the Paediatric SIG

The paediatric symposium and SIG meeting at the ASA/ASTA meeting in Sydney 2004 were well attended and provided a great opportunity for staff from all institutions to get together. At the SIG meeting there was discussion regarding development of a protocol regarding Prader-Willi patients and growth hormone. The majority of paediatric laboratories are studying patients pre-growth hormone treatment and then at some stage post growth hormone treatment. Dr Margot Davey is in contact with the Australian Paediatric Endocrinology Group (APEG) who will convene at the end of February 2005 to produce a policy statement.

Following on from the interest sparked at the 2004 ASA/ASTA meeting regarding quality assurance, the Melbourne Children's Sleep Unit (MCSU) has distributed 2 studies to investigate the sleep scoring, respiratory scoring and study reporting agreement between different paediatric sleep laboratories from Australia and New Zealand. Results from the different laboratories will be presented at the next Paediatric SIG meeting (2005). If you would like to participate please contact Rebecca Smith at the MCSU on (03) 9594 5705 or <Rebecca.Smith@southernhealth.org.au>

Would all members please check our website <http://www.sleepaus.on.net/paediatricsig.html>
For any changes to laboratory details please contact Dr Margot Davey

The Paedsleep website <http://health.groups.yahoo.com/group/paedsleep/> continues active discussion so have a look at the archives to see what topics have been covered. Videoconferencing is held on the first Friday of every month (12:00 – 13:00 hrs. Brisbane time) and usually has 5-6 laboratories linking in. The current bridge capacity is 8 sites with cost of the bridge covered by the Mater Children's Hospital with the cost of dial in to the bridge covered by each individual lab. Enquiries to join should be directed to Gordon Williamson at the Mater Children's Hospital, Brisbane.

Margot Davey

Report from the Insomnia Sleep Health SIG

At the annual meeting held in Sydney, October 2004, this SIG voted and changed the name from the *Insomnia SIG* to the *Insomnia Sleep Health SIG*.

The rationale for this name change was not only to foster and encourage greater communication and interaction between clinical and research areas of insomnia - but also to be more inclusive of other associated areas such as circadian rhythm which is increasingly impacting on the growing numbers of individuals who are presenting at our clinics with insomnia from shift work and trans-meridian travel.

At that meeting it was also proposed to set up an email chat group and I am pleased to announce that the SIG now has a home page and a group email address through Yahoo. So please add the site below to your favourites on your computer. An email will be sent to our group members and other interested ASA members. This is a NOT a chat site but is to quote Tony Fernando "more of a closed email exchange site".

The group name is :	insomniasleephealthasa
Group home page:	http://groups.yahoo.com/group/insomniasleephealthasa
Group email address:	insomniasleephealthasa@yahoogroups.com

Please let me know if you would like to join this email exchange site as you will need to register..

We would also like to help the ISH SIG members keep up to date with relevant journal articles relating to insomnia and insomnia treatments. A recent paper in the Lancet gives a good overview examining criteria for the current wide range of prevalence data and stresses the need for early recognition of insomnia symptoms. This early recognition should come in the form of all health professionals routinely asking about sleep habits to reduce the negative long-term outcomes of insomnia, whether it is primary or as a result of other physical or psychological causes. However, of key importance in this review is the summing-up in the abstract in terms of comparisons between pharmacological and non pharmacological treatments. I shall quote

"Despite widespread use of standard hypnotics and sedating antidepressants for chronic insomnia, their role for this indication still remains to be further defined by research evidence. Non-pharmacological treatments, particularly stimulus control and sleep restriction, are effective for conditioned aspects of insomnia and are associated with durable long-term improvement in sleep."

The paper cited: Sateia MJ, Nowell PD. Insomnia, Lancet 2004;364: 1959 -1973

Thank you
Delwyn Bartlett & Tony Fernando

Report from the Orofacial SIG

The Oro-facial SIG will be holding a Post-Graduate seminar prior to this year's Annual Scientific Meeting on the Gold Coast ie on Thursday 6th of October. Topics include an overview of Obstructive Sleep Apnoea, treatment alternatives, dental devices, design, side effects & medico-legal implications. Everyone is welcome and it will particularly suit dental practitioners involved in the management of OSA.

Andrew Ng & Chris Pantin

Sleep: 21st Century and Beyond. Managing the burden of disease



This year's combined ASA and ASTA Annual Scientific Meeting will be held at the Surfers Paradise Marriott Resort October 7-9th with the theme *Sleep: 21st Century and Beyond. Managing the burden of disease*. The theme will explore the technology and innovations required to manage sleep disorders, including adult and paediatric sleep-disordered breathing and behavioural disorders, where the demand for services greatly exceeds current resources. The meeting will explore different Models of Care, incorporating both diagnosis/screening and treatment. The international keynote speaker is Professor John Stradling MD FRCP, Professor of Respiratory Medicine, University of Oxford, and Consultant Director, Sleep Clinic, Osler Chest Unit, Churchill Hospital, Oxford. Professor Stradling has published over 120 peer reviewed papers and is well known to many in the membership. His involvement will greatly support this year's theme, which promises to be informative, interesting and hopefully at times controversial.

Post-graduate courses will be held at the venue on October 6th 2005, immediately prior to the Annual Scientific Meeting.

The Organising Committee of the 16th Annual Scientific Meeting would like to invite you to the Gold Coast, Queensland, in October 2005. See you then.

Craig Hukins, Conference Chair

Other news

10th International Sleep and Breathing Meeting

The Australasian Sleep Association plans to host the 10th International Sleep and Breathing Meeting in September 2007 at Palm Cove, QLD. The meeting will follow on from the 2007 World Federation of Sleep Research Societies Congress to be held in Cairns. Further details will be made available in due course. Those with suggestions for speakers or symposia, please contact convenors myself or Doug McEvoy. Matthew Naughton <M.Naughton@alfred.org.au>

The Newsletter

We will circulate the newsletter three times a year: June, November, and February. Contributions are welcome, and would be appreciated before 20 May, 20 October and 20 January for inclusion in each issue. Contact Keith Wong <keithw@med.usyd.edu.au> or Stephanie Blower <sleepaus@ozemail.com.au> for ideas or enquiries regarding contributions.

ASA Archive Material

I would like to thank everyone who has dug into their filing cabinets and book shelves and provided me with historic records of the Association. I now have a complete set of Abstracts for all the Conferences since 1988.

I am only missing one set of Minutes and that is for the Seventh Annual General Meeting in 1994. If anyone can lay their hands on a copy of those, and let me have them, I would very much appreciate it. Stephanie Blower <sleepaus@ozemail.com.au>

Helen Bearpark Memorial Scholarship 2005

The purpose of this scholarship is to facilitate international travel and exchange in order to develop skills in sleep research or clinical sleep medicine. The Scholarship is open to any member of ASA or ASTA to travel overseas, or someone from overseas sponsored by an ASA or ASTA member to travel to Australia.

The closing date for applications for the Scholarship is 31 July 2005. Applications received after that date will not be considered until 2006. Full details can be obtained from the WebSite at www.sleepaus.on.net, or from the ASA Secretariat.

Meetings

TSANZ 18-23 March, Perth

ATS 20-25 May, San Diego

APSS 18-23 June, Denver

International Conference on Fatigue Management in Transportation Operations (FMCSA) 11-15 September Seattle <<http://www.engr.washington.edu/epp/fmto/>>

WFSRSMS Special interim meeting 22-26 September, New Delhi.

<<http://www.wfsrms2005.org>>

ASA/ASTA 7-9 October, Surfers Paradise. Abstracts due 30 June 2005.

World Association of Sleep Medicine 15-18 October, Berlin

WFSRSMS World Congress 1-8 September 2007, Cairns.

10th International Sleep and Breathing Meeting, Follows WFSRSMS, September 2007, Palm Cove, Queensland.