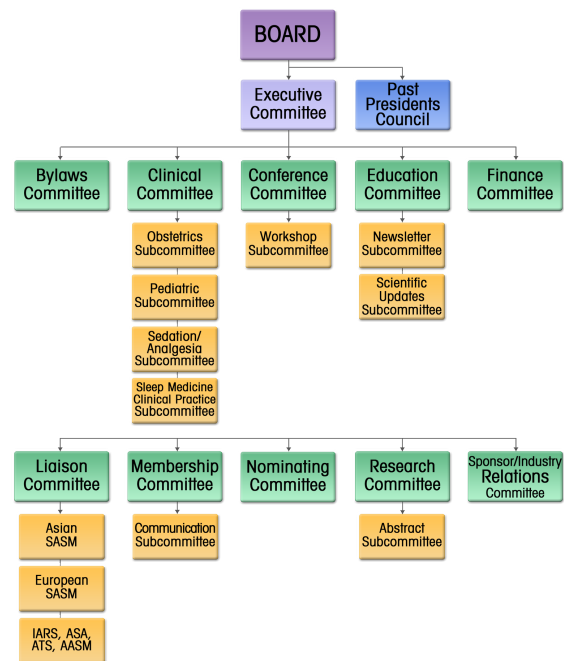


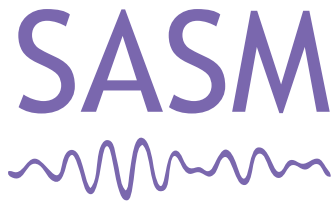
Society of Anesthesia and Sleep Medicine Annual Report • December 2020

This 2020 Annual Report for the Society of Anesthesia and Sleep Medicine (SASM) comes during what has undoubtedly been a trying year for all, but one that SASM has continued to try and move forward and focus on the important work of the Society. During the last 10 years, SASM has raised awareness about the importance of sleep and sleep disorders in the perioperative environment, and become a trusted source of reliable information for not just clinicians and researchers, but also increasingly for patients and patient-driven organizations. Over the past year, the Coronavirus pandemic has placed an unforeseen burden on societies like ours, but through the creative and active engagement of our Officers, Board of Directors (BOD) and membership, we have managed to continue our work and, for the first time this year, successfully hosted our first ever virtual annual meeting. We are particularly thankful to the dedication of the staff of the Association Resource Center (ARC) in Wisconsin, including Marie Odden (our Executive Director), Aubrey Trecek and Jenni Kilpatrick, who have continued to promote and manage the growth, expansion and success of SASM.

Organizational Structure

The organizational structure has evolved over the years to accommodate societal goals. The main change that occurred in 2020 was to revert the duration of the presidency to a two-year term beginning with Dr. Ramachandran's term in October of 2020. This is coupled with moving the President-Elect's term to two-years and then eventually to combine the Secretary and Treasurer positions into one. This was felt necessary to provide the leadership sufficient time to see their goals and priorities through, something that has proven difficult to accomplish with one-year terms. Otherwise, as other new initiatives were mostly placed on hold during this past year due to the pandemic, the organization did not experience any additional significant changes in its structure. However, this will be closely reexamined as we hope to consolidate and refocus our goals in the upcoming year.





Affiliation with the *A&A Journal* Section on “Respiration and Sleep”

SASM has continued to collaborate with the International Anesthesia Research Society (IARS) and maintained a strong presence in their flagship journal *Anesthesia and Analgesia (A&A)*. This partnership gives a voice to perioperative sleep medicine and anesthesia, and aligns nicely with SASM’s vision in terms of research and education. Dr. David Hillman, a member of SASM’s BOD, has been serving as the Executive Section Editor for the Sleep and Respiration section of *A&A* since the position’s inception, and in 2020 passed the title on to Dr. Toby Weingarten, also a member of SASM’s BOD. Dr. Hillman deserves accolades for his superb leadership as Section Editor and for making the Sleep and Respiration section of *A&A* a sought-after source of high-quality perioperative sleep publications. Moving forward, SASM has created a permanent liaison position on the BOD for the Executive Section Editor of the Sleep and Respiration section of *A&A*. Dr. Weingarten has moved into this position and is expected to continue the outstanding leadership and editorial skills that Dr. Hillman provided. One of Dr. Weingarten’s first major tasks has been to oversee the gathering and editing of manuscripts for a special dedicated edition of *A&A* that will focus entirely on sleep and sleep disorders as they relate to anesthesia and the perioperative setting. As many of the papers submitted came from SASM members and leadership, this should elevate awareness of the Society as well as these important issues. The publication of this special edition is eagerly awaited sometime in early to mid 2021.

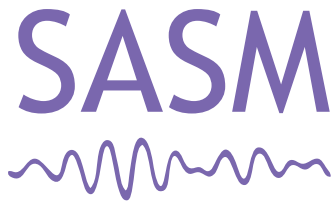
Bylaws Committee

Bylaw changes are periodically needed to reflect organizational and governance structural changes to SASM as the Society evolves. Dr. David Hillman, Chair of the Bylaws Committee, continues to guide us through the process of modifying the Bylaws as necessary. As noted above, the main bylaw change in 2020 has been the lengthening of the terms of the leadership positions back to two years.

Clinical Committee

The Clinical Committee, under the leadership of Drs. Bhargavi Gali and Melanie Lyons, has continued to be productive with several ongoing educational efforts. In addition to maintaining a number of educational resources for providers and patients alike on the SASM website (<http://sasmhq.org/educational-resources/>), the Committee is working on additional projects related to :

- 1) Enhanced Recovery Pathways (ERAS) for patients with OSA
- 2) A multi-site survey study of residents and advanced practitioners’ perceptions about perioperative OSA (Dr. Lyon’s is overseeing this project)
- 3) RLS and narcolepsy in the perioperative setting
- 4) Sleep in the hospital



Obstetrics Subcommittee (Clinical Committee)

The Obstetrics Subcommittee, chaired by Dr. Jennifer Dominguez and co-chaired by Dr. Ghada Bourjeily, includes a multidisciplinary international group of members with clinical and research expertise in sleep, sleep disorders, anesthesia and obstetrics. The Obstetrics Subcommittee has been busy developing an interdisciplinary consensus guideline on the screening, diagnosis, treatment and peri-delivery management of OSA in pregnant women. They provided a progress update at SASM 2020 and we're looking forward to hearing more about their work and eventual guidelines within the next year.

Pediatric Subcommittee (Clinical Committee)

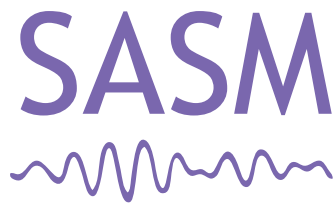
The Pediatric Subcommittee, under the continued guidance of Dr. Rajeev Subramanyam serving as subcommittee chair, has continued to focus on the perioperative management of children and adolescents up to the age of 18 years with OSA. A number of members have published important scholarly works in this field in the past year, and the Committee as a whole is looking towards refocusing their work on developing valuable and needed guidelines related to the care of children with OSA undergoing diagnostic and surgical procedures.

Sleep Medicine Clinical Practice Subcommittee (Clinical Committee)

Chaired by Dr. Sarah McConville and co-chaired by Dr. Mandeep Singh, the Sleep Medicine Clinical Practice Subcommittee includes anesthesiologists with certifications in both anesthesia and sleep medicine. Recognizing their small numbers, one of the goals of this Subcommittee has been to increase the interest in the field of sleep medicine amongst anesthesiologists, and improve networking capabilities. The subcommittee continues to work on a survey designed specifically for anesthesia trainees hoping to solicit feedback and ideas related to awareness about the option of sleep medicine training, challenges or barriers achieving this training for anesthesiologists and the potential benefits of being dual certified. In addition, the subcommittee is working on developing a sleep medicine curriculum for anesthesiology residents that would focus on an elective rotation and how this might be implemented. It is expected that some of this work will be discussed in the upcoming special Sleep Edition of the A&A in 2021.

Education Committee, including Newsletter and Scientific Updates Subcommittees

The Education Committee is responsible for the dissemination of updates and new literature germane to the mission and interests of SASM. The primary tools utilized for this are the SASM Newsletter, literature updates and featured articles on the SASM website, and the Annual Meeting (covered in the Conference Committee below). Dr. Bhargavi Gali assumed leadership of the Education Committee in 2020 and looks forward to restructuring its functions for efficiency, timeliness, comprehensiveness and ability to disseminate relevant educational information.



Newsletter Subcommittee (Education Committee)

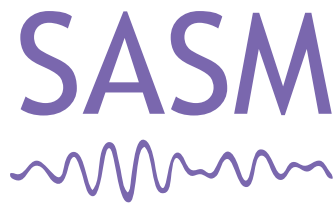
The Newsletter Subcommittee functions to produce newsletters two to three times per year that covers issues relevant to the Society, as well as commentary on topics of interest to the membership. Sponsors are also able to advertise directly to the members via the newsletter, and this enhances our relationship with industry and pharmaceuticals, both of which are necessary in our technologically-oriented specialties. In 2020, Dr. Mahesh Nagappa assumed the chair position after several years of excellent stewardship under Dr. Jean Wong. Dr. Jim Wong became co-chair of the Newsletter Subcommittee and will work with Dr. Nagappa to continue production of high-level and timely scientific and clinical updates in our fields. The newsletter (and an archive of past newsletters) are available on the SASM website as well as affiliated society websites.

Scientific Updates Subcommittee (Education Committee)

The arduous tasks of the Scientific Updates Subcommittee have been carried out on an extremely high level under the leadership of Drs. Susana Vacas and Crispiana Cozowicz. The regular scientific updates and feature articles posted on the SASM website have been a great resource for practitioners and academicians alike. However, this work was subsumed by the demands placed on committee members by the pandemic, and so its work was put on hold for 2020. The Committee's focus will be reassessed to determine how this important task may be more efficiently yet thoroughly accomplished moving forward.

Conference Committee

Tasked with developing, organizing and hosting the annual SASM meeting, the work of this committee is vital to the survival of the Society. Under the expert guidance of co-chairs Drs. Mandeep Singh, Christine Won and Stephen Haskins, the Conference Committee made our 10th Annual Meeting – *Innovation & Synergism in Sleep, Perioperative Care & Chronic Pain: The Future is Here* – a resounding success. Pivoting to a virtual meeting for the first time ever, the Committee was resourceful and creative in attracting a wide viewership to witness an outstanding line-up of topical sessions with renown speakers. A 10th year anniversary presidential video kicked off the meeting as a reminder of how SASM developed and how we have grown since. This was then followed by sessions that included COVID in the perioperative setting, the role of gender in sleep and pain, the use of cannabinoids for pain and sleep and an update on recently published and developing evidenced-based guidelines. To add to this diverse listing of sessions, keynote speakers included the US Surgeon General, Dr. Jerome Adams, giving his perspective on the pandemic, and updates from the NIH on complementary and integrative approaches in sleep medicine (Dr. Emmeline Edwards) and the future of sleep research funding (Dr. Michael Twery). Finally, the PRODIGY trial (monitoring inpatients on opioids) was reviewed and discussed with great interest from the membership, as this important topic remains at the forefront of patient safety.



Though virtual with many of the talks pre-recorded, there was time for interactive question and answer sessions with each panel, and time to intermingle and network with other attendees and sponsors. We continued the annual tradition of awards for outstanding abstracts with time allotted for the top abstracts to present their findings.

The virtual aspect allowed for attendees from all over the world to join in the meeting without the expense and time investment required for international travel. The success of the meeting will clearly need to be considered as we decide how to plan future meetings in order to reach a wider audience.

Finance Committee

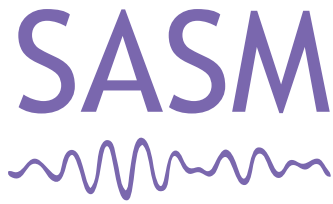
The Finance Committee oversees the financial health of the Society and, despite concerns about how SASM would manage our budget in the era of a pandemic, was able to keep SASM on track to remain in good financial standing at the end of 2020. The reduced expense of hosting a virtual (vs in-person) meeting coupled with ongoing sponsorship support helped to bring this to fruition. However, we, along with many other societies, expect increasing difficulties in obtaining sponsorship funding for our Annual Meetings. The economic downturn related to the pandemic has led to budget restrictions and we, as a society, will need to address this moving forward. Alternative funding sources, increased membership and perhaps the development of commercial products may need to be considered if we wish to continue with our educational program, outreach activities and research. These will all need to be addressed in the 2021 budget. Dr. Bhargavi Gali has assumed the position of Treasurer from Dr. Jean Wong, and the Society will rely on their guidance as well as the BOD to ensure financial stability moving forward.

Membership Committee

Members and membership are what drives SASM. In order for the Society to have a future, we need to continue to grow and engage with our membership. Co-chairs Drs. Mandeep Singh and Stephen Haskins have worked hard in 2020 to ensure stability, but will need to continue to work on growing our base through innovation and enticements to raise awareness and excitement about SASM. To that end, the Communication Subcommittee was reformulated in 2020 with outstanding contributions from interim chair, Dr. Raj Gupta, including increasing SASM's online presence on social media. All members are encouraged to continue to help in this endeavor.

Communication Subcommittee (Membership Committee)

Under guidance of Dr. Raj Gupta, SASM has developed a stronger online presence with an emphasis on messaging via social media. While the website remains a reliable and comprehensive repository of societal work and information, the leadership has been encouraged to become more involved with utilizing various platforms to raise awareness about SASM. This is critical to engaging a wider audience and encouraging discussion about SASM and our mission. It is hoped that this will continue



as the leadership transitions, and that these vehicles will serve to enhance SASM's standing and increase interest in membership.

Involvement in Activity of Other Professional Societies

This past year has been an important year for SASM to reach out to like-minded medical societies to see how we can best collaborate to advance perioperative care of patients with sleep disorders and enhance patient safety worldwide. Aside from IARS and ASA (who helps to organize the Annual Meeting venue logistics), SASM has been engaged with sleep societies (including the American Academy of Sleep Medicine (AASM) and the American College of Chest Physicians (ACCP)) to see how we might best serve each other's interests. In addition, smaller societies such as the Society of Neuroscience in Anesthesiology and Critical Care (SNACC), which presented their updated anesthesia stroke thrombectomy guidelines at SASM 2020, offer opportunities to cross-fertilize and share mutual resources to promote common interests. The Liaison Committee will continue to work on these collaborations, and are hoping to further SASM's involvement in Europe and Asian through like-minded organizations.

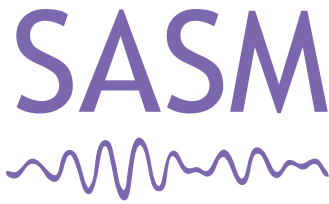
There is growing interest in further engaging the public and patient-driven organizations, and we have begun to establish the groundwork for future work with these important stakeholders.

OSA Death and Near Miss Registry

Starting in 2014, SASM partnered with the Anesthesia Quality Institute of the ASA to launch a registry to identify recurring patterns underlying perioperative deaths or adverse events in patients with known or suspected OSA. Dr. Norman Bolden led the project in collaboration with Dr. Karen Posner at the University of Washington, Seattle, and the ASA Closed Claims Project. Years of hard work and dedication finally came to fruition with the publication of "Postoperative Critical Events Associated with Obstructive Sleep Apnea: Results from the Society of Anesthesia and Sleep Medicine Obstructive Sleep Apnea Registry" in October of 2020 in *A&A*. This landmark article sheds light on some of the issues associated with poor outcomes following surgery in OSA patients and is recommended reading for all.

Perioperative Care Guideline Taskforce

Following the publishing of the SASM guidelines on preoperative screening and assessment of adult patients with OSA in August 2016 and the SASM guidelines for intraoperative management of patients with OSA 2018, the hope was to complete the remaining guidelines due to address postoperative care. Preliminary talks are ongoing to complete these final guidelines though this project was temporarily tabled due to the pandemic and will be re-addressed in 2021.



Recognitions

It was my pleasure to recognize this year's SASM award recipients at SASM 2020. The Lifetime Achievement Award went to Dr. David Hillman, who has had a long and established career in anesthesiology and sleep medicine and has been a leader in these fields from the early years of sleep medicine. Dr. Hillman was instrumental in the establishment of SASM and was our first President. He has remained in a leadership position with the Society ever since and continues to offer his advice, wisdom, mentorship and foresight.

The Presidential Scholar Award went to Dr. Mandeep Singh. Dr. Singh's translational research interests include evaluating perioperative outcomes in patients with sleep disorders, including obstructive sleep apnea (OSA) and disorders of daytime hypersomnolence such as narcolepsy. He has been instrumental in the evaluation of health technology such as Point-of-Care Ultrasound (PoCUS) and its use in screening for OSA. As a result of this work and others, he has established himself a researcher willing to push new boundaries in perioperative sleep medicine. Dr. Singh has brought tremendous energy, enthusiasm and creativity to the Society, and worked tirelessly to make SASM 2020 a success.

Conclusion

SASM continues to be at the forefront of perioperative care of patients with sleep disorders. As a multidisciplinary group of individuals who are focused first and foremost on patient safety, the Society has an important role in education, research and advocacy for our patients and field of work.

The year 2020 was one for the ages, and despite the obstacles, we have managed to continue our work and grow the Society, but acknowledge much more work is ahead as new challenges confront all of us. The health of the Society is in the hands of the membership and I encourage all to get involved and continue to work for the greater good of what we can achieve collectively and collaboratively. I want to thank all who have made SASM what it is today, and all of those who are willing to continue this extremely important work on behalf of our patients and science.

Sincerely,

A handwritten signature in black ink, appearing to read "Dennis Auckley". The signature is fluid and cursive, with the first name being the most prominent.

Dennis Auckley, MD
Immediate Past-President
Society of Anesthesia and Sleep Medicine