

European Sleep Research Society
Sleep Research and Sleep Medicine in Europe



ASSEMBLY of NATIONAL SLEEP SOCIETIES (ANSS)

Associate Membership Body of the European Sleep Research Society

Executive Committee : chair Ludger Grote, co-chair Javier Puertas,
Stefan Mihaicuta, Marta Goncalves, Michaela Gjerstad

Annual Meeting of the ANSS in the European Research Society

2nd of May – 4th of May 2014, Hotel Weitzer, Grieskai 12-16, 8020 Graz / Austria

Welcome – Ludger Grote, chair of the EC, Philippe Peigneux, president of the ESRS, and Wolfgang Mallin, representing the Austrian Sleep Society and host of the meeting, all welcomed the 28 ANNS members (the highest number of the participants) and the ESRS board members.

Presentation of the National Sleep Societies in the ANSS, Chair: Stefan Mihaicuta, Walter McNicholas

News from the National Sleep Societies. New developments during the past 12 months were presented by: Samson Khachatryan – Armenia, Wolfgang Mallin-Austria, Johan Verbraeken - Belgium, Zoran Dogas – Croatia, Ondrej Ludka - Czech Republic, Marillette Zoetmulder – Denmark, Erve Sooru - Estonia, Salla Lamusuo - Finland, Isabelle Arnulf - France, Marita Orth-Germany, Sofia Schiza - Greece Szakacs Zoltan – Hungary, Erna Sif Arnandottir- Iceland, Elaine Purcell- Ireland, Liborio Parrino- AIMS Italy, Hans Hamburger – Holland, Michaela Gjerstad – Norway, Marta Goncalves- Portugal, Oana Deleanu – Romania, Irina Zavalko – Russia, Viliam Donic - Slovakia, Leja Dolenc – Slovenia, Javier Puertas- Spain, Lena Leissner– Sweden, Raphael Heinzer – Swizerland, Murat Aksu – Turkey, and Adrian Williams- UK. A special welcome and extra time for presentation given to Slovakia, the newest member of ANSS

ESRS – core activities in the society. Philippe Peigneux presented an overall picture of the ESRS, including the interconnected committees and the vision for future developments.

www.esrs.eu

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Focus topic number 1: **Development of Sleep Medicine in Europe**

Chair: Dieter Rieman, Marta Goncalves

The ESRS Sleep Medicine Committee, Walter McNicholas

The Sleep Medicine Committee is working towards the next examinations which will take place at the beginning of the next ESRS congress 2014 in Tallinn, on 16th September 2014. The Catalogue of knowledge and skills for sleep medicine has been published as article in the April 2014 issue of the Journal of Sleep Research. The Sleep Medicine Committee is working on the update of the sleep center accreditation publication together with the European Respiratory Society (ERS). The update will include technical issues and propose different types of sleep center's (training centers, comprehensive centers, and specialized centers) currently discussed in Europe.

The ESRS Education Committee, Zoran Dogas – ESRS is developing a web platform for education in Sleep Medicine, based on “Catalogue of knowledge and skills” (CK&S). The project of European Sleep Medicine Textbook based on ESRS CK&S is underway with a great help from numerous contributors, section editors, editors. Future developments plans for educational activities in Europe are briefly explained.

Scoring of respiratory events – a call for standardization, Erna Sif Arnardottir

Definition of hypopnea has been changed many times in the last decade. AASM rules are confusing. We need a European working group for a standardization of the definitions. Erna Sif Arnardottir explained the results of the questionnaire distributed to all ANSS members. So far, more than 15 national sleep societies responded and the results showed a large variability in sensors used, definitions used and scoring rules applied. This investigation clearly demonstrated the need for further standardization and common sense. The final results will be presented by Erna Sif in a specific report.

Education and certification of dentists – the Swedish experience, Lena Leissner

In Sweden a program for education of dentists has been established. Courses and practical trainings are mandatory for dentists dealing with patients with sleep disorders. Examination is required at the end of a national program in order to get a certification recognized by the national sleep society and used by local health care authorities for reimbursement issues.



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European multi-centric studies in sleep medicine - Current network

Insomnia - D Riemann.

Insomnia publication increased significantly in the last 10 years. Insomnia is a predictor for 2x increased risk for depression, CV disorders in 10-20 years. Insomnia is a brain disorder. None of the EU grant application accepted so far but further attempts will be made. There are symposia, meetings, courses and networking with sleep and depression groups. Future: developments of guidelines, training material, SLEEPIO-UK.

Narcolepsy -L. Grote on behalf of C Bassetti, a network of clinicians and scientists involved in the management of narcoleptic patients, genetic research - publications, a clinical guideline, new president – Gert Meyer. In addition, a .Nordic research network on narcolepsy is introduced by Lena Leisner.

Sleep Apnea – ESADA - L Grote. The ESADA has started from the COST B26 on sleep apnea with 3 working groups. The network developed a large database of more than 16 000 patients followed up prospectively. Basic study activities are supported by grants from RESMED and PHILIPS. It is the largest multinational sleep apnea database. Recent data are published in the ERJ, Chest, and the JSR.

Spanish Network - J Puertas. It was initiated by a group a pulmonologists within the Spanish respiratory society. Starting from simple questions related to clinical practice, they developed protocols easy to follow. It is a very successful network with a large series of high impact publications in the area of sleep apnea research.

Other information and discussions:

What are the opportunities for the ANSS and the ESRS? L Grote

Wake bus included a questionnaire based study and the results will be submitted for publication.

This is an example for excellent collaboration within the ANSS and the options were discussed how this success could be repeated. Other examples: In France, orphan disease program allowed the development of Narcolepsy network. In Belgium, there is a NIV protocol for multi-centric trials.

Sleep Apnea network of patients in



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Holland is assisted by the NSS. Sections of Sweden Sleep Society are connected to European groups. Connection within ESRS is possible and suitable. Grant application from a networking group. It was discussed how future research activities may be developed from the ANSS network – no specific protocol is currently developed but there is a possibility for future collaborative studies.

Focus topic number 3: ESRS and ANSS – recent activities

Chair: Michaela D Gjerstad, Lino Nobili

The Wake Up Bus Project – The trip (Marta Goncalves), Marta presented the itinerary and the stops of the campaign together with a movie. The very successful meeting at the EU Parliament was explained by Roberto Amici. Including several presentations by ESRS representatives and EU politicians. Politicians were aware of the sleep and driving issue. All material is available on the ESRS website.

The Wake Up Bus Project - The Outcome (Philippe Peigneux and Ludger Grote)

The EU Wake Up Bus Project was an unique activity in the ESRS. It started in O'Porto 2010 when contact was made to Dr. Rangel from the EU Parliament,. We can learn and work together for creative and powerful projects on EU level. We identified ways to influence politicians at the highest level of the EU. In addition, transportation organizations are actively interested because of new EC directive.

EC ANSS report, Ludger Grote

Ludger Grote gave a report of the EC-ANSS activities during the past 12 months. The number of members increased, and we welcomed Slovakia as a new ANSS member. Several remaining National Sleep Societies are preparing to join the ANSS. LG also gave an overview over the development of the ANSS activities over the past years. Outputs of the ANSS activities include a report on educational activities and the status of accreditation in the national sleep societies (report to be published in the ESRS newsletter) and the reimbursement of sleep medicine activities. The ANSS-part of the ESRS webpage is currently updated. In general, there is a high interactivity between the ESRS and the National Sleep Societies and a high degree of output both in terms of publications and activities (e.g. Wake up Bus Campaign). There is a positive financial balance.



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Sleep apnea and traffic risk – Ludger Grote

Sleep apnea is a risk factor for traffic accidents. Treatment of sleep apnea reduces this risk. Current evidence on this topic was summarized.

The new EU directive on sleep apnea and driving license - Walter McNicholas.

The report of the EC Transport Directorate Working Group on Driving and OSA was presented together with the Forthcoming Revision to Annex III, which is expected become an official directive at end June 2014. Only moderate or severe OSAS was considered to generate a potential effect on road safety. Drivers with a risk for sleep apnea need to see a sleep expert for evaluation. In case of a diagnosis of significant sleep apnea (AHI>14), the disease has to be treated and treatment compliance needs to be followed up regularly. The implementation of the directive on sleep apnea needs to be decided by each EU member state. The new directive proposal will be attached to the meeting protocol.

Focus topic number 5: Health economy in sleep medicine Chair: J Puertas, L Nobili

Health economic evaluation in sleep disorders – Michaela D Gjerstad

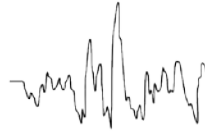
New standard and procedures are influenced by cost benefit-factor. Search of the literature, 1541 publications mostly on OSA and insomnia, very little European studies. Figures from overseas can not be transposed. Challenges are: Different diagnostic procedures and outcome measures used. There is very little on cost effectiveness, direct/indirect cost.

Insomnia- absenteeism is doubled, significant predictor for sick leave, reduced work capacity.

Insomnia direct costs: 1, 76 billion outpatients, 1, 7 billion in-patients, 3500 million for prescription. Indirect costs. OSA costs- undiagnosed 2X medical expenses. CPAP cost effective after 2 years of use. Indirect costs> 879 euro annual excess. Cost of disorders of the brain 2010: OSA 35, 5 billion/year. For awareness there is the need of adjusted and transposable studies, i.e. a new European Study.

Re-imburement of sleep medicine services in Europe – Michaela D Gjerstad

Reimbursement structure differs and changes each country/year. There are significant differences for diagnostic and treatment procedures between countries. Data of three more countries are expected. A full report will be delivered, due summer 2014.



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Miscellaneous Chair: Ludger Grote and Philippe Peigneux

The new ICSD III classifications - Javier Puertas

The new ICSD II classification is now available and Javier Puertas explained some of the most significant changes in the new classification. There are international and European contributions to the new ICSD. In summary - changes are made for the insomnia classification: chronic, short-term, other insomnia disorder, isolated symptoms and normal variants (excessive time in bed, short sleeper). SRBD based on pathophysiology, OSA, CSA, Sleep Related Hypoventilation disorders, Sleep related hypoxemia disorders, isolated symptoms and normal variants. Hypersomnia has major changings: Central disorders with hyper somnolence. Circadian rhythm sleep disorder – no major changes. Parasomnia: minor changes. Sleep related movement disorders. Appendix A: sleep related medical and neurological disorders; other sleep disorders- almost disappeared, but environmental sleep disorder.

The ESRS congress in Tallinn- Erve Sõõru.

Clear details were provided regarding transportation, accommodation, etc. Tallinn town hall was reserved for the sleep technician examination. Traditional football match. All information found on the congress webpage.

Meeting Calendar: Upcoming sleep related events in 2014/2015- Stefan Mihaicuta.

There is a large number of upcoming meetings in the area of Sleep Medicine, from ESRS congress, to Neurological Congresses and National conferences, courses, seminars.

Concluding remarks, Philippe Peigneux and Ludger Grote

We all thank Wolfgang Mallin and the Austrian Sleep Society for this excellent meeting in Graz, the meeting attendance was the highest ever with 28 out of 30 ANSS member countries and the full ESRS board represented. Everyone enjoyed the hospitality and the excellent meeting facilities.

A final decision regarding the next meeting will be discussed in Tallinn at the ESRS Congress.