

AUSTRALASIAN SLEEP ASSOCIATION
ANNUAL GENERAL MEETING
17 October 2019, ICC Sydney, in conjunction with SDU19

Present: Peter Eastwood (Chair), Maree Barnes, Delwyn Bartlett, Alex Bartlett, Chris Blackwell, Sarah Blunden, Geoff Brearley, Catherine Buchan, Angela Campbell, Ching Li Chai-Coetzer, Andrew Chan, Wendy Chesworth, Chee Choy, Peter Cistulli, Scott Coussens, Stewart Cullen, David Cunnington, Andrew David, Michelle Donovan, Danny Eckert, Brad Edwards, Karen Falloon, David Freiberg, Himanshu Garg, Andrew Gikas, Ron Grunstein, Garun Hamilton, Graham Hart, Rosemary Horne, Carol Huang, Melinda Jackson, Kristina Kairaitis, Luke Katahanas, Jessica Kennedy, Roo Killick, Jeanie Leong, Lydia Marakrie Rofail, Nathaniel Marshall, Nigel McCardle, Hailey Meaklim, Kerri Melehan, Stuart Miller, Sutapa Mukherjee, Matthew Naughton, Denise O’Driscoll, Karyn O’Keefe, Michael Prichard, Amy Reynolds, Greg Roach, Teanau Roebuck, Sadasivam Suresh, Charli Sargent, Bhajan Singh, Aminder Pal Singh, Sheila Sivam, Peter Solin, Bronwyn Sweeney, John Swieca, Arthur Teng, Luke Thomson, Khoa Tran, Prema Varma, Hima Vedam, Jen Walsh, David Wang, John Wheatley, Kenneth Whyte, Geoffrey Williams, Ai-Ming Wong, Alan Young, Stephanie Blower (Minutes)

Apologies: Romola Bucks, Dawn Elder, Simon Martin, Marcus McMahon

1. Minutes of AGM 18 October 2018

The minutes of the AGM held 18 October 2018, which had previously been circulated were accepted as a true record

2. Presidents Report

Peter Eastwood reported on the activities of the ASA, highlighting the following:

Parliamentary Inquiry into Sleep Health Awareness: called by Health Minister Hunt as a result of a lobbying campaign by ASA and SHF, with assistance from Executive Council Australia. The final report of the Inquiry “Bedtime Reading” made 11 recommendations, the first of which was that the Australian Government prioritises sleep health at a national level and recognise its importance to health and wellbeing alongside diet and exercise. ASA and SHF were now continuing to push the government to fund all 11 recommendations, but prioritising three issues

- A public behavioural change campaign
- A primary care education programme
- Sleep being recognised as a stand-alone specialty by AHPRA.

MBS review and Sleep Item Numbers: modifications to Sleep Item Numbers and Private Health Insurance reforms had been challenging and confronting. However the development of a strong and respectful working relationship between members of the ASA Board, Clinical Committee, policy makers within the Department of Health and key staff within the Health Ministers Office had greatly lessened the potential negative effect of these changes on ASA members.

3. Directors Address

3.1 Incoming President

Alan Young spoke of the efforts to have Sleep recognised as a standalone specialty with AHPRA. The first effort would be to have this recognised through COAG Health Ministers who could make the recommendation to AHPRA. A second pathway for recognition was possible, but would be time consuming and more expensive.

The ASA was working closely with a number of primary care organisations, such as the RACGP, APS, PSA, ADA, APNA Pharmacy Guild and others to work cooperatively with the ASA to provide on-line educational opportunities for their members on sleep. It was hoped that Government would

recognise the importance of these groups being properly skilled in sleep so they can help alleviate the burden on the Australian population caused by sleep disorders.

3.2 Finance Committee

Nat Marshall advised that, as indicated in the Audited Annual Report, which had been made available to members prior to the meeting

- ASA was in sound financial position
- The investment portfolio, which ASA manages through JBWere had earned excellent interest over past 12 months, but unfortunately the financial climate was unlikely to offer the same returns in 2019/2020
- ASA aims to get all awards self-sustaining so more awards can be offered over time. Members were encouraged to donate to these awards through the new ASA website, while they were at SDU19.

3.3 Clinical Committee

Sutapa Mukherjee advised that the previous 12 months had seen wide-ranging changes to the practice of sleep medicine and the Clinical Committee had taken an active role in providing responses and advice to various organisations and professional bodies. She highlighted the following:

- **Dept of Health (Policy & Compliance)** – the ASA had reached out to the Compliance Management Unit of the Department of Health to better understand how their role and how best to advise ASA members. Representatives of the Unit would be addressing the membership following the AGM.
- **Private Health Insurance Reform** – the introduction of reforms on 1 April 2019 meant that insurers only needed to fund sleep studies for “gold tier” members caused concern that this would impact access to private sleep services, and thus increase the workload of the public system. ASA Board members met with Health Minister Hunt’s advisor, and senior representatives from Private Health Australia to discuss these concerns. However, it appeared that to date most of the larger insurers continued to offer sleep studies to members with all tiers of cover. The outcomes would continue to be monitored.
- **Medicines Subcommittee** – a new subcommittee had been established to improve accessibility of medications for patients with sleep disorders. It was intended the subcommittee would develop expertise in preparation of submissions to the PBAC and develop relationships with Pharmaceutical companies to encourage new medications for all sleep disorders. The initial focus would be on improving access to medications for Narcolepsy,
- **Position statements** – the Clinical Committee continued to work on a number of position statements and clinical guidelines, including Guidelines for Overnight Oximetry in Paediatric OSA, ASA/ASTA commentary on the AASM scoring manual, CPAP treatment for OSA, Long-term ventilation in children, Surgical treatment of OSA, Restless Leg Syndrome/Periodic Limb movement of sleep and Evidence based therapies for snoring

3.4 Conference Committee

Andrew Gikas spoke on the achievements of the Conference Committee in regard **SDU 2019**:

- A very varied programme with a record number of overseas speakers
- Nearly 700 attendees
- 5 short courses, including the three day Dental Sleep Medicine course, well attended
- Importance of Exhibitors and sponsors in ensuring registration fees are kept as low as possible.

SDU 2020, to be held in Brisbane 22-24 October, promised to be a very exciting meeting, combining with the International Paediatric Sleep Association, and the International Sleep Surgeons Association meeting, offering a high number of attendees and international speakers

3.5 Membership Committee

Kristina Kairaitis advised that she would be standing down as Membership Chair at the AGM, and thanked everyone for their support during her term of office. Highlights for the year included:

- ASA Membership continued to grow at 5% per year, in line with other similar associations. Current memberships 945.
- State based ASA meetings held in Vic, NSW and WA, with meetings planned for later in the year in QLD and SA.
- The new ASA website now operational, and continued to be developed to offer more information in an easy to access format. Mischka Yates, Communications Officer at ASA, was especially thanked for all her efforts in this regard.
- ASA Councils continued to offer a forum for those working in a particular craft group to liaise on issues. Councils would be meeting during SDU to plan their activities for 2019/20.

3.6 Education Committee

Ching Li Chai-Coetzer spoke on the work undertaken by the Education Committee and many education subcommittees in her portfolio including:

- Significant focus on sleep disorders education for health professionals in primary care
- A Sleep Medicine Nursing Workforce Survey – that would be presenting its findings during SDU19.
- An Indigenous Sleep Health Report, which it was hoped would be published shortly.
- An Advanced Trainee Education Subcommittee had recently been formed to focus on education of Advanced Trainees.
- 4 ASA Webinars had been hosted by the RACP in 2019, this allowed ASA members free access to the webinars which were then hosted both by ASA and the RACP on the educational portals on their websites.

3.7 Research Committee

Danny Eckert advised that after 7 years he would be standing down as Research Chair at the AGM. He thanked all the Research Committee for the tremendous work they had done and highlighted:

- **Growing portfolio of awards, currently 12 awards.**
 - >\$80,000 p/a (including inaugural Philips/ASA sleep research grant-\$40,000)
 - A record number of applications had been received for every award. He particularly thanked the Research Committee for their work in reviewing these applications.
- **Research advocacy** - the Committee had input to the ASA submissions, recommendations & offered expert testimony during the parliamentary inquiry
- **Sessions at SDU** – two special research sessions would be held during SDU19, an Early Career Session on research impact, and a panel discussion on the new NHMRC & MRFF grant schemes.
- **Mentorship program** – the Mentorship Program which matched those in the early stages of their careers in sleep, with more experienced experts was now in its 6th year and Jen Walsh was thanked for all her efforts on this over the past years.

3.8 New Zealand Branch

Angela Campbell reported on the activities of the New Zealand Branch over the past 12 months, including:

- A very successful Sleep in Aotearoa (SiA) 2019 meeting. This Annual Scientific Meeting of New Zealand members gave an opportunity to showcase the work and research being undertaken in the country. Fisher and Paykel were thanked for the untied grant that had allowed the ASA Board to attend SiA in 2019 and share in the meeting
- SiA 2020 would be held at Te PaPa Museum, Wellington, in May, members from Australia and New Zealand were invited to attend.
- Pharmac had commenced the process to add CPAP and accessories to their schedule, and the NZ Branch were monitoring this to try and ensure the best outcome for patients.
- Review of CPAP provision in NZ through public health services had shown significant variation and disparity depending on the Health Board, and the NZ Branch would be working with Government to try to ensure parity of services across the country
- Sleep Health Foundation, New Zealand was now active and had held a number of activities over the year. The NZ Branch of ASA continued to support their efforts.

3.9 ASTA Representative

Kerri Melehan, President of ASTA, spoke to the meeting advising on the importance of the close relationship between ASA and ASTA. She would be standing down as the ASTA representative on the ASA Board at the AGM, and Teanau Roebuck would be taking over that role.

ANZSSA – at the ASTA AGM to be held during SDU 2019 ASTA would be changing name to the Australia and New Zealand Sleep Science Association (ANZSSA) to better reflect the roles that most of their members held.

3.10 President's Acknowledgements

Peter Eastwood expressed his personal thanks to the following:

- Stephanie Blower, who would be retiring after 20 years working with the ASA in February.
- Helen Burdette, who would be moving from part time ASA and part time SHF to work solely with SHF in July 2020.
- Kristina Kairaitis, Danny Eckert, Marcus McMahon, Kerri Melehan, Ken Wright, Board Members who would be standing down at the AGM
- Mischka Yates, Mareta Ikimata and Chrissy Dominguez in the secretariat for all their work
- All the >100 volunteers who work tirelessly on behalf of the ASA on Committees, Subcommittees, working parties and writing groups.

Alan Young, as Incoming President, expressed the thanks of himself and the whole of the ASA Board and Membership for all the work undertaken by Peter Eastwood during his term as President and President Elect, during which the field of sleep medicine had gone through some challenging changes. He looked forward to working with Peter and learning from him over the next 12 months, during Peter's term as Immediate Past President.

4. Appointment of Auditor

RESOLUTION: That Nathan Boyd of Boyd Audit be appointed as Auditor of the Company

Proposed: Suresh Sadasivam Seconded: Garun Hamilton

CARRIED UNANIMOUSLY

5. Financial Statements and Reports

RESOLUTION: That the audited financial report of the ASA for the year ended 30 June 2019 be adopted.

Proposed: Maree Barnes Seconded: Stewart Cullen

CARRIED UNANIMOUSLY

6. Election of Office Bearers

Three Director positions became vacant at the AGM, and there only being 3 nominations for these positions the following were elected to the Board.

Dr Ching Li Chai-Coetzer

Dr Jen Walsh

Dr Denise O'Driscoll

There being no further discussions the meeting closed at 6.00pm

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