



## AUSTRALASIAN SLEEP ASSOCIATION

# STRATEGIC PLAN 2017-2018

**The Vision of the Australasian Sleep Association (ASA) is the provision of world standard research, education, training and clinical standards in the field of sleep medicine, resulting in informed communities in Australia and New Zealand with healthy sleep practices.**

The ASA works towards this vision on two fronts:

- (i) the provision of services to our members and
- (ii) lobbying and informing the wider community and government about all matters relating to sleep health and sleep science

Member services include educational courses, conferences and online resources, setting clinical standards and advocating for government funding of sleep services, the promotion of research opportunities in our field and facilitating communication and interaction between our members.

We will do this while maintaining a sound financial position; with careful and judicious use of our funds, the ASA will promote the professional development of our members and foster research in the field.

### Clinical Committee

The goal of the Clinical Committee is to establish and promote best practice standards in sleep medicine, and to promote the highest quality care for sleep patients. Integral to these goals is also the need to advocate for public funding of sleep medicine services. The clinical committee is working towards these goals by:

- Producing Clinical Guidelines and Position Statements related to the practice of sleep medicine. Publication of these guidelines in

international journals will increase the impact and reach of these documents

- Working with NATA to maintain a high quality system of sleep laboratory and sleep service accreditation
- Improving primary care sleep medicine skills in conjunction with the education committee
- Advocating for sleep medicine within various government policy issues, such as the Medicare Schedule of Benefits review

### Conference Committee

The Conference Committee recognises that longterm sustainability of the Annual Scientific Meeting will only be achieved through improvement and growth. As our industry evolves, so too must Sleep DownUnder to ensure we continue to meet the needs of our delegates. To this end, the Conference Committee is committed to:

- Providing a scientific programme that reflects the diversity of our field by being proactive in seeking quality presentations from all facets of sleep health and sleep medicine
- Developing Sleep DownUnder as a meeting of choice for Australian and New Zealand sleep and allied professionals through high quality programming, competitive registration fees and value added benefits
- Raising the global profile of SDU through the development of strategic partnerships with international sleep societies and implementation of international promotion strategies

### Education Committee

The strategic goal of the Education Committee is to provide accessible, high quality education that meets the specific needs of clinicians working in the field of sleep. To this end, we are committed to:

- Expanding the online Educational Resource Centre that is available to all ASA members and includes webinars, short courses and conference recordings
- Providing specific educational activities for a variety of craft groups including physicians, general practitioners, psychologists, nurses, pharmacists and advanced trainees
- Monitoring attendance and feedback for educational activities to inform future planning and ensure efficient resource utilisation

## Finance Committee

The Finance Committee works towards ensuring the long term financial security of the ASA.

To achieve this goal, the ASA has engaged JB Were to provide financial advice and on their recommendation the ASA has diversified its investment portfolio to include a combination of cash, shares and managed funds. Other initiatives from the finance committee in the coming year include:

- Introduction of AMEX payment option for members in 2017
- Working towards recognition as a Health Promotion Charity to provide tax deductibility of donations to the ASA
- Development of new revenue streams
- Ongoing provision of scholarships and grants as well as development of new scholarships to support our membership
- Support for development and publication of educational resources for our membership

## Membership Committee

The Membership Committee aims to enhance the value of membership and encourage greater membership of the Australasian Sleep Association, and to facilitate communication between the board and the members. In order to achieve these aims the membership committee will

- Encourage members from other disciplines
- Oversee a private facebook forum and where necessary engage in other social media
- Survey members annually in order to understand their needs

- Liaise with councils in order to facilitate knowledge sharing, established to focus on the various sleep related craft groups
- Ensure Membership is kept up to date with the latest relevant information relating to sleep health and sleep science through regular electronic newsletters

## Research Committee

The ASA Research Committee is committed to strengthening and promoting sleep research within the Australia and New Zealand regions and beyond. In addition to coordinating and continually improving our current portfolio of awards and programs that we offer ASA members, our key priorities moving forward are to:

- Ensure the longterm viability of the current awards that we offer and establish new awards
- Expand existing cross cultural collaborative projects and develop new initiatives
- Interact with major funding agencies and politicians to ensure sleep is high on the funding agenda
- Work towards sleep being recognised as a National Health Priority Area
- Promote high quality sleep research through the ASA website and social media
- Enhance the ASA career development mentorship program

## New Zealand Branch

The New Zealand Branch aims to:

- Promote education and training in sleep health and sleep medicine within its membership
- Foster research and clinical guidelines development within a New Zealand context

Strategic priorities are:

- A vibrant and accessible Annual Scientific Meeting (Sleep in Aotearoa)
- Build membership across a range of health practitioner disciplines
- Form a New Zealand Sleep Health Foundation and
- Promote best practice standards within New Zealand