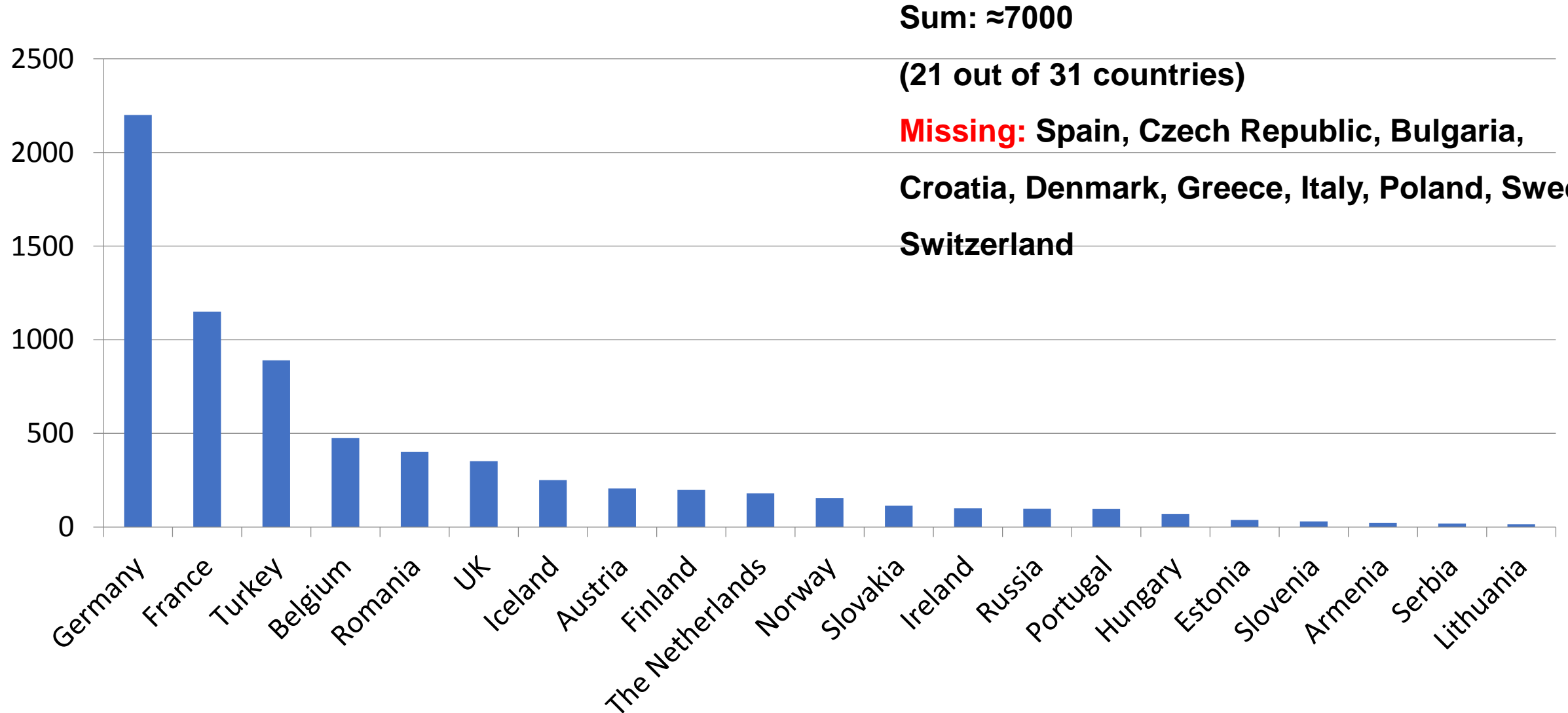




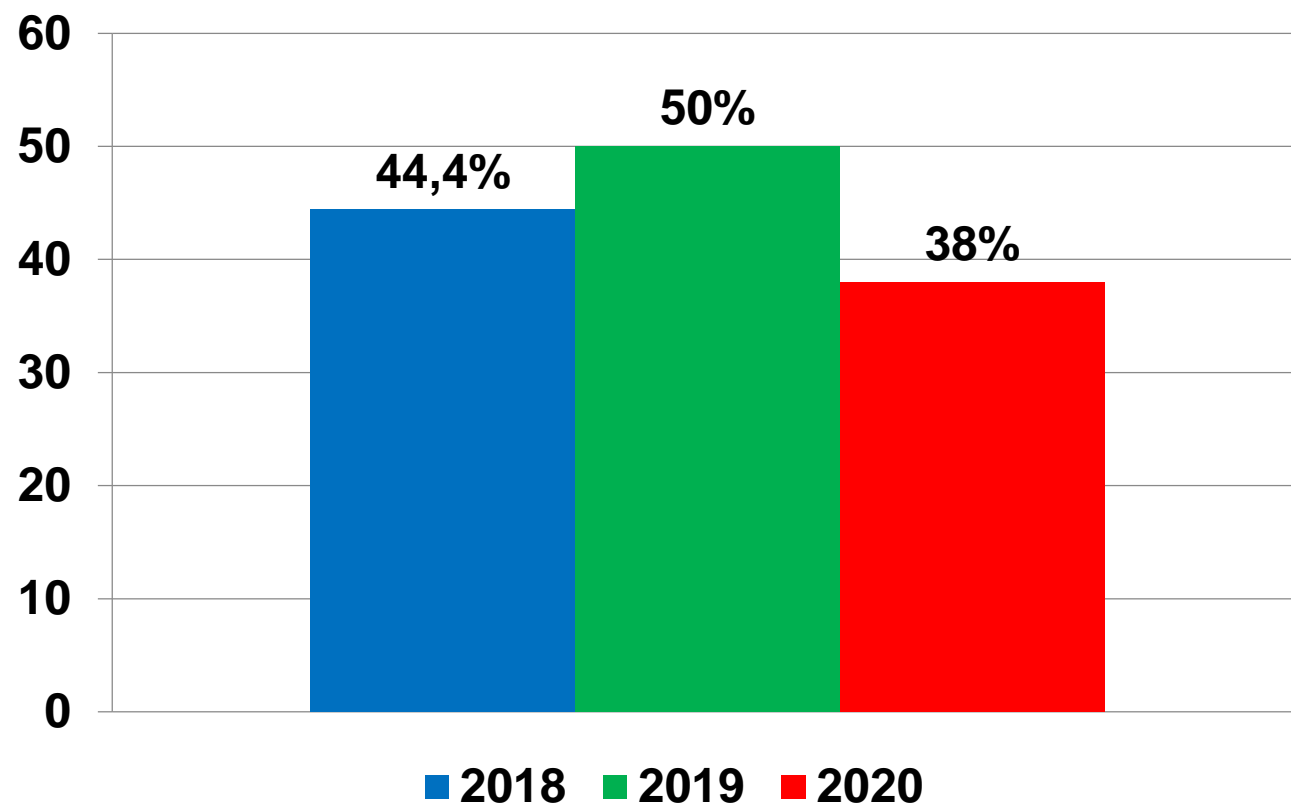
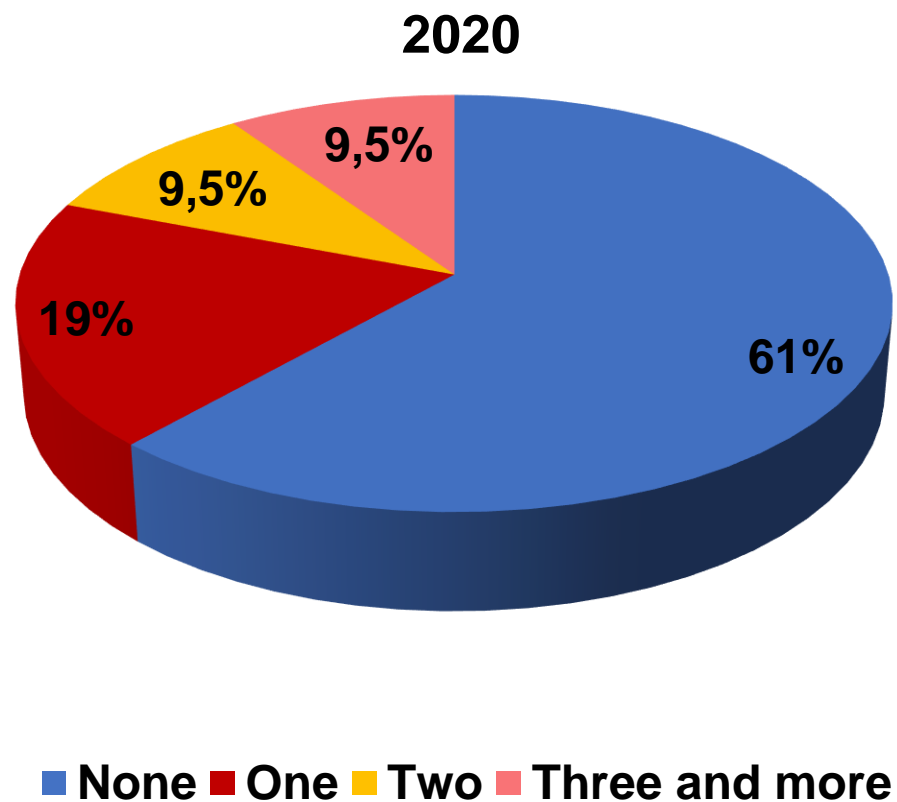
The ANSS country information: The update

Lyudmila Korostovtseva

The current number of members in the NSS (1)

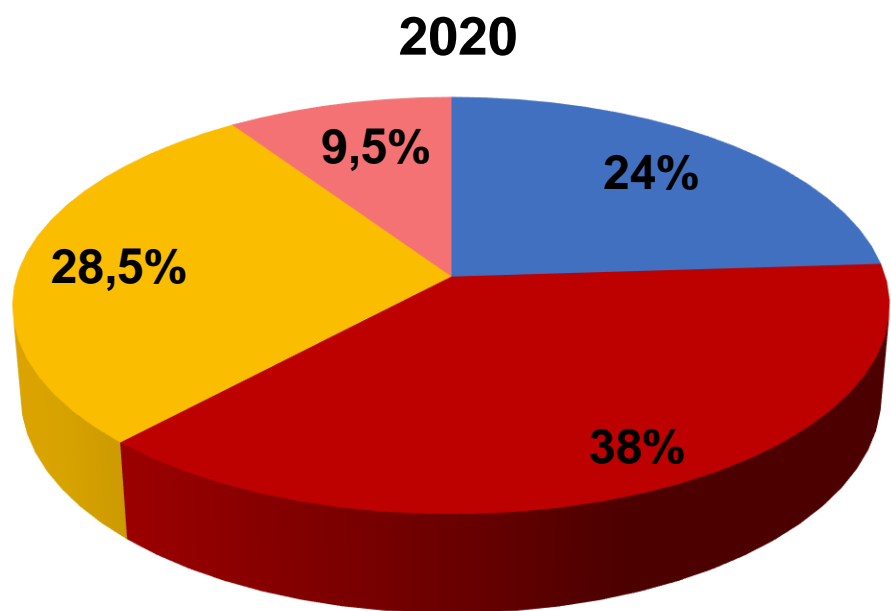


Other active societies in sleep-related activities in countries unrelated to the NSS?

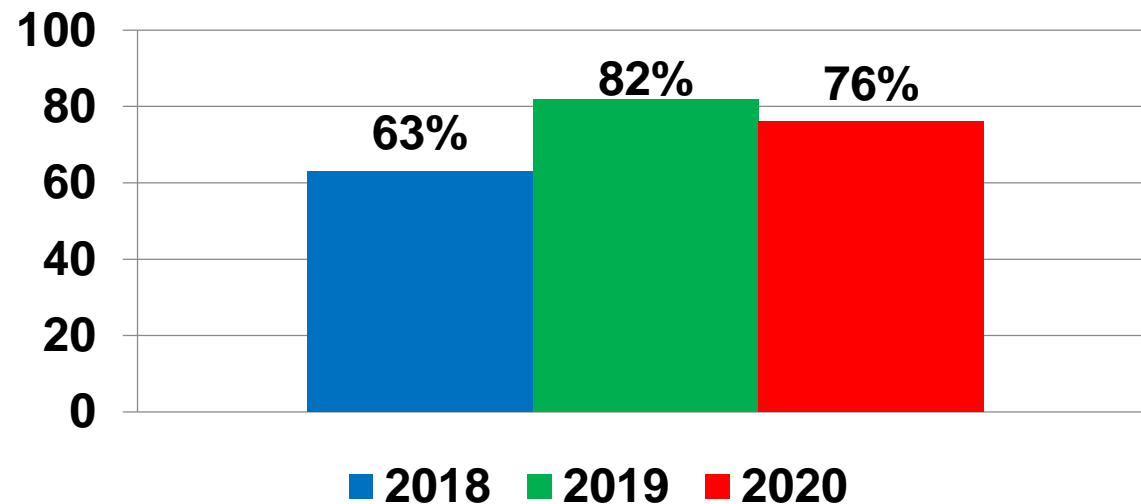


	Society	Other societies
1	The Netherlands: SVNL	NSWO (NSWO more focus on basic research; SVNL more on clinical sleep medicine)
	Finland: Finnish sleep research society	Sleep covers a variability of activity and diseases. Patient and health professional want more specific society
	Hungary: Hungarian Sleep Society	Hungarian Sleep Association is a non-medical and non healthcare organisation which holds postgraduate courses, trainings and gives "official" diplom/degree about sleep medicine... (the courses were accredited by the Hungarian Industrial and Commercial Chamber instead of the health authorities)
	Turkey: Turkish Sleep Medicine Society	There is another sleep society (not national) besides our national sleep society. Most members are pulmonologists (which are also members of TSMS)
2	Belgium: Belgian Association for Sleep research and Sleep medicine	SleepOnline (french society); iBEDSMA (dental sleep medicine)
	Portugal: Associação Portuguesa de Sono (APS) - Portuguese Sleep Association	Societies with more limited activities related with sleep: 1) Sociedade Portuguesa de Medicina Oral do Sono; 2) Associação Portuguesa de Cronobiologia e Medicina do Sono
3	UK: British Sleep Society	different societies focused on other aspects than sleep as well: 1) RSM Sleep; 2) ARTP; 3) BTS
	Russia: Russian Society of Somnologists	There are several societies: 1) Russian Society of Sleep Medicine (sleep apnea-oriented, commercially oriented); 2) Society of Specialists of Sleep in Children (pediatrics sleep); 3) Russian Society of Investigators of Dreams (research of dreams, pediatrics, psychotherapy)

NSS participation in a larger regional meeting in the last year



■ None ■ One ■ Two ■ Three and more

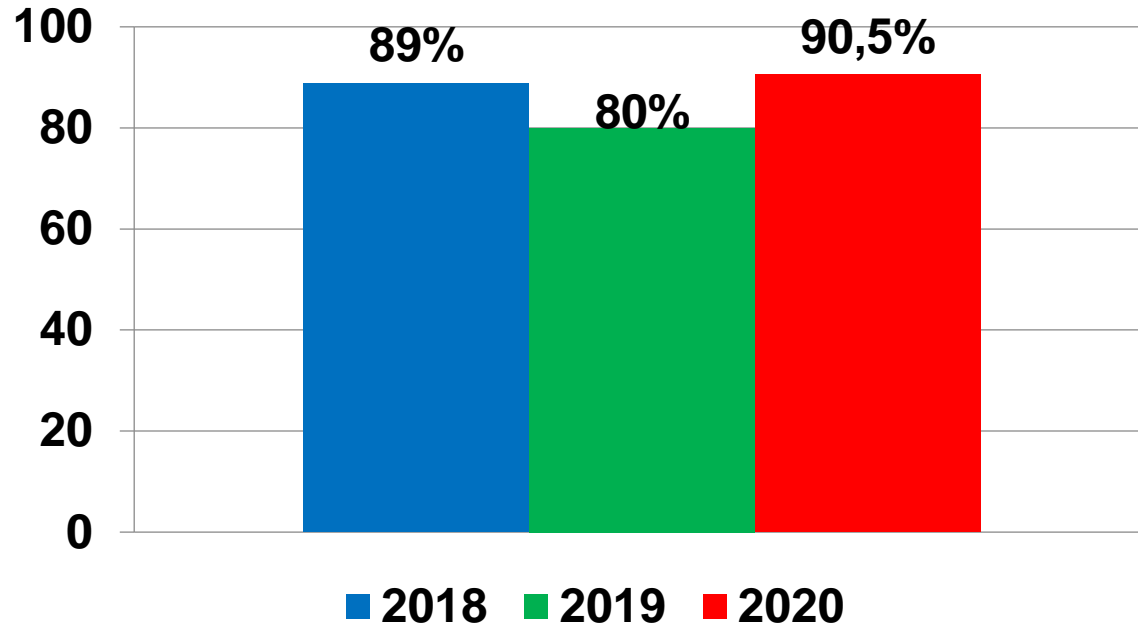


One Austria, Belgium, Estonia, France, Germany, Iceland, Lithuania, Slovakia

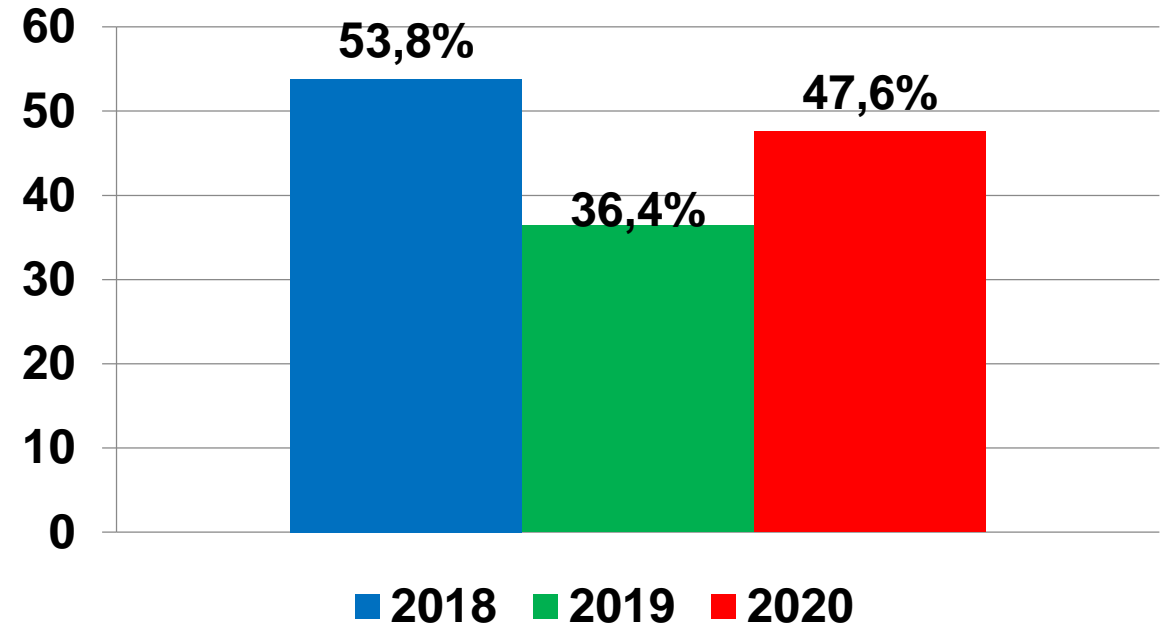
Two Finland, Ireland, The Netherlands, Norway, Portuguese, Turkey

Three UK, Russia

Other educational events or courses in the NSS in the last year



The majority NSS held some educational events or courses

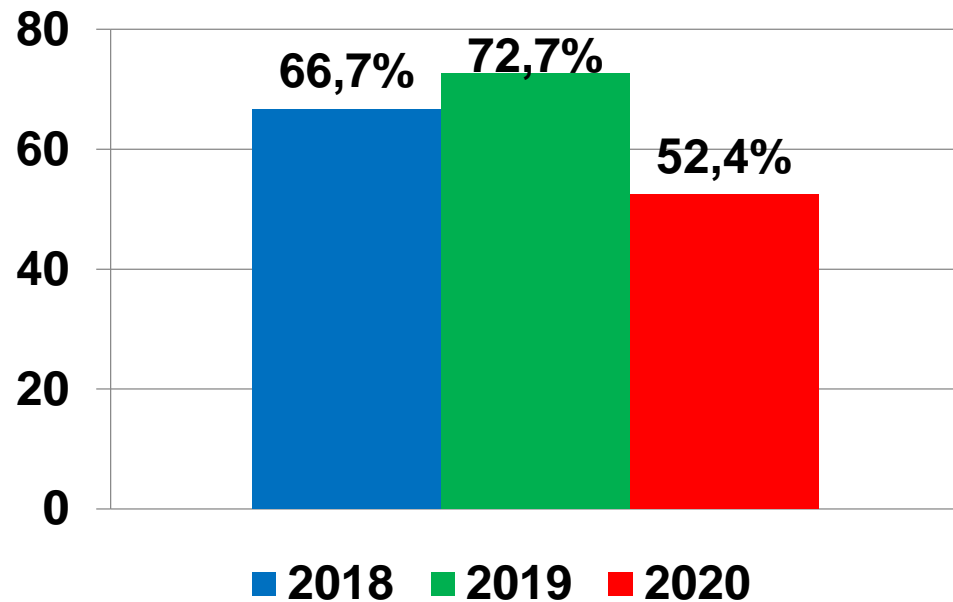


Educational events related to the World Sleep Day

Two NSS had to cancel WSD due to the COVID-19 pandemic

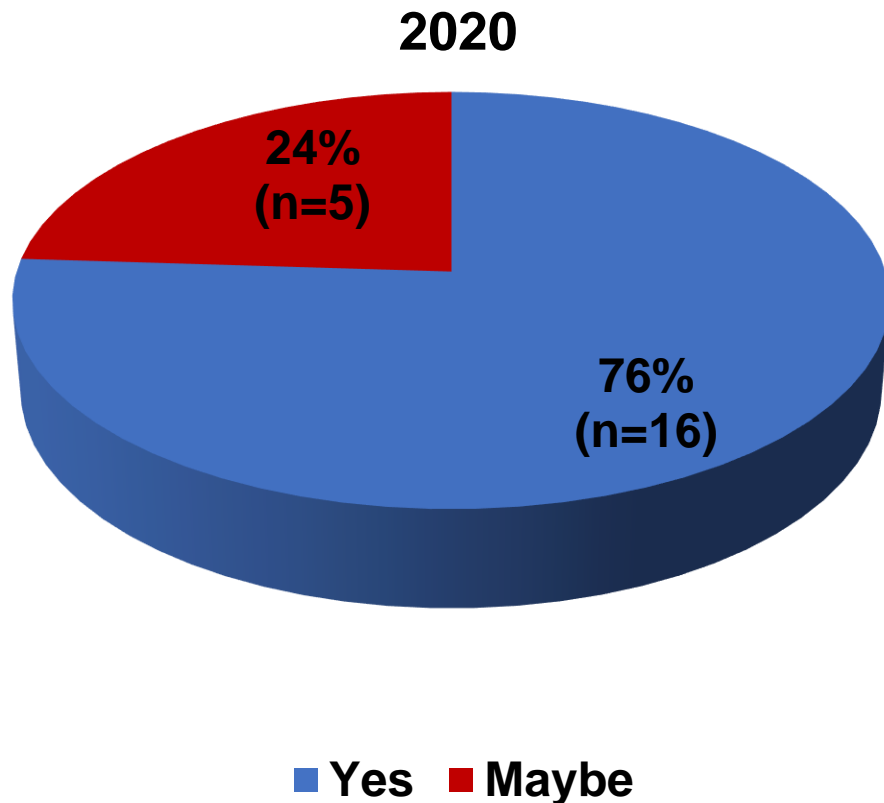
NSS	Activity
Armenian Sleep Disorders Association (ARSDA)	Sleep Research and Sleep Medicine. Organizers: ARSDA, ANSS Executive Committee members. Date: October 10, 2019. Place: Yerevan, Armenia.
ASRA Austrian Sleep Research Association	Ahead of our Annual Meetings we have educational seminars, World Sleep Day
Portuguese Sleep Association	Advanced theoretical/practical course of sleep techniques - a two-day course with a final examination. Many formative sessions at schools and for general public.
Belgian Association for Sleep research and Sleep medicine	International Sleep Medicine Course (ISMC)
British Sleep Society	Several activities related to WSD and other symposia
DGSM (Deutsche Gesellschaft für Schlafforschung und Schlafmedizin)	Curriculum for GPs, technicians
Finnish sleep research society	International congress: Sleep and Breathing congress in Tampere, Finland
Hungarian Sleep Society	National sleep congress (number of participants: 140), one day sleep courses from different topics (2)
Irish Sleep Society, Ireland	Irish Institute of Clinical Measurement Science Conference
Lithuanian society of sleep medicine	Lectures and teaching courses for patients, GPs, neurologists, other specialties, medical students and residents
Norwegian society of sleep medicine (NOSM)	Only teaching courses at the NSC
Romanian Sleep Society Section	Workshops, World Sleep Day
Russian Society of Somnologists	A series of lectures within the course for Cardiologists on functional diagnostics , some commercial courses a Symposium at the annual Congress of the Russian Society of Cardiologists (September 2019)
Serbian Sleep Society	Educational presentation on parasomnias.
Slovenian Sleep Society	Sleep Medicine course for residents and aftergraduate students
Société Française de Recherche et Médecine du Sommeil (SFRMS), France	Several courses organized by SFRMS on CPAP therapy;
SVNL	Participated in ISMC
The Icelandic Sleep Research Society	Monthly educational lunch meetings for members
Turkish Sleep Medicine Society	The 24th certification course (for preparing sleep board exam) for medical clinicians and 11th certification course and board exam for sleep technicians /technologists in February 2020. Also we gave lectures to the patients on he World Sleep Day (13rd of March 2020)

A sleep awareness campaign or other activities for the general population in the last year



Society	Activity
Belgian Association for Sleep research and Sleep medicine	we adopted the theme proposed by the WSS
DGSM (Deutsche Gesellschaft für Schlafforschung und Schlafmedizin)	press releases and local activities
Finnish sleep research society	During our yearly meeting the Finnish TV and radio reported our activity A big event in the Museum of Health devoted to sleep an lullabies related to the WSD : included exhibition, a series of lectures, meeting people-visitors of the exhibition, media
Russian Society of Somnologists	
Slovenian Sleep Society	Sleep as part of a conference on good health for lay public
The Icelandic Sleep Research Society	Interviews in media - newspapers, TV news, talk shows, documentaries and radio by members of board and society. On the World Sleep Day , on many school sessions and other events.
Associação Portuguesa de Sono (APS) - Portuguese Sleep Association	Sleep disorder Screening at the Healthy Council Day and other special days. In the frames of World Sleep Day 2019 . Organizers: ARSDA. Date: March 17, 2019. Place: Gyumri, Armenia. Audience: general population, physicians. Topics: sleep hygiene, the prevalence of sleep disorders in Armenia, the most common sleep disorders, diagnostic means.
Armenian Sleep Disorders Association (ARSDA)	
British Sleep Society	Yes, several activities related to WSD and other symposia
Lithuanian society of sleep medicine	various media channels, writing the blog (www.meskosmiegas.lt) on sleep related topics
Turkish Sleep Medicine Society	During WSD 2020 , we established a declaration about World Sleep Day, and gave interviews to the newspapers

Are you satisfied with the program of the NSS meeting?



Suggestions

Clear working aims on a collaborative basis between the NSS

Good tradition

Teamwork enforces the national power

Thinking about unified reimbursement policy which can be provided to the local health authority

More epidemiological studies

Good mix between information and social interaction.

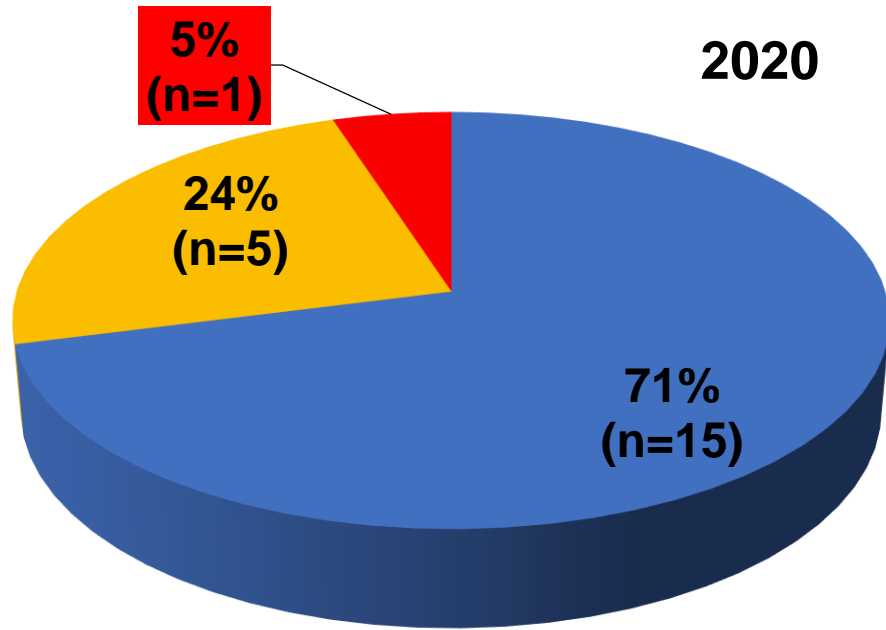
Keep on the same

More discussions, round table discussions, more talks from different societies

Participation in guideline developments

This year, the program had to be reduced due to the Coronavirus problematic, so it could not be greater but in the future it may have the some schema.

Are you satisfied with the way the ANSS meetings take place?



■ Yes ■ Maybe ■ No

Suggestions

Let's see how online meeting works :)

Keep on

I prefer to do the ANNS meetings at different countries (rather than to do it electronically)

Commence with NSS hosting the Meeting

Continue the good work

Same

The present system is appropriate.

More transparency and more focus on East Europe Countries

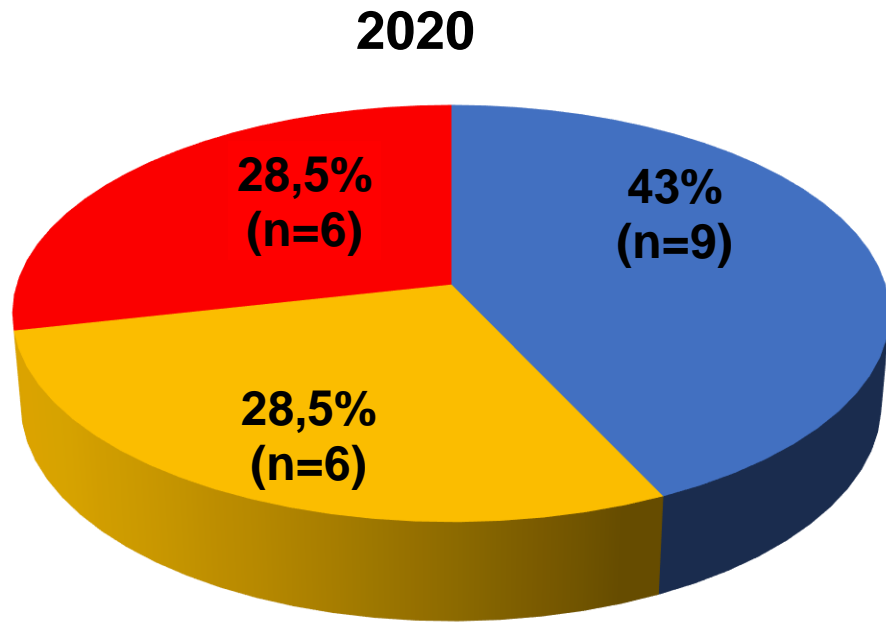
Current framework can be kept.

More interactive

I hope we keep face-to-face annual meetings despite the current epidemics situation

Perhaps in the middle of the year there could be a shorter meeting, online.

Are you satisfied with the current ANSS projects?



■ Yes ■ Maybe ■ I am not aware

Suggestions

Please keep the annual meeting

Development of comparable European structures for diagnostics and treatment of sleep disorders

No specific suggestion

Alternative Polysomnographic scoring features should be written by ANSS members (in case of not using AASM scoring rules)

- 1) - Curriculum about sleep in primary, secondary and university schools
- 2) - Separated certification for pediatricians

Suggested topics for discussion

Reimbursement issues, the value of telediagnosics and tele-Treatment in SDB and insomnia

Sleep centers accreditation: may be we could discuss about a European accreditation ?

Credentialing

CPAP and narcolepsy related medication compensation issues, reimbursement for sleep diagnostics

Other issues to discuss

How ANSS can help in your country? Other issues to address in future

Maybe, ANSS may send an official declaration (to the government) about applying **the correct DST for our country**

Organizing invited lectures

Statement and clarify the Position in Europe

The matters should be solved within the Serbian Sleep society

By providing unified statements/protocols arguing for CPAP/medication compensation, reimbursement

For competency an exchange on informations on practical, organization, structure

Update on developments in the recognition of sleep medicine as a subspecialty

Legislation and Reimbursement , using telemedicine in the future

Knowledge transfer

Unified reimbursement policy

Availability of drugs, legislation and reimbursement, knowledge transfer.

Telemedicine

Exchange on legislation concerning reimbursement, telemedicine, courses for technicians

Waiting for an answer from the government regarding a subtitle in sleep medicine

How to involve/attract potential sponsors (pharmaceutical and other companies) in sleep field to Russia to develop the market and somnology in Russia and East Europe countries? How to deal with the authorities/government in order to promote governmental support for the sleep diagnostics and treatment? What is the experience in other countries and NSS to get the investment and financial support for research and educational activities?

Sharing experiences in telemedicine

Standardized scoring rules, diagnostic and treatment guidelines for all sleep disorders, especially sleep disordered breathing



Thank you!