

EDUCATION UPDATE VIRGINIA ACADEMY OF SLEEP MEDICINE

SEAN HESSELBACHER, MD



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Disclosures

- The contents do not represent the views of the Department of Veterans Affairs or the United States Government.
- Program Director of fellowship that has received AASM AIRE pilot program grant
 - Details of the program will be reviewed
- Shareholder in healthcare companies
 - None related to sleep medicine or today's topics

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Education Committee

- Supports the VASM mission:
 - Educate health professionals of the Commonwealth in the discipline of sleep medicine
 - Improve the quality of life and health of Virginians through educational and advocacy efforts

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Current and Recent Projects

- Advise Program Committee regarding subject matter, ongoing
- Worked with Legislative Committee on school start times initiative
- Pipeline of professionals into sleep medicine

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Annual Meeting topics

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School Start Times

- Position statement approved August 2022, published in peer reviewed journal March 2025
 - Endorses AASM position that middle and high schools should start no earlier than 8:30 AM
 - Updated review of scientific literature
 - Specific to Virginia
 - <https://digitalcommons.odu.edu/cgi/viewcontent.cgi?article=1000&context=evmj>
 - Thank you to contributors: Mariana Szklo-Coxe, PhD, Sachin Relia, MD, Jonathan Gellman, MD, and Nicole McIntyre, DO
- Will continue to work with legislative committee and MSV

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Professional pipeline

- AASM Choose Sleep
 - Free membership for residents and students
 - Medical student interest groups
 - <https://aasm.org/professional-development/choose-sleep/interest-groups/>
- Fellowship training
 - EVMS at ODU
 - UVA
- Katherine Florio Vorona scholarship
 - High school students, and undergraduate and graduate student(s) (including medical/ dental resident(s)) interested in the study and advancement of sleep medicine.

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Professional pipeline

- Insufficient sleep tech training sites in Virginia
 - How to connect interested students/workers with online or out-of-state training opportunities?
- AAST and BRPT are working on where the “next gen sleep techs” will come from
 - Survey done ~2021 – few actionable opportunities for VASM
- Earn While You Learn Project
 - UVA Health and others

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AASM AIRE Pilot Program

- ACGME has established the Advancing Innovation in Residency Education (AIRE) program
 - Enable exploration of novel approaches and pathways in Graduate Medical Education
 - Enhance the attainment of educational and clinical outcomes through innovative structures and processes in resident and fellow education
- AASM has created pilot programs, approved through the AIRE program

<https://www.acgme.org/initiatives/advancing-innovation-in-residency-education-aire/>

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AASM AIRE Pilot Program

- Alternate training pathways based on competency rather than time
- Blended model
 - Current fellow in adult pulmonary, PCCM, or pediatric pulmonary additionally completes sleep medicine training during their fellowship
- Part-time model
 - BC/BE physician (ABIM, ABP, ABPN, or ABO-HNS) works part time, completing the fellowship in up to 2 years

<https://aasm.org/professional-development/choose-sleep/aire-pilot-programs/>

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AASM AIRE Pilot Program

- EVMS/ODU Sleep Medicine fellowship has participated in the AASM AIRE blended model program since 2022
 - 2 adult PCCM fellows – second on track to graduate in June 2026
 - Sleep Medicine curriculum incorporated into years 2 and 3 of the PCCM fellowship
- All requirements from ACGME and ABMS board eligibility are unchanged from traditional sleep fellowship programs

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Education Committee

- Contact Sean Hesselbacher or Susan McConnell for information

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THANK YOU!

