

American Board of Otolaryngology E-NEWS

Serving the public and the profession since 1924

February 2005

SLEEP MEDICINE

As noted in a previous ABOto Enews and the November AAO-HNS *Bulletin* article, the ABOto Directors have been analyzing the possibility of becoming a sponsoring board of the soon to be developed ABMS conjoint board in Sleep Medicine for over a year. The ABOto Board of Directors met recently to discuss this issue, and after careful consideration, decided to become a sponsoring board.

This action means that otolaryngologists who meet the criteria to sit for the examination will be able to become sub-certified in Sleep Medicine upon passing the exam. There will be two pathways for eligibility. The permanent standard pathway requires the completion of an ACGME-accredited Sleep Medicine fellowship. The alternate pathway will be open for a limited period of time during which otolaryngologists who meet the alternate pathway criteria will be eligible to take the test. Many of the details of the alternate pathway, the application process, and test development as well as the cost of the exam have yet to be established. We will work closely with the American Boards of Internal Medicine, Pediatrics, and Psychiatry and Neurology on these issues over the next several months.

The ABOto has sought the input from involved parties on this issue. Many otolaryngologists have responded, and we are grateful for their input which was invaluable in the ABOto's deliberations. Those supporting the ABOto becoming a sponsoring board pointed out that many otolaryngologists are very intensely involved in Sleep Medicine, and they would be at a disadvantage compared to their internal medicine, pediatric, and neurology colleagues who do the same tasks but are eligible to be sub-certified. On the other hand, some otolaryngologists who are not eligible to become sub-certified are concerned about what impact not being sub-certified would have on their ability to manage patients. Perhaps the most persuasive argument was that if the ABOto did not become a sponsoring board, then otolaryngology would lose a seat at the table when Sleep Medicine issues are discussed. The Directors carefully considered these concerns and determined that the best way to recognize those deeply involved in sleep medicine and yet be in a position to represent practicing otolaryngologists was to become a sponsoring board.

Thank you again to those who shared their opinions. We will communicate additional information as it becomes available.

American Board of Otolaryngology E-NEWS

Serving the public and the profession since 1924

October 2005

SLEEP MEDICINE

As noted in a previous ABOto E-news, the ABOto applied to become a sponsoring board of the newly established ABMS conjoint board in Sleep Medicine. The ABMS Assembly unanimously approved our application at the September, 2005 meeting. This action means that in addition to internists, neurologists, and pediatricians, otolaryngologists who meet the criteria to sit for the examination will be able to become sub-certified in Sleep Medicine upon passing the exam.

There will be two pathways for eligibility. The permanent standard pathway requires the completion of an ACGME-accredited Sleep Medicine fellowship. The alternate pathway will be open for a limited period of time during which otolaryngologists who meet the alternate pathway criteria will be eligible to take the test. There are three ways by which someone could qualify to take the exam during the five year grandfathering period:

1. Twelve months of formal training beyond that required for primary or subspecialty certification.
2. Twelve months of experience providing care in sleep medicine following completion of formal training accumulated over a maximum of five years.
3. Certification by the non-ABMS American Board of Sleep Medicine.

Many of the details of the alternate pathway, the application process, and test development as well as the cost of the exam have yet to be established. We will work closely with the American Boards of Internal Medicine, Pediatrics, and Psychiatry and Neurology on these issues over the next several months.

American Board of Otolaryngology E-NEWS

Serving the public and the profession since 1924

February 2008

SLEEP MEDICINE EXAMINATION

The Sleep Medicine community, recognizing the value of an American Board of Medical Specialties (ABMS) certification process, supported the development of an ABMS Board of Sleep Medicine. In order to accommodate the various specialties involved in the diagnosis and management of patients with sleep disorders, an ABMS conjoint board of Sleep Medicine was established with the partnership of the American Board of Internal Medicine, the American Board of Psychiatry and Neurology, the American Board of Pediatrics, the American Board of Otolaryngology, and the American Board of Family Medicine. Diplomates of these five boards are eligible to apply to take the certification examination in Sleep Medicine.

The first examination was administered on two days in November, 2007. A total of 1,882 physicians took the examination including 78 otolaryngologists (4% of candidates). The examination was administered at several computer based testing centers around the country so the test takers did not have to travel very far to take the examination. The examination, which covered the full spectrum of sleep disorders, was the same for all test takers regardless of specialty and was divided into the following categories:

Normal Sleep and Variants	Disorders Related to Sleep-Wake Timing	Sleep-Related Movement Disorders
Organ System Physiology in Sleep	Insomnia	Sleep-Related Breathing Disorders
Sleep Evaluation	Hypersomnolence Unrelated to Sleep-Related Breathing Disorders	Sleep in Other Disorders and Considerations Unique to Childhood
Pharmacology	Parasomnias	

Of the 78 otolaryngologists who took the examination, 49 passed (63% pass rate) and are now sub-certified in Sleep Medicine by the American Board of Otolaryngology. We congratulate these individuals for their hard work in preparation for the exam and have listed their names on our website (www.aboto.org).

The next examination in Sleep Medicine will be administered in 2009. Individuals interested in learning more about this sub-certification should contact the ABOto office.