

## **HONG KONG SOCIETY OF SLEEP MEDICINE**

### **Third Fellowship Examination for the Fellows of the HKSSM**

#### **Background**

The Sleep Examination working group of the Hong Kong Society of Sleep Medicine (HKSSM) had organized the first and second fellowship examination, under the guidance of the World Sleep Federation (WSF) in 2013 and 2015. The examinations were online examinations using the WSF examination system. The WSF had merged with World Association of Sleep Medicine (WASM) in 2016 to become the World Sleep Society (WSS). Our candidates who have passed the WSF/WASM examination are now recognized as International Sleep Specialists under the WSS.

As we step out of the COVID outbreak, we would like to organize the third fellowship examination, in collaboration with the WSS. We would like to invite specialists who have been working in the field of sleep medicine, including pulmonary physicians, psychiatrists, ENT surgeons, paediatricians, and other specialists, to participate in this examination.

The Fellowship Examination program aims at:

- 1) promoting the recognition and development of sleep medicine in Hong Kong,
- 2) setting an assessment and examination system that conforms with the current international standard,
- 3) strengthening the collaboration between specialists with different background, so as to excel the care of patients with sleep disorders.

#### **Eligibility criteria**

As an associate society member of the WSS, we follow the eligibility criteria for the WSS examination listed in the website (<https://worldsleepsociety.org/examination/application/>). We are currently considered a specific region where formal sleep medicine fellowship program is not in place yet. An equivalent training and working experience would be considered in the eligibility assessment carried out in conjunction with the WSS examination committee.

With the current local situation, the Sleep Examination working group has set up the following minimum basic local eligibility criteria for the applicants:

- a) Being a registered specialist under the Hong Kong Medical Council
- b) Being a member of the HKSSM for at least 3 years and being an active member for at least 1 year
- c) Meeting the equivalent of WSS eligibility criteria.
  - 1) Completed training of 6 months or longer as full-time in sleep medicine unit, OR
  - 2) Completed training of 1 year or longer in a fellowship program, of which at least 50% consisted of sleep medicine training at a centre with proper sleep medicine facility and guidance, OR
  - 3) At least 5 years of involvement in the clinical practice in sleep medicine, sleep education, or sleep research. For each of the 5 years, sleep medicine comprised at least 20% of the involvement.

Since there is no existing sleep medicine fellowship program or accredited sleep centre in Hong Kong, the assessment of eligibility will be based on the level of training and involvement at the individual centre. Candidates are expected to have personally managed at least 100 patients with sleep disorders, and interpreted at least 50 sleep studies. Candidates may need to submit the logbook of the patients seen and the sleep studies interpreted.

Deadline of application for the examination is on 06 Feb, 2025. Eligible candidates will be informed by email before 28 Feb, 2025.

### **Preparation for the Examination**

A small group tutorial will be arranged in 2025. Candidates are expected to do self-study based on the materials and syllabus suggested by the working group.

The curriculum is available at the WSS website (<https://worldsleepsociety.org/examination/curriculum/>).

### **The Examination**

The examination would be held in November 2025 (during the ASM), in Hong Kong, using the WSS online examination system. The exact date will be announced in the first quarter of 2025. The passing mark will be decided by the WSS examination committee.

Candidates will need pay an examination fee of HK\$2,000 before 31 Mar, 2025.

### **Fellowship certification**

Candidates who have passed WSS examination would be recognized as International Sleep Specialists under the WSS. Additionally, they will be awarded "the Fellowship of the Hong Kong Society of Sleep Medicine". In the foreseeable near future, this certification is non-quotable under the Hong Kong Medical Council. However, this Fellowship certification would continue to represent an important hallmark in the development of sleep medicine in Hong Kong.

### **Application process**

The application form will be posted on the HKSSM website. Members of the HKSSM will be informed by emails.