



VISION

To establish a state of the art center capable of diagnosing and treating all sleep disorders as well as to participate in the developing of sleep Medicine regionally.

MISSION

To provide comprehensive diagnosis and treatment of sleep / wake disorders to the community by maintaining the highest standards of care and embracing the visions and standards of KAUH.

SLEEP MEDICINE TRAINING PROGRAM (Diploma) FOR TECHNICIANS

Sleep Medicine and Research Center

King Abdulaziz University Hospital

مركز طب ويحوت النوم
Sleep Medicine & Reseach Center

Tei. 6402000
Ext. 16610
E-mail:
smrc@kau.edu.sa
smrckauh@gmail.co
<http://smrc.kau.edu.sa>



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Contents

1. INTRODUCTION.....	3
2. TEACHING COMMITTEE.....	3
3. OUTPATIENT CLINICAL EXPERIENCE.....	3
4. CORE CONFERENCES/DIDACTICS.....	3
5. TECHNICIAN WEEKLY AGENDA AT A GLANCE:.....	4
6. SLEEP MEDICINE TRAINING PROGRAM CURRICULUM FOR TECHNICIANS.....	4
7. TOPICS TO BE COVERED DURING THE HALF ACADEMIC DAY.....	5
8. ASSESSMENT.....	6
8.1 Continuous Assessment.....	6
9. FINAL WRITTEN EXAMINATION AND CERTIFICATION OF COMPETENCE.....	6
10. PRIMARY REFERENCE MATERIAL.....	7



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1. INTRODUCTION

The Sleep Medicine technician-training program is one year for Technicians; it is composed of clinical and didactic experiences in a variety of settings and patient populations. Our program accepts two (2) technicians for one year. The technician will be expected to show increasing level of knowledge and skill in areas of physical exam, differential diagnosis, assessment, appropriate testing and analysis, patient care management, and leadership to a level of independence appropriate for an entry level of practice in sleep medicine by the completion of the program.

Pre requisite requirements (only one of the following is required):

- Nursing Diploma
- Respiratory Therapy Diploma
- Bachelor in Science

The technician will learn the procedures and diagnostic tests necessary for the evaluation of sleep disorders, including:

- Polysomnography
- Multiple sleep latency testing
- Multiple wake testing
- Portable sleep monitoring
- Actigraphy

2. Teaching Committee

- Prof. Siraj Wali
- Dr. Faris Alhejaili
- Mrs. Haneen Mansour
- Mrs. Geezette Gulpo

3. OUTPATIENT CLINICAL EXPERIENCE

- SMRC General Sleep Clinic.
- SMRC-PAP Clinic.

4. CORE CONFERENCES/DIDACTICS

Technicians are expected to attend by minimum of 70% of the following activities:

- Half Academic Days
- Hands on sessions for hook up
- Scoring Sessions.



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5. TECHNICIAN WEEKLY AGENDA AT A GLANCE:

#	Sunday	Monday	Tuesday	Wednesday	Thursday
AM	Patient review + Scoring Venue: SMRC	Patient review + Scoring Venue: SMRC	Half Academic Day Venue: Clinical Skills Center		PAP Clinic Venue: SMRC
PM	Free Reading	Sleep clinic	Practical Hook Up / CPAP Titration PSG Monitoring Training Venue: SMRC 08:00 PM – 08:00 AM		Patient review + Scoring Venue: SMRC

6. SLEEP MEDICINE TRAINING PROGRAM CURRICULUM FOR TECHNICIANS

As a Technician, you will be expected to complete the following minimum requirements to graduate:

- Review, score and interpret 150 polysomnographic studies.
- Review, score and interpret 25 Multiple Sleep Latency Tests (MSLTs) and/or Maintenance of Wakefulness Tests (MWTs).
- Perform Hook up for at least 100 patients.
- Perform Hook up for at least 25 MSLT/MWT studies.
- Perform Hook up for at least 25 portable studies (level 2 & 3).

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7. TOPICS TO BE COVERED DURING THE HALF ACADEMIC DAY



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- | | |
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| <ul style="list-style-type: none"> - Role of sleep technologist - Muscular skeletal review - Overview of nervous system - 10-20 measurement and marking - Respiratory anatomy & physiology - Sleep disordered breathing - Recording & scoring respiration - Clinical approach to a patient with sleep complaint - Normal sleep physiology - Sleep stage scoring - Arousal scoring - Cardiac physiology and EKG - Neurologic disorders and sleep - PAP equipment and DME perspective - Instrumentation - Understanding CPAP - Advanced titration options - Limb movement disorders and narcolepsy - Insomnia - Parasomnias - PSG report generation - Artifact - Supplemental oxygen administration - EKG Review, part 2 - Essentials of patient care - Evaluating sleepiness: the MSLT & other tests - A-step completion/RPSGT credentialing | <ul style="list-style-type: none"> - Pediatric sleep disorders - Pediatric PSG overview - Mask fitting – Hands on - PAP hands on practice - LAB Observation - Instrumentation review - Practice – DC Amplifiers & Infection Control - Titration scenarios - Titration Role Scenarios I - Scoring practice - Scoring Check-OFF |
|--|--|

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8. ASSESSMENT

8.1 Continuous Assessment

The evaluation of the technicians will be a continuous process throughout the program. He/she will be assessed based on basic and clinical knowledge, clinical judgment, clinical skill, humanistic quality, professionalism, and provision of medical care. This assessment will be documented at three months interval. The aim of such assessment is to ensure feedback to the trainee as part of educational process and to explore weak points and focus on resolutions. The data provided by the logbook will be taken into consideration as part of continuous assessment.

Please see Appendix A regarding the evaluation form.

This periodic continuous assessment will be added together and the average mark will be the overall final assessment. The final assessment is expected to exceed 70%.

9. FINAL WRITTEN EXAMINATION AND CERTIFICATION OF COMPETENCE

To be eligible to entry for the final written examination, the technician must achieve at least 70% in the final continues assessment. Failure to meet this requirement would necessitate extending his/her training for another 6 months.

Final written examination will be prepared and supervised by the training committee and consists of one paper of 50 MCQs distributed as follows:

- 10% Basic physiological knowledge.
- 20% Comprehensive questions.
- 60% Technical based questions.
- 10% Problem solving questions.

The passing mark for the final written examination is 70%. Failure to pass the written exam, require reentry to the exam in 6-month time. No limitation for the exam entry trials.

Upon passing the exam the candidate will get a **CERTIFICATE** of successfully completing the sleep medicine fellowship program from King Abdulaziz University.



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10.PRIMARY REFERENCE MATERIAL

- LHSC Sleep Lab Polysomnographic Technician Training Manual
- American Academy of Sleep Medicine (AASM) Practice Parameters and Clinical Guidelines.
- American Academy of Sleep Medicine. (2005). International classification of sleep disorders, 2nd ed.: Diagnostic and coding manual.
- American Academy of Sleep Medicine (2007). The AASM Manual for the Scoring of Sleep and Associated Events, Rules Terminology and Technical Specifications.
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- American Academy of Sleep Medicine. The Accredited Sleep Technologist Education Program (A-Step) Modules.
- Board of Registered Polysomnographic Technologists (BRPT). RPSGT Candidate Handbook.
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