

PSG A260: ADVANCED POLYSOMNOGRAPHY

Item	Value
Curriculum Committee Approval Date	02/24/2021
Top Code	121100 - Pharmacy Technician
Units	3 Total Units
Hours	54 Total Hours (Lecture Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S)

Course Description

Advanced aspects of polysomnographic technology, testing, instrumentation, ancillary testing, basic management skills, and computerized scoring. PREREQUISITE: PSG A160. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Coordinate and manage patient care, improve outcomes and educate the community of the importance of good sleep with health sleep medicine patients, families and practitioners.

Course Objectives

- 1. Manage patients with sleep disorders in coordination with a physician and define a patient's care plan to improve outcomes. Develop educational plans of the importance of good sleep health and therapy options.
- 2. Define incidences and prevalence of Sleep Disorders
- 3. Identify acute and chronic sleep disturbances
- 4. Recognize cardiopulmonary disorders, COPD, A-Fib, CHF and describe common sleep disorders associated.
- 5. Coordinate patient follow up and management including an outline of individualize patient care plans.
- 6. Manage performance, interpret and track outcomes of therapy.
- 7. Define long term effects of sleep disruption and deprivation and describe effects on quality of life.
- 8. Correlate abnormal sleep symptoms with underlying pathophysiology and epidemiology
- 9. Describe mental health disorders, depression, substance abuse and evaluate their impact on sleep disorders
- 10. Describe pediatric sleep disorders and define treatment options and guidelines.

Lecture Content

Incidence and Prevalence of Sleep Disorders screening tools, questionnaires, surveys Epworth Sleepiness Scale, STOP-Bang, Berlin Questionnaire sleep diary Swiss Narcolepsy Scale impact on quality of life acute and chronic sleep disturbances long term effects of sleep disruption and deprivation impact of sleep disorders on society increase awareness through community outreach Clinical

Evaluations surgeries, recent diagnosed conditions symptoms of disease progression, exacerbation, improvement impact of medications mental health disorders, depression, substance abuse recognize proper documentations of observations, actions and treatments correlate abnormal sleep symptoms with underlying pathophysiology, epidemiology cardiopulmonary disorders, COPD, A-Fib, CHF, Parkinson Disease Post-traumatic Stress Disorder Neuromuscular disorders Patient Follow Up and Management individualize patient care plans chronic disease models, morbid obesity, diabetics identify and remove/reduce barriers manage performance, track outcomes expanding health and wellness sleep programs assess health literacy level and educate accordingly communication barriers, age appropriate level diversity importance in sleep education staff, clinicians, healthcare providers, administrators individualize patient care plans chronic disease models, morbid obesity, diabetics identify and remove/reduce barriers manage performance, track outcomes expanding health and wellness sleep programs assess health literacy level and educate accordingly communication barriers, age appropriate level diversity importance in sleep education staff, clinicians, healthcare providers, administrators Pediatric Sleep Medicine Pediatric Sleep Disorders Pediatric Preparation and Study Performance Pediatric Scoring Pediatric Treatment Options and Guidelines Education to improve patient outcomes inpatient and outpatient programs occupational health and wellness manage performance, track outcomes assess health literacy level and educate accordingly communication barriers, cultural differences community outreach, healthy sleep awareness, promote sleep and wellness

Lab Content

1. Assignments will focus on incidence and prevalence of sleep disorders, clinical evaluations including Parkinsons Disease, Post-Traumatic Stress Disorders, and neuromuscular diseases, and education to improve patient care and outcomes.

Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)

Instructional Techniques

The lecture portion of the course instructs the students how to work directly with sleep medicine patients, families and practitioners to coordinate and manage patient care, improve outcomes and educate the community of the importance of good sleep health. They will learn pediatric sleep disorders, study performances and treatment options. The types of methods for instruction may include lecture, demonstration, small group exercises, slide video presentations.

Reading Assignments

2 hours per week Reading assignments from textbook

Writing Assignments

A portion of the exams and quizzes will include short answer "fill-in" to a maximum of one paragraph per question.

Out-of-class Assignments

2.5 - 3 hours per week Research and written descriptions of sleep disorders. Community outreach and increase awareness of sleep disorders. Case studies including written rationales and development of individualize patient care plans.

Demonstration of Critical Thinking

Attendance. Quizzes are not comprehensive and will cover material from reading and lectures. Comprehensive Midterm exam. Comprehensive Final exam.

Required Writing, Problem Solving, Skills Demonstration

A portion of the exams and quizzes include short answer "fill-in" to a maximum of one paragraph per question.

Eligible Disciplines

Diagnostic medical technology-diagnostic medical sonography, neurodiagnosti...: Any bachelors degree and two years of professional experience, or any associate degree and six years of professional experience.

Textbooks Resources

1. Required Teofilo L. Lee-Chiong, Cynthia Mattice, Rita Brooks. Fundamentals of Sleep Technology 3rd Edition, ed. American Association of Sleep Technologists endorsed, 2019 2. Required AASM. ICSD-3, ed. American Academy of Sleep Medicine, 2014 Rationale: This is the latest and most current edition of the International Classification of Sleep Disorders (ICSD). 3. Required AASM. Manual for Scoring Sleep and Associated Events, ed. American Academy of Sleep Medicine, 2020 4. Required Laree J. Fordyce, Daniel D. Lane, Rita Brooks. The Clinical Sleep Health Professional Workbook, 1st ed. American Association of Sleep Technologists endorsed, 2019