

Polysomnographic Trainee / Technician I

An American Academy of Sleep Medicine
Accredited ASTEP Introductory Course Provider

LOCATION

Classroom - 5290 Medical Drive, San Antonio, Texas 78229 210-614-6000 or toll free 866-614-6007

2024 & 2025 DATES

ASK ABOUT THE ALTERNATIVE PROGRAM WITH EXTERNSHIP	January	Jan. 15-26	2024 Start Dates
	March	Mar. 4-15	
	June	Jun 17 - 28	
	July	CANCELLED	
	September	Sep. 9-20	
	November	Nov. 4-15	
	January	Jan. 13-24	Dates Subject to change 2025 Start Dates
	March	Mar. 3-14	
	May	May 12-23	
	July	Jul. 7-18	
September	Sep. 8-19		
November	Nov. 3-14		

Classes begin at 8:30 a.m. and end 5:30 p.m. Monday - Friday

COURSE DESCRIPTION

As an American Academy of Sleep Medicine Accredited ASTEP Introductory Course Provider, this technical certificate program is an 80-hour program and is composed of didactic and clinical instruction. It is designed to prepare the student for an entry level Polysomnographic Trainee employee in a Sleep Disorders Center. Graduates of the program will be able to communicate and interact effectively with sleep disorder patients. Students are trained in the physical and physiological aspects of sleep disorders, familiarity with the different sleep disorders, application of monitoring electrodes utilizing the 10-20 International System as well as other ancillary monitoring equipment, calibrate monitoring equipment, and utilize proper montage and protocol used during polysomnographic studies. Additionally, Home Sleep Apnea (HSAT) training will be given.

The graduates are required to be able to prepare the patient for testing and successfully perform polysomnographic studies, familiarity with EKG and EEG abnormalities and the use of proper documentation and note taking, have a good understanding and be able to administer CPAP, BiPAP, Auto-set PAP and oxygen (O₂) therapy.

There will be some exposure to the scoring of sleep records, but ability to achieve this expertise is outside the scope of this curriculum. Future experience in the field and additional courses can be taken to achieve this goal.

OBJECTIVES

Upon completing this course, the student will be able to:

- Fluency in sleep terminology
- Demonstrate basic knowledge of chronobiology, "normal sleep", and common sleep related disease states seen in the sleep lab.
- Become familiar with paperwork, orders, HIPAA regulations as it applies to the sleep lab.
- Understand safety in the lab including medical emergencies
- Understand factors that ensure an accurate interpretation of the study
- Learn the International 10-20 System
- Demonstrate knowledge of tabulating various sleep parameters.
- Identify neurological, pulmonary, cardiologic, & muscular events of sleep.
- Demonstrate knowledge and comprehension of the various treatment interventions at the sleep lab.
- Demonstrate understanding of Positive Airway Pressure Titration techniques and interfaces.
- Demonstrate knowledge and comprehension of indication for MSLT/ MWT.
- Describe Psychiatric and Behavioral Sleep Related Disorders
- Describe and demonstrate knowledge and comprehension of sleep-related problems in children

WHO SHOULD ATTEND

Anyone with interest in the sleep field and becoming a Polysomnographic Technician / Technologist, existing Polysomnographic Technicians who desire more formal training in the field, Respiratory Therapists, EEG technicians and nurses who desire additional skills in one of the more interesting fields of medicine. Class limited to first 8 persons who register. Program Director reserves the right to refuse admission to any individual applicant. Program Director also reserves the right to deny a certificate of completion to any participant not attending the entire course. **Completion of this course does not designate "automatic" ability to sit for the Board Registry for Polysomnographic Technologists, Certificate examination for Polysomnographic Technician (CPSGT) or for the American Board of Sleep Medicine Sleep Technologists Registry (RST) Examination (see www.brpt.org) and / or www.absm.org) for details.**

PREREQUISITES

High School diploma or GED, 17 years or older. – **A copy of your diploma is required with application**

TUITION

The tuition includes all lectures, practical exercises, and course materials, and laboratory fees. Fees can be paid by cash, check, or credit card and should be received prior to course date. Tuition includes a \$500 non-refundable administrative fee.

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TOPICS	<p><u>Foundation Knowledge</u></p> <ul style="list-style-type: none"> • Sleep Terminology • Introduction to Sleep & Disorders • EEG and sleep staging • Cardiovascular monitoring • Respiratory monitoring • Sleep related breathing disorders • Treatment for sleep related breathing disorders • Sleep related movement disorders and EMG monitoring • Narcolepsy, sleep related seizures and parasomnias • Insomnia, circadian rhythm and psychiatric disorders • Pediatric Polysomnography 	<p><u>Clinical</u></p> <ul style="list-style-type: none"> • Basic Event Scoring including: <ul style="list-style-type: none"> Respiratory Limb Movements Arousals Electrocardiographic MSLT / MWT • Patient Hook-up • CPAP/BiPAP Titration • Sanitization and sterilization of environment and equipment 	<p><u>Practical Exercise</u></p> <p>Practice with mannequins and live subjects or fellow students to prepare for clinical study with patients Opportunity to perform “live hook-ups” at an Accredited AASM facility</p> <p><u>Course Evaluation</u></p> <p>Course Review & Examination</p>
FACULTY / INSTRUCTOR	<p>James M. Andry, MD Diplomate, Sleep Medicine, ABMS Program Director</p> <p>Nagwa N. Lamaie, MD CAQH, Sleep Medicine, ABMS Faculty / Instructor</p> <p>Sarah J. Andry, DO Diplomate, Sleep Medicine ABMS Faculty / Instructor</p>	<p>Patty Gibson, RPSGT Director / Faculty / Instructor</p> <p>James Enger, MA, RPSGT, CCSH Faculty / Instructor</p> <p>Chris Solitaire, RRT Faculty / Instructor</p>	<p>Irene Gonzales, RPSGT, CCSH Clinical Faculty / Instructor</p> <p>Benjameen Kamel, RPSGT Clinical Faculty / Instructor</p>
SCHEDULE FOR TRAVEL	Class begins at 8:30 a.m. and lectures begin at 8:30 a.m. Mon-Fri. The course ends at 2:00 p.m. on the last day .		
ACCOMMODATIONS	<p>Participants are responsible for their own travel, food, and lodging.</p> <p>Preferred Hotel: Drury Inn & Suites– Medical Center – Corporate Code 301835</p> <p>Reservations: 1-800- DRURYINN</p>		
DISCLOSURE POLICY	All faculty members participating in education programs sponsored by Texas School of Sleep Medicine & Technology are expected to disclose to the program audience any real or apparent conflict(s) of interest related to the content of their presentation(s).		
PROGRAM DIRECTOR	James M. Andry, MD Texas School of Sleep Medicine & Technology San Antonio, Texas		
CONTACT INFORMATION	<p>Texas School of Sleep Medicine & Technology Education Department / Administrative Office 5290 Medical Drive, San Antonio, TX 78229</p> <p>Classroom 5290 Medical Drive San Antonio, TX 78229 (210)-614-6000</p>	<p>Phone: 210-860-6000 Toll Free: 866-614-6007 Fax: 210-614-7728 Email: s2827director@sleeptrc.com Web Site: www.TexasSleepSchool.com</p>	



TEXAS SCHOOL OF SLEEP MEDICINE & TECHNOLOGY
AN AMERICAN ACADEMY OF SLEEP MEDICINE
ACCREDITED A-STEP INTRODUCTORY COURSE PROVIDER
1-866-614-6007

All Participants Must Register Online at:
www.TexasSleepSchool.com

\$3900.00 All Participants	RATES FOR 2024 ONLY. 2025 TUITION MAY BE DIFFERENT
Nonrefundable Administrative fee – to hold place - \$500.00 Registration Fee - \$35.00	
Call for Discount on more than one student from same institution – 866-614-6007	
A copy of your diploma is required by start of class.	

Polysomnographic Trainee / Technician I Start date		2024 Start Dates
January	1/15	
March	3 /4	
June	6/17	
July	CANCELLED	
September	9/9	
November	11/4	
Dates Subject to change 2025 Start Dates (Tuition Rate Subject to change)		
January	1/9	
March	3/6	
May	5/12	
July	7/10	
September	9/11	
November	11/6	

Please complete all information on registration form. (PLEASE PRINT / TYPE)

Participant Information

Full Name: _____
 Credentials: _____
 Name on Name Badge: _____
 License #: _____
 Specialty: _____
 Mailing Address: _____
 City, State, Zip: _____
 Country: _____
 Home Phone: _____
 Work Phone: _____
 Work Fax: _____
 Email: _____
 Name of Sleep Center where you work: _____
 City, State: _____
 Hospital Affiliation: _____
 Management Company: _____
 Position / Title: _____
 Hotel you are registered in: _____

A copy of your diploma is required with application. Failure to present will prevent authorization to take the AASM ASTEP Introductory examination!

Payment Information

Make checks payable to Texas School of Sleep Medicine & Technology. A \$50.00 administrative fee will be retained from all cancelled registrations.

Method of Payment: Cash Check Credit Card

Credit Card: AX VISA MC Dis

Tuition: \$3900 Registration Fee \$35.00

Amount Enclosed: \$ _____

Credit Card Information (*Must have for credit card transactions)

*Credit Card Number: _____ Security Code _____

*Expiration Date: _____

*Customer Name: _____

*Billing Street Address: _____

*City, State, Zip: _____

*Country: _____

*Signature: _____

If someone other than the registrant is paying the tuition, please complete the information below.

Who will pay: _____

Contact Person: _____

Phone Number: _____

Please Send My Confirmation Letter To:

Location	Email / Fax
Email Address 1	
Email Address 2	
Fax Number	
Mail Address Above	

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FOR OFFICE USE ONLY

Date Received	
Payment	
Confirmation Sent	