

# 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

## 2019 DATES

ASK ABOUT  
OUR  
ADDITIONAL  
10 WEEK  
EXTERNSHIP  
WITH THIS  
PROGRAM

January	<b>2019 Start Dates</b>	1/14
February		2/4
March		3/4
April		4/1
May		5/6
August		8/5
September		9/9
October		10/4
November		11/4
November/December		11/25

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 (O<sub>2</sub>) 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 rapidly growing fields of medicine. Class limited to first 10 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 Examination (see [www.brpt.org](http://www.brpt.org)) and / or [www.absm.org](http://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 of \$3800 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.

# Polysomnography Trainee / Technician I

## An American Academy of Sleep Medicine Accredited ASTEP

<b>TOPICS</b>	<p><b><u>Foundation Knowledge</u></b></p> <ul style="list-style-type: none"> <li>• Sleep Terminology</li> <li>• Introduction to Sleep &amp; Disorders</li> <li>• EEG and sleep staging</li> <li>• Cardiovascular monitoring</li> <li>• Respiratory monitoring</li> <li>• Sleep related breathing disorders</li> <li>• Treatment for sleep related breathing disorders</li> <li>• Sleep related movement disorders and EMG monitoring</li> <li>• Narcolepsy, sleep related seizures and parasomnias</li> <li>• Insomnia, circadian rhythm and psychiatric disorders</li> <li>• Pediatric Polysomnography</li> </ul>	<p><b><u>Clinical</u></b></p> <ul style="list-style-type: none"> <li>• Basic Event Scoring including: Respiratory Limb Movements Arousals Electrocardiographic MSLT / MWT</li> <li>• Patient Hook-up</li> <li>• CPAP/BiPAP Titration</li> <li>• Sanitization and sterilization of environment and equipment</li> </ul>	<p><b><u>Practical Exercise</u></b></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><b><u>Course Evaluation</u></b></p> <p>Course Review &amp; Examination</p>
<b>FACULTY / INSTRUCTOR</b>	<p><b>James M. Andry, MD</b> Diplomate, Sleep Medicine, ABIM Program Director</p> <p><b>Nagwa N. Lamaie, MD</b> Diplomate, Sleep Medicine, ABIM Faculty / Instructor</p> <p><b>Sarah J. Andry, DO</b> Diplomate, Internal Medicine ABIM Board Eligible, Sleep Medicine Faculty / Instructor</p>	<p><b>Martin Olivares, BS, RPSGT</b> Faculty / Instructor</p> <p><b>James Enger, MA, RPSGT</b> Faculty / Instructor</p> <p><b>Chris Gonzales, BA, RPSGT</b> Faculty / Instructor</p>	<p><b>Rina Salazar, RPSGT</b> Faculty / Instructor</p> <p><b>Angel Uriegas, RPSGT</b> Clinical Faculty / Instructor</p> <p><b>Christian St. Mary, RPSGT</b> Clinical Faculty / Instructor</p> <p><b>Alex Chavez, CPSGT</b> Clinical Faculty / Instructor</p>
<b>SCHEDULE FOR TRAVEL</b>	Class begins at 8:30 a.m. and lectures begin at 8:30 a.m. Mon-Fri. <b>The course ends at 2:00 p.m. on the last day .</b>		
<b>ACCOMMODATIONS</b>	<p><b>Participants are responsible for their own travel, food, and lodging.</b></p> <p><b>Preferred Hotels : Drury Inn &amp; Suites / Pear Tree Inn – Medical Center – Corporate Code 301835</b></p> <p><b>Reservations for either Drury or Pear Tree: 1-800- DRURYINN</b></p>		
<b>DISCLOSURE POLICY</b>	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).		
<b>PROGRAM DIRECTOR</b>	James M. Andry, MD Texas School of Sleep Medicine & Technology San Antonio, Texas		
<b>CONTACT INFORMATION</b>	<p>Texas School of Sleep Medicine &amp; Technology Education Department / Administrative Office 5290 Medical Drive, San Antonio, TX 78229</p> <p><b>Classroom</b> <b>5290 Medical Drive</b> <b>San Antonio, TX 78229</b> <b>(210)-614-6000</b></p>	<p>Phone: 210-860-6000 Toll Free: 866-614-6007 Fax: 210-614-7728 Email: <a href="mailto:education@TexasSleepSchool.com">education@TexasSleepSchool.com</a> Web Site: <a href="http://www.TexasSleepSchool.com">www.TexasSleepSchool.com</a></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](http://www.TexasSleepSchool.com)

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November/December		11/25

<b>\$3900.00</b> <b>All Participants</b>
<b>Nonrefundable Administrative fee – to hold place - \$500.00</b> <b>Registration Fee - \$25.00</b>
<b>Call for Discount on more than one student from same institution – 866-614-6007</b>
<b>A copy of your diploma is required by start of class.</b>

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 \$25.00**

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	

**Texas School of Sleep Medicine & Technology**  
**Education Department / Administrative Office**  
**5290 Medical Drive**  
**San Antonio, Texas 78229**  
**Phone: 210-866-6000**  
**Toll Free: 866-614-6007**  
**Fax: 210-614-7728**  
**Email: [education@TexasSleepSchool.com](mailto:education@TexasSleepSchool.com)**  
**Web Site: [www.TexasSleepSchool.com](http://www.TexasSleepSchool.com)**

### Texas School of Sleep Medicine & Technology



**1-866-614-6007**

### FOR OFFICE USE ONLY

Date Received	
Payment	
Confirmation Sent	