

# Polysomnographic Technician I with Clinical Externship

An American Academy of Sleep Medicine

Accredited ASTEP Introductory Course (80 hours) Plus – 400 hours of Clinical Externship

Location	Classroom - 5290 Medical Drive, San Antonio, Texas 78229 210-614-6000 or toll free 866-614-6007		
START DATES FOR PSGT W/ EXTERNSHIP 2020 & 2021	January	Jan. 11	2021 Start Dates
	March	Mar. 8	
May	May 11		
July	Jul. 13		
September	Sep. 14		
November	Nov. 9		
January	Jan. 17	2022 Start Dates	
March	Mar. 7		
May	May 9		
July	Jul. 11		
September	Sep. 12		
November	Nov. 7		
COURSE DESCRIPTION	<p align="center"><b>Classes begin at 8:30 a.m. and end 5:30 p.m. Monday - Friday</b></p> <p>As an <b>American Academy of Sleep Medicine Accredited ASTEP Introductory Course Provider</b>, this technical certificate program includes 2 portions: 1) an 80-hour program (<b>American Academy of Sleep Medicine Accredited ASTEP Introductory Course</b>) that is composed of didactic and some clinical instruction followed by 2) an additional 400 hours of clinical experience in an Accredited Sleep Center. <b>Total hours = 480 hours.</b></p> <p>It is designed to prepare the student to become Certified as a Polysomnographic Technician which is rapidly becoming the minimal criterion to work as a sleep tech in a Sleep Disorders Center. Graduates of the program will be able to better 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.</p> <p>Student progress through the 400-hour Clinical Externship will be monitored weekly. Initially the student will be expected to perform hook-up of 1 patient per night under the direction of an RPSGT or CPSGT. An additional 1 or 2 patients may be assigned to the student during the latter portion of the Externship. Graduates of the program are required to be able to prepare 2 or 3 patients for testing and successfully perform polysomnographic studies, have 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. Additionally, the student is expected to complete the online modules or equivalent required for sitting for the CPSGT examination offered by the Board of Registered Polysomnographic Technologists (<a href="http://www.brpt.org">www.brpt.org</a>). There will be exposure to scoring of sleep studies, this is performed during the Clinical Externship portion of the Program. <b>The school participates in the AASM Inter-Scorer Reliability Program and the student has opportunity to learn scoring rules and practice scoring of polysomnographic records.</b></p>		
OBJECTIVES	<p><b>Upon completing this course, the student will be able to:</b></p> <ul style="list-style-type: none"> <li>• Fluency in sleep terminology and become familiar with various paperwork, orders, HIPPA regulations.</li> <li>• Demonstrate basic knowledge of chronobiology, "normal sleep", and common sleep related disease states seen in the sleep lab.</li> <li>• Understand safety in the lab including medical emergencies</li> <li>• Learn the International 10-20 System and tabulate various sleep parameters</li> <li>• Identify neurological, pulmonary, cardiologic, &amp; muscular events of sleep.</li> <li>• Demonstrate knowledge and comprehension of the various treatment interventions at the sleep lab.</li> <li>• Demonstrate understanding of Positive Airway Pressure Titration techniques and interfaces.</li> <li>• Demonstrate knowledge and comprehension of indication for MSLT/ MWT.</li> <li>• Describe Psychiatric and Behavioral Sleep Related Disorders</li> <li>• Describe and demonstrate knowledge and comprehension of sleep-related problems in children</li> <li>• With successful passing of the designated modules offered from the AASM or equivalent - sit for the Certification Examination (for CPSGT) from the BRPT. (N.B. - NOT the Registry Examination)</li> </ul>		
WHO SHOULD ATTEND	<p>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 4 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. <b>Completion of this course does not designate "automatic" ability to sit for the Board Registry or Certification for Polysomnographic Technologists, or for the American Board of Sleep Medicine Sleep Technologists Registry Examination (see <a href="http://www.brpt.org">www.brpt.org</a>) and / or <a href="http://www.absm.org">www.absm.org</a>) for details. Criteria from these Boards changes from time to time and their websites should be viewed.</b></p>		
PREREQUISITES	<p>High School diploma or GED, 17 years or older. – <b>A copy of your diploma is required with application</b></p>		
TUITION	<p>The tuition of \$12000 includes all lectures, practical exercises, &amp; oversight during clinical portion. <b>Call about our Work Study Program to Defray Costs.</b> Course materials, lab fees, testing and online modules are separate. 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.</p>		

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## TOPICS

### Foundation Knowledge

- 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

### Clinical

- Basic Event Scoring including:  
Respiratory  
Limb Movements  
Arousals  
Electrocardiographic  
MSLT / MWT
- Patient Hook-up
- CPAP/BiPAP Titration
- Sanitization and sterilization of environment and equipment
- 10 weeks of Full Time (40 hours per week) Clinical Experience working in an AASM / Joint Commission Accredited Sleep Facility
- Participation in AASM Inter-Scorer Reliability Program

### Practical Exercise

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

### Course Evaluation Course Review & Examination

### Basic Life Support (if needed)

## FACULTY / INSTRUCTOR

**James M. Andry, MD**  
Diplomate, Sleep Medicine, ABMS  
Program Director

**Nagwa N. Lamaie, MD**  
CAQ, Sleep Medicine, ABMS  
Faculty / Instructor

**Sarah J. Andry, DO**  
Diplomate, Sleep Medicine, ABMS  
Faculty / Instructor

**Patty Gibson, RPSGT**  
Director / Faculty / Instructor

**James Enger, MA, RPSGT**  
Faculty / Instructor

**Chris Gonzales, BA, RPSGT**  
Faculty / Instructor

**Rina Salazar, RPSGT**  
Faculty / Instructor

**Angel Uriegas, RPSGT**  
Clinical Faculty / Instructor

**Irene Gonzales, RPSGT, CCSH**  
Clinical Faculty / Instructor

**Alex Chavez, CPSGT**  
Clinical Faculty / Instructor

## SCHEDULE FOR TRAVEL

**Initial 2 weeks (ASTEP Introductory Course) - Class is 8:30 a.m. – 5:00 p.m. Mon-Fri.**

**Following 400 hours Clinical Externship – night shifts at an AASM Accredited Sleep Center.**

## ACCOMMODATIONS

**Participants are responsible for their own travel, food, and lodging.**

**Preferred Hotel: Drury Inn & Suites– Medical Center – Corporate Code 301835**

**Reservations for either Drury: 1-800- DRURYINN**

**Monthly Furnished Apartment Rentals are also available – Call for details.**

## 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

Texas School of Sleep Medicine & Technology  
Education Department / Administrative Office  
5290 Medical Drive, San Antonio, TX 78229  
**Classroom**  
**5290 Medical Drive**  
**San Antonio, TX 78229(210)-614-6000**

Phone: 210-860-6000  
Toll Free: 866-614-6007  
Fax: 210-614-7728  
Email: [S827director@sleeptrc.com](mailto:S827director@sleeptrc.com)  
Web Site: [www.TexasSleepSchool.com](http://www.TexasSleepSchool.com)



**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)

Polysomnographic Trainee / Technician I Start date		2021 Start Dates
January	Jan. 11	
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May	May 9	
July	Jul. 11	
September	Sep. 12	
November	Nov. 7	

  

Polysomnographic Trainee / Technician I Start date		2022 Start Dates  (Tuition Rate May be different)
January	Jan. 17	
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May	May 9	
July	Jul. 11	
September	Sep. 12	
November	Nov. 7	

<b>2021 - 2 Tuition \$12,000.00 All Participants</b>	<b>Call about our Work Study Program to Defray Costs (U.S. Citizens only)</b>
<b>Nonrefundable Administrative fee – to hold place - \$500.00</b> <b>Sign up online at:</b> <a href="http://www.TexasSleepSchool.com">www.TexasSleepSchool.com</a> <b>Registration Fee - \$25.00</b>	
<b>Call for 5% Discount on more than one student from same institution – 866-614-6007</b>	
<b>A copy of your high school 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 : \$12,000 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  
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**Texas School of Sleep Medicine & Technology**



**1-866-614-6007**

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Date Received	
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Confirmation Sent	