

American Academy of Sleep Medicine (AASM) A-Step Approved Program (80 Hours) (\$2695)

This is the APPROVED AASM 80 hour certificate program and is composed of classroom didactic and clinical instruction. This program is designed to prepare the student for employment in the Sleep Disorder industry as a Polysomnographic Trainee. A graduate of this program will be able to communicate and interact effectively with sleep disorder patients and their families. Students are trained in the understanding of physical and physiological aspects of sleep disorders; the understanding of different sleep disorders; application of electrodes utilizing the 10-20 system; understanding ancillary and digital monitoring equipment; and will become familiar with ECG interpretation and EEG abnormalities. They will learn proper documentation of patient charts and technician notes. Students will learn to calibrate and fully operate a variety of monitoring equipment. Graduates will be able to utilize and set up the proper montages for a known sleep disorder and follow proper protocols for a polysomnogram.

The student will also learn and be tested on their ability to prepare the patient for testing and successfully perform Polysomnographic studies. Students will become familiar with administering Positive Pressure devices (BiPAP, CPAP, Auto set devices and Augmented ventilation devices) and Oxygen Therapy for patients. Students will have some exposure to learning how to score sleep records.

After successful completion of this 80 hour certificate program the graduate will be qualified to continue the next phase of their training in a sleep disorder center.
A-Step Weekend programs generally run 8:00 am to 7:00 pm. Weekday programs generally run 8:00 am to 5 pm. Check with us for exact times for your class.

PSG Board Prep (2-day) BRPT – RPSGT and NBRC CRT/RRT - Sleep Diagnostic Specialty Exam (\$425) (Approved for 16 Continuing Ed Credits)**

A comprehensive review program designed to offer the participant a thorough understanding of the BRPT examination content. The program provides insights into exam structure, content material and techniques for successful completion of the Polysomnographic Technologist Board Exam. A review program designed for the technologist preparing to sit for the Board of Registered Polysomnographic Technologists Examination. Includes overview of the NEW AASM Recommendations!

Topics that will be covered include the following:

- 1. PSG Testing*
- 2. CPAP/Bilevel Titrations*
- 3. Polysomnographic study scoring*
- 4. MSLT / MWT recording and scoring*
- 5. Pediatric Polysomnographic recording*
- 6. Basic EKG interpretation and event recognition.*
- 7. Polysomnographic hardware review*
- 8. Filters*

***To qualify for the CRT-SDS or the RRT-SDS Sleep Sub Specialty exam you must meet certain criteria including working full time in a sleep lab/center for at least 6 months (CRT) or 3 months (RRT)** or have graduated from an accepted Respiratory Therapy program with sleep as an add-on. Please visit the NBRC web site at www.NBRC.org for all qualifying information and to obtain*

an application for the exam.

Full time experience is defined as a minimum of 21 hours per week per calendar year in a sleep diagnostics and treatment setting under medical supervision following Certification (MD, DO or PhD) acceptable to the Board. Clinical experience must be completed before the candidate applies for this examination.

Scoring for the Polysomnographer (2-Day) (\$495) (Approved for 16.5 Continuing Ed Credits)

The program includes a review and use of the **NEW AASM** visual rules, arousal rules, cardiac rules, movement rules, and respiratory rules. The student will spend significant time understanding and applying these New rules. An entire day is set aside for instructor lead hands on scoring and scoring exercises. This program also reviews the acquisition and scoring of MSLT's and MWT's.

RIP and Emerging Technologies (1 Day) (\$195) (Continuing Ed Credits Pending)

This one day program will explain the science of Inductance Plethmismography and why the AASM has recommended using RIP to replace Piezo Technology in today's sleep center. Other topics of discussion include the approaching technologies of tomorrow such as the use of Pulse Transit Time (PTT) and Core Body Temperature in sleep diagnostics and therapy.

Pediatric Sleep Concepts (2 Day) (\$695) (Continuing Ed Credits Pending)

This program covers the polysomnography practices necessary for the pediatric population. The program includes topics relating to child / parent case management, scoring and treatment of the diseases which bring the pediatric population to the sleep disorders center. Includes NEW AASM Recommendations.

PAP Basics (1/2 Day) (Approved for 4 Continuing Ed Credits)

The Positive Airway Pressure Basics consists of three important areas of positive airway pressure (PAP) initiation and management in the sleep laboratory. The first module consists of discussions on PAP interfaces. Included in these discussions are the various choices in interfaces for patients, interface application issues, and finally possible problems and solutions to interface adherence. The second module covers PAP titration technique in a clinical setting. Even though PAP titration techniques are many times lab specific, there are common elements to every titration. Those include definition of respiratory events, identifying those events and adjusting PAP pressure to reach optimum PAP pressures for the patient. This presentation uses unique interaction of identifying abnormal respiratory events and step by step changes to achieve optimal therapy for the patient. The last module reviews information regarding CPAP adherence, how information is collected, and possible adherence problems and solutions to dealing with these problems. Includes NEW AASM Recommendations.

PAP Adherence (1/2 Day) (Approved for 4 Continuing Ed Credits)

Positive Airway Pressure (PAP) Adherence is the key element for a successful outcome in patients with sleep-disordered breathing (SDB). Despite the benefits of PAP therapy, non-adherence is commonly seen by healthcare provider staffs in sleep centers and home medical equipment (HME) facilities. This interactive workshop contains multi-faceted modules that examine the factors that interfere with the treatment of OSA, and the target audience is novice as well as experienced health care providers working in sleep medicine and who administer PAP setup or treatment initiation.

A Practical Understanding of the New AASM Acquisition Recommendations (1 Day) (\$195) (Continuing Ed Credits Pending)

*The focus in this class is to gain a better understanding of the **NEW AASM** requirements and their implications in your sleep center. This one day program will explain the use of RIP Effort and respiratory flow/pressure collection. Additional instruction will be given in understanding the new Staging: N1, N2, N3, and EEG lead placement.*

Finally, using Reliability and Validity methods of cross scoring will be discussed and how best to use sensor technology to ensure the accuracy of your outcomes.

Starting a Sleep Lab (2 Day) (\$995) (Continuing Ed Credits Pending)

An interactive program designed to train physicians, managers, or supervisors the basic tenants for starting a successful sleep business. Areas of concentration will be personnel hiring/managing, accreditation, legal issues, resources, marketing and reimbursement. The participants will also be able to visit a successful accredited operating sleep business.