

SLEEP MEDICINE ROTATION FOR PULMONARY FELLOWS

OBJECTIVES: The resident will acquire familiarity with the diagnosis, assessment and treatment of common sleep disorders and with the tools used to investigate them.

Please note that these objectives supplement the RCPS objectives

- MEDICAL EXPERT
- 1 The resident will be able to obtain a history relevant to sleep disorders. This includes:
 - a) symptoms that indicate sleep pathology
 - b) clinical factors that predict the presence or absence of particular sleep disorders
 - c) history of sleep habits and rituals
 - d) sleep hygiene
 - e) family history where relevant
 - f) specific risk factors for disease
 - 2 The resident will demonstrate knowledge of the epidemiology , prevention, pathogenesis, clinical manifestations, laboratory testing, treatment, prognosis and complications of:
 - a) Obstructive Sleep Apnea
 - b) Central Sleep Apnea
 - c) Cheyne-Stokes Respiration
 - d) Sleep Hypoventilation
 - e) Insomnia
 - f) Narcolepsy
 - g) Restless Legs Syndrome and Periodic Limb movement Disorder
 - h) Parasomnias
 - 3 The resident will demonstrate knowledge of an approach to diagnosis and management of the following common sleep related complaints:
 - a) Hypersomnolence
 - b) Insomnia
 - c) Abnormal nocturnal behaviours
 - d) Snoring
 - 4 The resident will be able to manage:
 - a) Obstructive Sleep Apnea
 - b) Sleep Hypoventilation/Chronic Respiratory failure
 - c) Insomnia, Restless Legs Syndrome and Periodic Limb Movement Disorder

This includes working knowledge of CPAP & BiPAP as treatment options.
 - 5 The resident will be able to interpret of Polysomnography including:
 - a) recognition of normal or disrupted sleep architecture
 - b) recognition of sleep stages and arousals from sleep
 - c) scoring of respiratory events including apneas, hypopneas, increased upper airway resistance, and hypoventilation.
 - 6 The resident will demonstrate an appreciation for the indications and limitations of the following investigations:
 - a) PSG
 - b) MSLT
 - c) MWT
 - d) Snore-sat
 - e) Oximetry

- COLLABORATOR 7 The resident will demonstrate an appreciation for a multi-disciplinary approach to sleep disorders and will appropriately consult with other health care personnel/departments in the treatment of sleep disorders:
- a) Pulmonologists
 - b) Neurologists
 - c) ENT surgeons
 - d) Dentists
 - e) Cardiologists
 - f) Psychiatrists and Psychologists
 - g) Relaxation training
 - h) Addiction research