

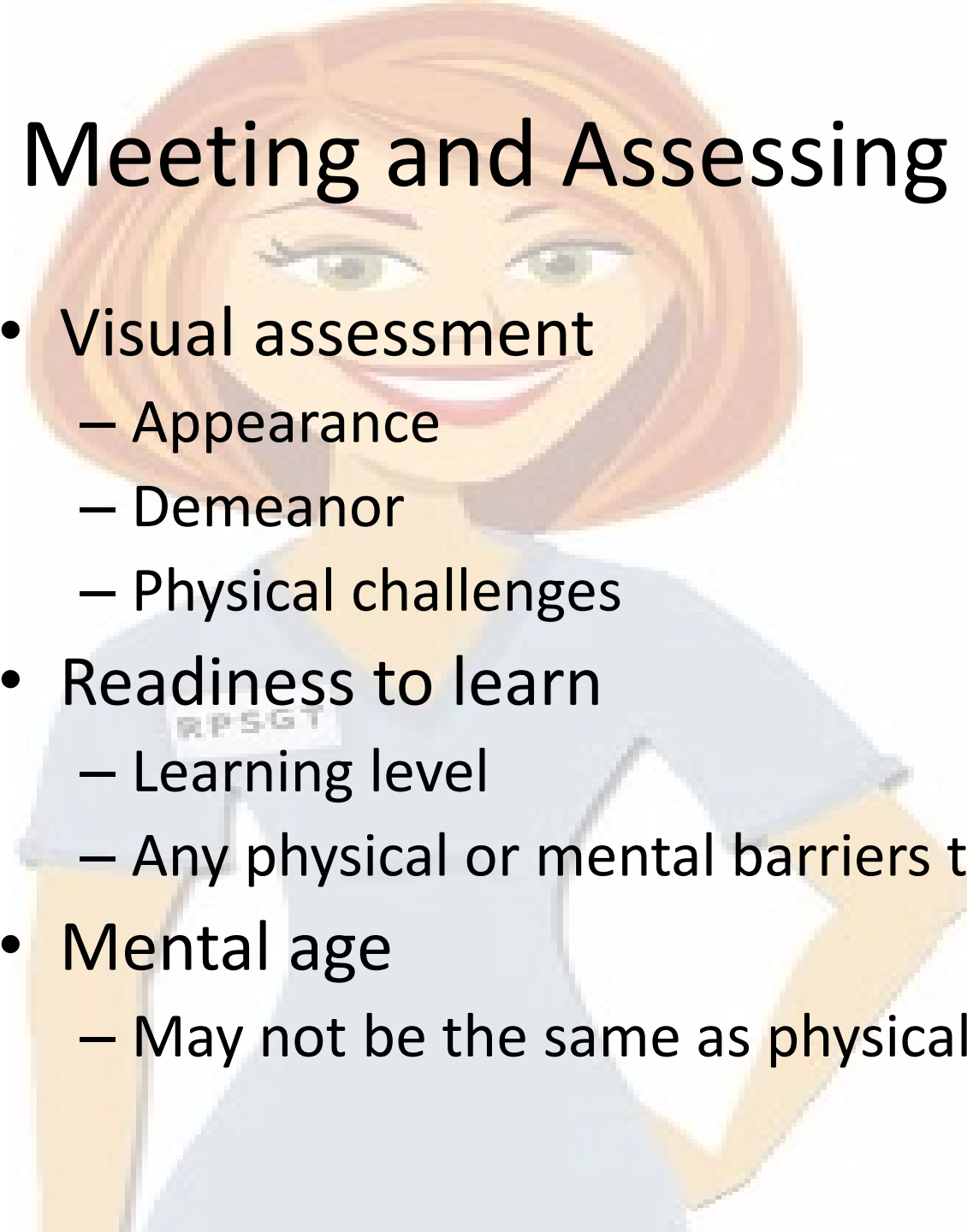
Role of the Sleep Technologist

Sleep Tech Responsibilities

- Verify patient
- Provide good patient care
- Perform correct study as ordered by doctor
- Properly affix electrodes
- Maintain integrity of study
- Document any abnormalities throughout night
- Maintain patient safety
- Properly disinfect electrodes
- Gather and complete all appropriate paperwork and reports

Meeting and Assessing the Patient

- Visual assessment
 - Appearance
 - Demeanor
 - Physical challenges
- Readiness to learn
 - Learning level
 - Any physical or mental barriers to learning
- Mental age
 - May not be the same as physical age

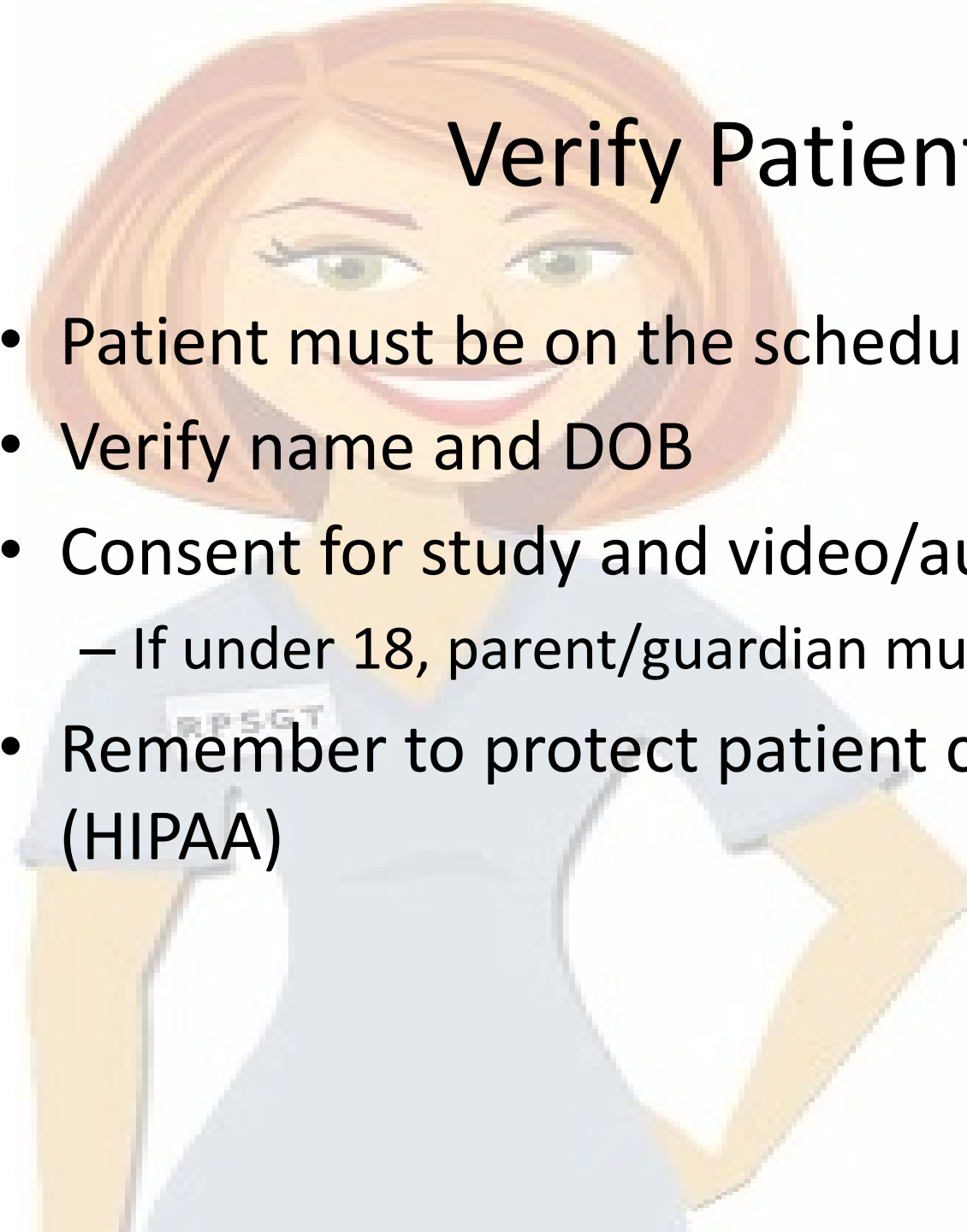


Meeting and Assessing the Patient

- Physical limitations
 - Will these be challenges to overcome in the hookup?
- Emotional needs
 - May be most difficult to determine
 - Examples: PTSD, claustrophobia, depression, panic attacks, mental disorders
 - If strong emotional needs, may be difficult when balancing two patients

Verify Patient

- Patient must be on the schedule
- Verify name and DOB
- Consent for study and video/audio recording
 - If under 18, parent/guardian must sign
- Remember to protect patient confidentiality (HIPAA)



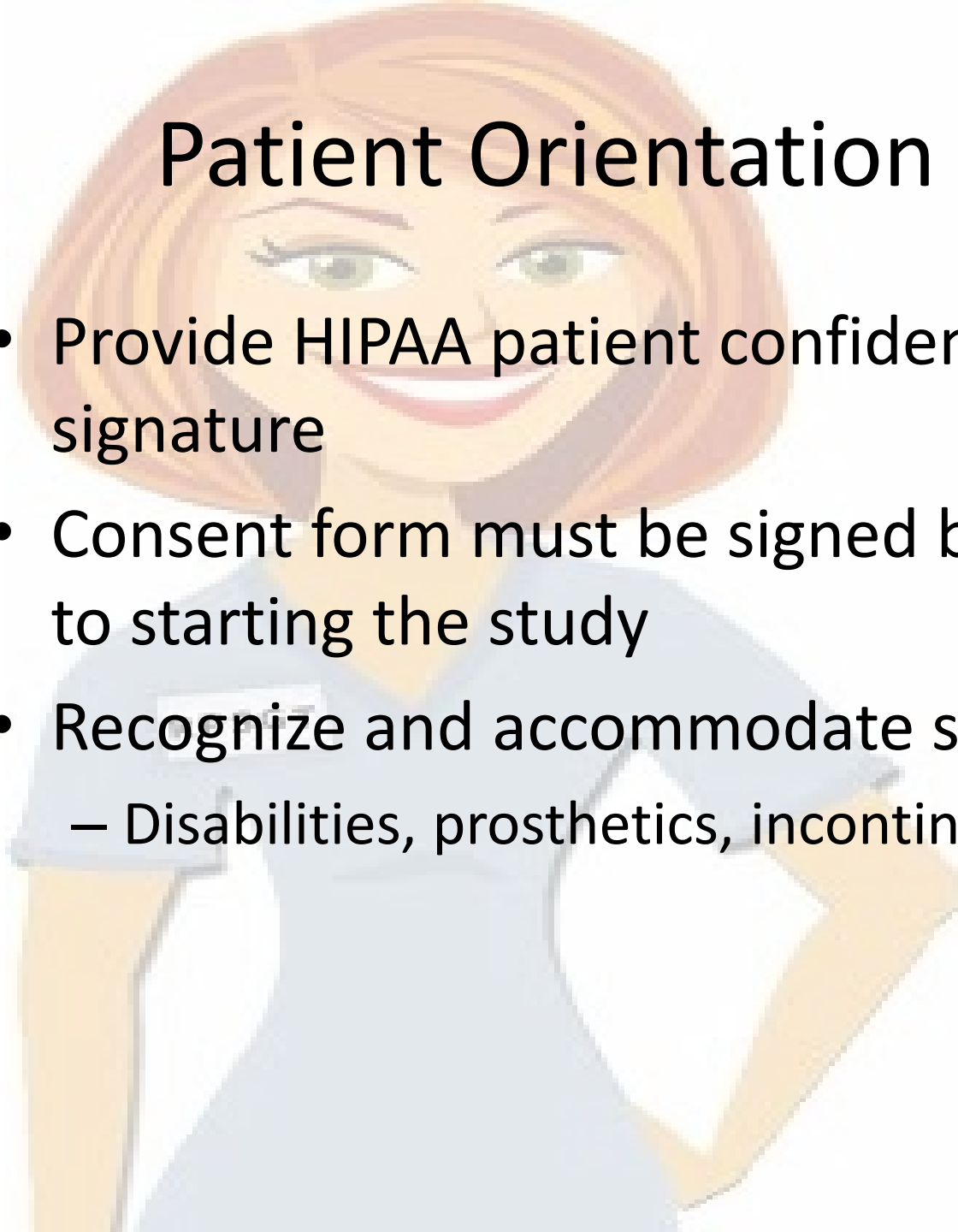
Provide Good Patient Care

- Introduce yourself to patient
- Find out reason for visit
- Find out patient and sleep history
- Explain procedure
- Answer questions
- Point out where things are located in patient room and facility



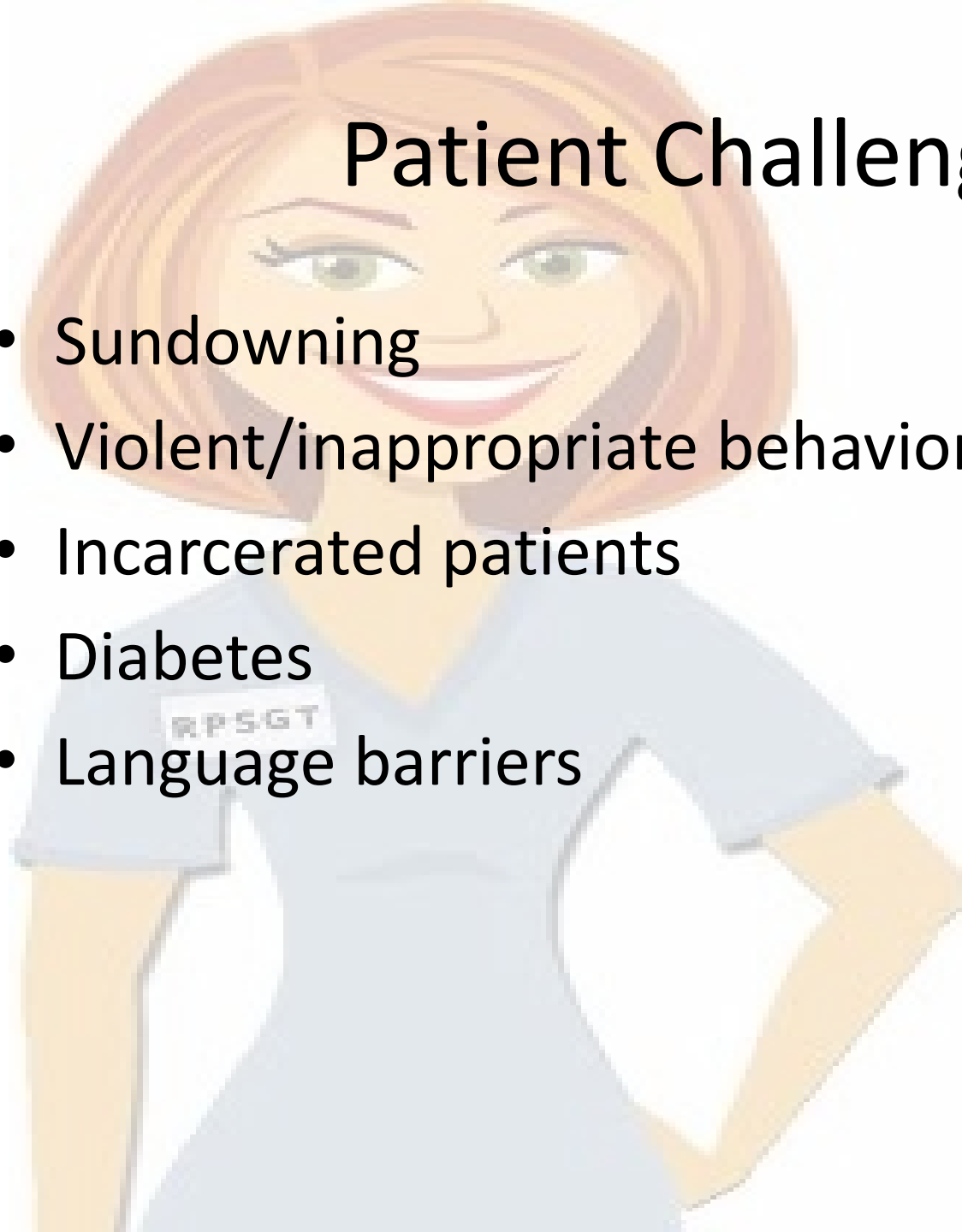
Patient Orientation Process

- Provide HIPAA patient confidentiality form for signature
- Consent form must be signed by patient prior to starting the study
- Recognize and accommodate special needs
 - Disabilities, prosthetics, incontinence, pain



Patient Challenges

- Sundowning
- Violent/inappropriate behaviors
- Incarcerated patients
- Diabetes
- Language barriers



Perform Correct Study

- Verify study to be performed on physician orders
- Follow exactly what is ordered
- If you have questions about order, contact lab manager or physician on call for clarification
- Discuss with patients therapeutic modalities
 - May be a split study with CPAP

Properly Affix Electrodes

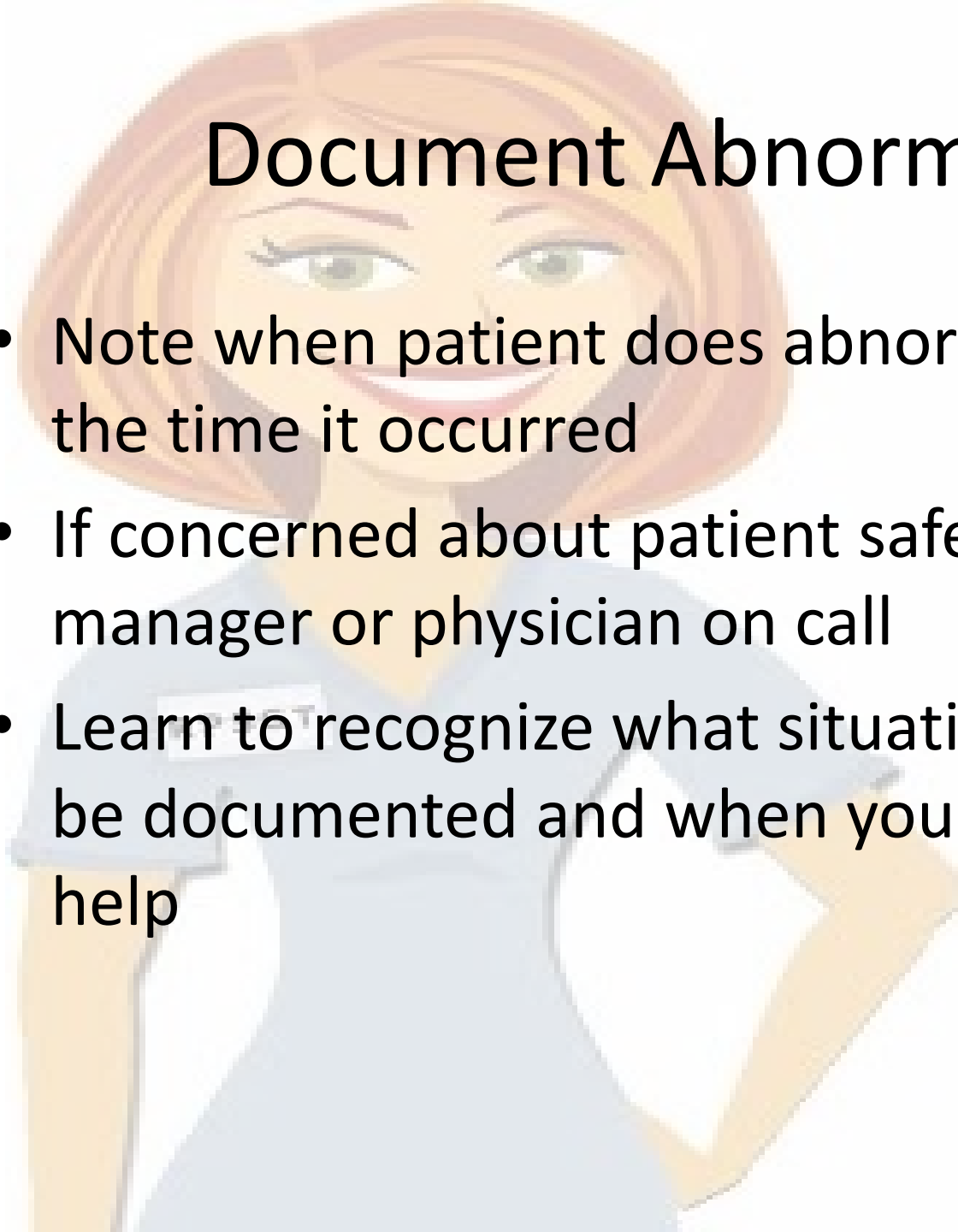
- Measure the patient's head using International 10-20 system
- Properly scrub each electrode spot
- Apply enough paste to electrode but don't overfill
- Make sure electrode is secure
- Check impedances

Maintain Study Integrity

- If impedance is over 5000 Ohms, fix the electrode
- Do not let a bad electrode stay unfixed all night
- Re-referencing is meant as a backup not an excuse to be lazy
- If there is artifact, correct it
- Sometimes equipment malfunctions—troubleshoot
- Inter-scorer reliability

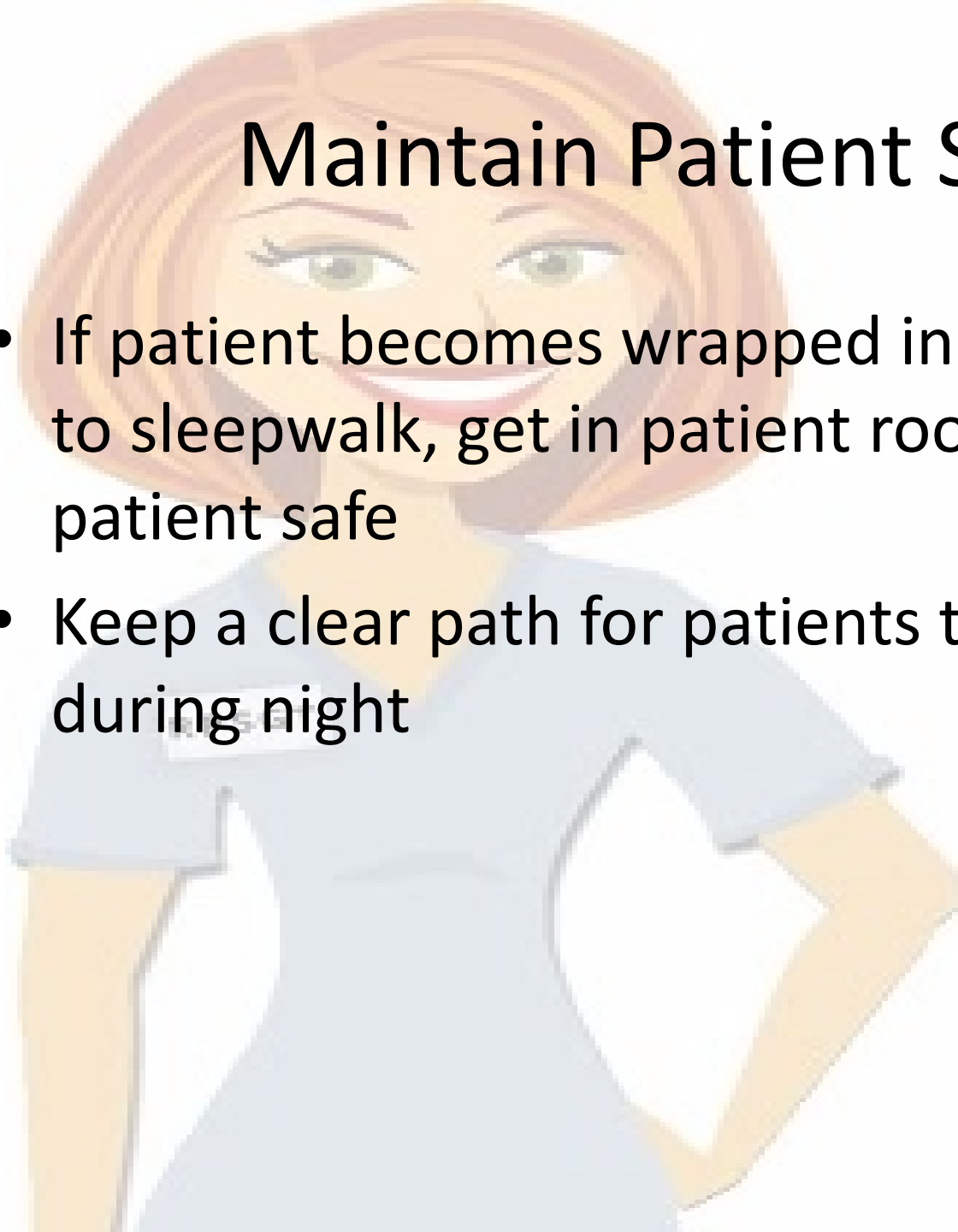
Document Abnormalities

- Note when patient does abnormal things and the time it occurred
- If concerned about patient safety, call lab manager or physician on call
- Learn to recognize what situations are just to be documented and when you need to call for help



Maintain Patient Safety

- If patient becomes wrapped in wires or trying to sleepwalk, get in patient room—keep patient safe
- Keep a clear path for patients to use restroom during night



Electrode Disinfection

- Soak electrodes in hot water and soap to loosen up paste
- Disinfect with low-level disinfectant
- CPAP masks need high-level disinfectant like Control III or Cavicide
- All reusable items need to be disinfected
- Dispose of disposable items like tape and plastic cannula tubing

Paperwork

- Patients should complete a pre-study questionnaire and consent forms prior to study
 - List any medications taken by patient
- Following study, patients should complete post-study questionnaire and satisfaction survey
- Throughout night, tech should be keeping hourly or half hourly log, documenting sleep positions, snoring, breathing events, movements, abnormal EKG or O2 readings, and any other unusual findings from the night



Reports

- Some labs require techs to give a summary of the night or complete an EHR report
- Once study is scored, scoring tech will run a report
- Once study is reviewed and interpreted by physician, study can be archived

Shift Work

- Sleep techs have typically worked nights
- Shifts can be anywhere from 8-13 hours
- Techs need to be able to stay awake all night
- Shift workers can face insomnia, EDS, impaired alertness and difficulty staying awake during work
- Several tips can improve sleep and wakefulness in sleep tech

Sleep Tips

- Have a relaxing bedtime ritual—take warm bath, decrease room temperature
- Darken the room—light is a stimulant
- Keep it quiet—use ear plugs if needed
- Avoid caffeine for 5 hours before bedtime
- Avoid alcohol or nicotine before bedtime
- Don't exercise heavily within 3 hours of bedtime

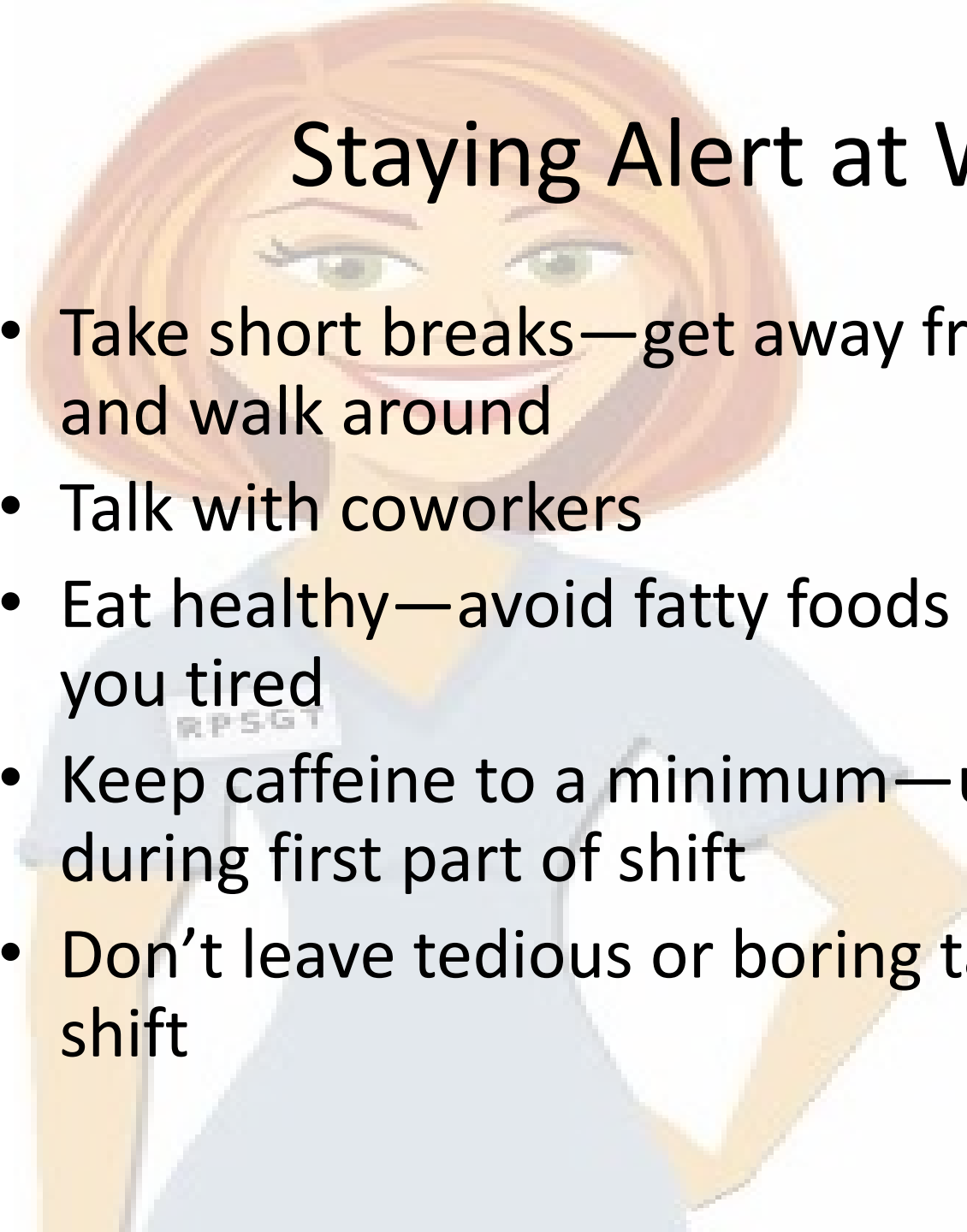


Sleep Tips

- Avoid long naps—take 20 minute naps if necessary
- Maintain a consistent sleep schedule even on days off
- Wear dark sunglasses when driving home after a night shift—exposure to the sunlight can damage eyes and make it more difficult to fall asleep once home

Staying Alert at Work

- Take short breaks—get away from computer and walk around
- Talk with coworkers
- Eat healthy—avoid fatty foods which make you tired
- Keep caffeine to a minimum—use it only during first part of shift
- Don't leave tedious or boring tasks for end of shift



Staying Alert at Work

- Lowest point of alertness is 4am—plan a break around this time
- Turn on all lights—darkness makes you more sleepy

