

**OLIVE VIEW-UCLA MEDICAL CENTER
RESPIRATORY CARE SERVICES – SLEEP MEDICINE
POLICY & PROCEDURE**

**NUMBER: 9260
VERSION: 1**

SUBJECT/TITLE: POLYSOMNOGRAPHIC TECHNOLOGIST

DEPARTMENTS: RESPIRATORY CARE SERVICES

Position Summary:

A Polysomnographic Technologist works under the general supervision of the clinical director (MD, DO, or PhD) or designee to provide comprehensive evaluation and treatment of sleep disorders. This may involve polysomnography, diagnostic and therapeutic services or patient care and education. A Polysomnographic Technologist can perform the duties defined for a Polysomnographic Technician and may provide supervision of other staff.

Domains of Practice:

Gather and Analyze Patient Information

- Collect, analyze, and integrate patient information in order to identify and meet the patient-specific needs (Physical/mental limitations, current emotional/physiological status regarding the testing procedure, pertinent medical/social history), and to determine final testing parameters/ procedures in conjunction with the ordering physician or clinical director and laboratory protocols.
- Complete and verify documentation.
- Explain pre-testing, testing, and post-testing procedures to the patient.

Testing Preparation Procedures

- Prepare and calibrate equipment required for testing to determine proper functioning and make adjustments if necessary.
- Apply electrodes and sensors according to accepted published standards.
- Perform appropriate physiologic calibrations to ensure proper signals and make adjustments if necessary.
- Perform positive airway pressure (PAP) mask fitting.

Polysomnographic Procedures

- Follow procedural protocols such as Multiple Sleep Latency Test (MSLT), Maintenance of Wakefulness Test (MWT), parasomnia studies, PAP, oxygen titration etc. to ensure collection of appropriate data.
- Follow “lights out” procedures to establish and document baseline values (such as body position, oxyhemoglobin saturation, respiratory and heart rates, etc.)
- Perform Polysomnographic data acquisition while monitoring study-tracing quality to ensure signals are artifact-free and make adjustments, if necessary.
- Document routine observations including sleep stages and clinical events, changes in procedure, and significant events in order to facilitate scoring and interpretation of polysomnographic results.

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- Implement appropriate interventions (including actions necessary for patient safety and therapeutic intervention such as continuous and bi-level positive airway pressure, oxygen administration, etc).
- Follow “lights on” procedures to verify integrity of collected data and complete the data collection process (repeats the physiological and instrument calibrations and instructs the patient on completing questionnaires, etc.)
- Demonstrate the knowledge and skills necessary to recognize and provide age specific care in the treatment, assessment, and education of neonatal, pediatric, adolescent, adult, and geriatric patients.
- Oversees and performs difficult and unusual procedures and therapeutic interventions.

Polysomnographic Record Scoring

- Score sleep/wake stages by applying professionally accepted guidelines.
- Score clinical events (such as respiratory events, cardiac events, limb movements, arousals etc.) according to center specific protocols.
- Generate accurate reports by tabulating sleep/wake and clinical event data. Service Management and Professional Issues
- Comply with applicable laws, regulations, guidelines and standards regarding safety and infection control issues.
- Perform routine and complex equipment care and maintenance.
- Evaluate sleep study related equipment and inventory.
- Maintain current CPR or BCLS certification.
- Demonstrate effective written and spoken communication skills.
- Demonstrate appropriate social skills.
- Respond to study participant’s procedural-related inquiries by providing appropriate information.
- Demonstrate the ability to analyze complex situations and apply policy.
- Comply with the ABSM Standards of Conduct.

Education and/or Experience

Successful completion of an accredited educational program leading to an associate degree with an emphasis in polysomnography. OR Successful completion of a polysomnography program of no less than one than one year duration associated with a state licensed and/or a nationally accredited educational facility or equivalent experience and documented proficiency at all competencies required of a Polysomnographic Technician. AND Certification by the American Board of Sleep Medicine (ABSM) as a Registered Sleep Technologist (RST) or equivalent.

Physical Demands

The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions. While performing the duties of this job, the employee is frequently required to stand; use hands to finger, handle, or feel; reach with hands and arms; climb or balance; and talk or hear. The employee is occasionally required to walk; sit; and stoop, kneel, crouch, or crawl. The employee must regularly lift and/ or move up to 10 pounds, frequently lift and/or move up to 25 pounds, and occasionally lift and/or move up to 50 pounds. Specific vision abilities required by this job include close vision, distance vision, color vision, peripheral vision, depth perception, and ability to adjust focus.

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References:	
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