

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

**NUMBER: 9288
VERSION: 1**

SUBJECT/TITLE: PLOYSOMNOGRAPHIC TECHNICIAN

DEPARTMENTS: RESPIRATORY CARE SERVICES

Position Summary

A Polysomnographic Technician performs comprehensive polysomnographic testing and analysis, and associated interventions under the general supervision of a Polysomnographic Technologist (RST) and/ or the clinical director (MD, PhD, DO) or designee. A Polysomnographic Technician can provide supervision of a Polysomnographic Trainee.

Domains of Practice

Gather and Analyze Patient Information

- Review history, physical information, medications, procedure request, and study protocol.
- Complete and verify documentation.
- Explain the procedure and orient the patient to the sleep center.

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 routine 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 and 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 other significant events in order to facilitate scoring and interpretation of polysomnographic results.
- 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 (e.g. 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

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treatment, assessment, and education of neonatal, pediatric, adolescent, adult, and geriatric patients.

Polysomnographic Record Scoring

- Assist with scoring sleep/wake stages by applying professionally accepted guidelines.
- Assist with scoring clinical events (such as respiratory events, cardiac events, limb movements, arousals, etc.) with center specific protocols.
- Assist with the generation of 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 equipment care and maintenance and inventory evaluation.
- Maintain current CPR or BCLS certification.
- Demonstrate effective written and spoken communication skills.
- Demonstrate appropriate social skills.
- Demonstrate ability to follow direction
- Respond to study participant's procedural-related inquiries by providing appropriate information.

Education and/or Experience

Successful completion of a polysomnography program, of no less than one year duration, associated with a state licensed and/or a nationally accredited educational facility. OR A minimum of 6 months of experience as a Polysomnographic Trainee with documented proficiency in all required competencies.

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.

Work Environment

The work environment characteristics described here are representative of those an employee encounters while performing the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.

In the performance of this job, the employee may be exposed to chemical vapors such as acetone, ether, or glutaraldehyde. There may also be skin contact with these substances. The employee may also be exposed to infectious agents including blood-borne pathogens.

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References:	
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