

Elective Module: Sleep Study

Introduction

In this module, we focus on an important area for discussion that are critical for a physician to understand.

We focus on polysomnogram (PSG), also known to patients as a sleep study. It is an integral component of many sleep evaluations. Attended (Type I) PSGs are the gold standard for diagnosing sleep-related breathing disorders (SRBD), including obstructive sleep apnea (OSA). And it is also used in conjunction with the clinical history and other tests to diagnose a variety of additional sleep disorders, including narcolepsy, sleep-related movement disorders, and certain parasomnias. Many other sleep disorders can also be diagnosed and managed based on PSG results. During PSG, the patient sleeps while connected to a variety of monitoring devices that record physiologic variables. The study consists of a simultaneous recording of several physiologic parameters during sleep and wakefulness. Patterns of physiologic abnormalities during sleep may be diagnostic of sleep-disordered breathing as well as many other sleep disorders.

In selected patients, the diagnostic evaluation for obstructive sleep apnea (OSA) may be performed at home without a technician in attendance. Home sleep apnea testing is only useful for the diagnosis of OSA in selected patients; it is not a substitute for PSG when other sleep disorders are suspected.

In this module the students will learn what is sleep study, when to perform it, how to perform it and interpret and understand the results.

Name of Block	Block 2
Name of Elective	Sleep Study
Location of hospital Lab or research facility	Dept. of Respiratory Medicine
Name of internal preceptor (s)	Dr. Anil Kumar Kashyap
Name of external preceptor (if applicable)	
Learning objectives of elective	In the end of elective posting, phase 3 part 2 MBBS Student should be able to: 1. Know how to diagnose, investigate and treat sleep apneas 2. Understand how to recognize and treat complications of sleep apneas 3. Various teams
Number of students that can be accommodated in this elective	4
Pre-requisites for elective	Knowledge of following topics: Sleep Study
Learning resources for students	1. Davidson's Principles of Medicine 2. Harrison's Principles of Internal Medicine
List of activities of student participation	a. History taking and examination of cases b. Diagnosing and management of patients with respiratory illness
Portfolio entries required	Daily log of activities participated and examining and discussing cases of NIV, Pulmonary Rehabilitation and Sleep Apnea
Log book entry required	Satisfactory, completion of posting signed and verified by the Preceptor with "M" grade
Assessment	• Attendance • Tutorials • PPT presentation at the end of the elective • Viva • Case presentation at the end of the elective

Other comments	
----------------	--