



Sleep Technology: CORE COMPETENCY

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aastweb.org

PAP Titration – June 2017

This core competency is not intended to be all-inclusive and may require modification to meet facility requirements. This document is intended to serve as a template and be modified to meet individual employer needs.

OBJECTIVE: To verify the knowledge and skills required to analyze a sleep recording and titrate positive airway pressure (PAP) during overnight sleep testing.

OUTCOME ASSESSMENT: Outcome is determined by clinical and physiologic assessment of adequacy of patient response to therapy. This competency evaluation tool provides an objective assessment of the performance level of the sleep technologist, technician and trainee performing PAP titration.

INSTRUCTIONS: The evaluator assesses the employee in the performance of the competency, indicating either a **(Yes)** the employee is competent or a **(No)** the employee is not competent with the process. Competency is met when the employee performs the competency according to accepted standards and guidelines. For every **(No)** response, a corrective action plan should be outlined, discussed with the employee with a timeline for retesting, and documented in the comments section.

NAME _____

DATE _____

EVALUATOR _____

**Comments: A correction plan and timeline for retesting must be outlined for each (No) documented.*

PAP Titration	Yes	No	*Correction Plan/ Retesting Date
Equipment Operation / Calibration			
Demonstrate knowledge of operation of all PAP and humidification devices within the sleep center and assure proper equipment function			
Demonstrate knowledge of PAP-PSG equipment interfaces and remote operation of PAP devices			
Demonstrate knowledge of appropriate use of an auto-titrating PAP devices in the sleep center			
Demonstrate knowledge of sleep center PAP titration protocols			
Patient Education			
Explain PAP titration procedure to patient demonstrating appropriate age-specific communication skills			
PAP Interfaces			
Demonstrate ability to properly fit PAP interfaces that meet patient needs for optimum comfort and compliance			
Adjust and fit appropriate headgear			
PAP Titration			
Demonstrate knowledge of possible complications and side effects of PAP therapy			
Recognize when a patient is unable to tolerate PAP therapy			
Demonstrate ability to identify excessive volume leakage related to mouth breathing or mask leak and make appropriate interventions			
Identify clinical events and causes; i.e. respiratory, arousals, cardiac events			
Identify sleep fragmentation related to respiratory events, snoring or other sleep-related disorders			
Identify when to adjust PAP to achieve optimal therapeutic level, i.e. eliminate respiratory events, oxygen desaturations, arousals and snoring			

PAP Titration	Yes	No	*Correction Plan/ Retesting Date
Identify event characteristics demonstrating a need to change PAP mode following sleep center and/or CMS protocols			
Verify optimal pressure during supine and stage R sleep			
Documentation			
Document the epoch number/time of each PAP pressure change during the recording			
Document reasons for all changes in PAP levels or other settings during the recording			
Document a summary of the titration on the recording or technical documentation form			
Identify, document and correct equipment problems			
Patient Safety			
Verbalize the protocol for contacting the Medical Director			
Identify when to discontinue PAP therapy due to complications or patient intolerance			
Infection Control			
Demonstrate knowledge of single use vs reusable interface devices (note: as far as I know the manufacturers are no longer making single-use interfaces)			
Demonstrate proper cleaning procedures for reusable interface devices, according to sleep center protocol			
Demonstrate knowledge of equipment maintenance procedures			