

Sleep Health Educator

Job Description

This job description is not intended to be all-inclusive and may require modification to meet federal and state regulations. This document is intended to serve as a template and modified to meet individual employer needs.

Position Summary

The sleep health educator works under the general supervision of the medical director or designee to provide comprehensive education, evaluation and treatment of sleep disorders including in center and home sleep apnea testing, diagnostic and therapeutic interventions, comprehensive patient care and direct patient education. In addition to proficiency in all competencies related to sleep technology, the sleep health educator participates with clinical patient education, compliance management, evaluation, diagnostic and therapeutic testing, and home therapy. Education and management of patients with sleep disorders requires understanding of the multifaceted disease processes that affect both sleep and wakefulness. The sleep health educator is credentialed in sleep technology or other allied health professions that have appropriate training in sleep-related patient management, is able to provide oversight of other sleep center staff and is able to interact with physicians and other health care providers in a professional manner.

Domains of Practice

1. Competency with Practice Parameters and Clinical Guidelines for sleep health and disorders
 - Patient education and compliance monitoring
 - Knowledge of the elements of the Sleep Technologist role.
 - Proficient in pathophysiology, epidemiology, and clinical guidelines for sleep disorders and treatment options.

2. Evaluation/management of patient education and compliance
 - Competent with specific clinical assessment using standardized diagnostic tools (e.g., Epworth Sleepiness Scale, STOP-BANG, Pittsburgh Sleep Quality Index).
 - Monitor patient adherence to prescribed treatment.
 - Collect, analyze and integrate patient information.
 - Coordinate in center and home sleep apnea diagnostic testing and therapeutic modalities.
 - Implement and follow-up on physician orders.

- Communicate effectively and professionally with the patient's healthcare team regarding new or continued symptoms, treatment concerns or management of optimal care.
 - Develop programs and provide education to assist patients with treatment compliance including how to track health improvement indicators.
 - Discuss equipment/supply replacement schedule.
 - Assist with acclimation to PAP; proper usage of PAP, interface troubleshooting, pressure relief options, cleaning and safety education.
3. Comprehensive Understanding of Teaching and Motivational Skills
- Apply principles of motivational teaching to facilitate patient self-management.
 - Provide patient education for sleep disorders, comorbidities, therapeutic equipment and processes, therapy options, sleep hygiene and self-help.
 - Encourage family/bed partner participation with patient treatment plan.
 - Promote community education on general sleep hygiene, sleep disorders and treatment options.
4. Program and Business Management
- Confirm insurance verification/authorization requirements and patient financial responsibility.
 - Utilize electronic medical records programs.
 - Maintain accurate, pertinent, accessible, confidential and secure patient records in accordance with privacy and security standards.
 - Assure patient records contain documentation of all patient interactions.
 - Manage patient compliance and outcomes database.
 - Provide oversight of other sleep center staff.
 - Develop and implement quality assurance/improvement activities and staff training.
 - Participate in professional development activities.
5. Service Management and Essential Skills:
- Maintain proficiency in the domains of practice in sleep medicine and technology.
 - Comply with professional standards of conduct.
 - Comply with applicable laws, regulations, guidelines, and standards regarding safety and infection control.
 - Meet all industry registry, certification and state licensure requirements.
 - Maintain current CPR or BLS certification.
 - Demonstrate proficient use of medical terminology.

- Demonstrate advanced knowledge of the pathophysiology of sleep disorders and associated comorbidities.
- Demonstrate effective patient assessment techniques.
- Demonstrate ability to provide age appropriate patient education.
- Use a variety of communication and teaching techniques to optimize patient education and motivate self-management.
- Develop and/or manage patient compliance tracking databases.
- Demonstrate age appropriate written and verbal communication skills.
- Demonstrate appropriate social skills; cultural competency.
- Demonstrate customer service skills; health literacy.
- Demonstrate critical thinking and ability to work with minimal supervision.
- Demonstrate the ability to analyze complex situations and apply policy.
- Demonstrate teamwork skills and ability to work collaboratively with other healthcare providers.
- Develop and implement policies to maintain the privacy and security of patient information.
- Adhere to sleep center policies related to quality assurance, clinical procedures and emergency preparedness and safety.
- Assist the medical director and/or manager in all aspects of the education and care of the sleep patient.
- Demonstrate computer skills appropriate for the position.

Education/Experience

Allied health professional with a Bachelor's degree and appropriate training and competence in patient education and sleep medicine. CCSH certification is preferred.

OR

Successful completion of an accredited PSG educational program leading to a certificate or associate degree with an emphasis in sleep technology with a minimum of two years experience in the sleep technology profession. A Bachelor's degree is preferred.

OR

A minimum of five years experience in sleep technology and documented proficiency for all competencies required of a sleep technologist AND sleep health educator.

AND

Certification by a nationally recognized certification board and holds either the Registered Sleep Technologist (RST), Registered Polysomnographic Technologist (RPSGT), or Sleep Disorders Specialist (SDS) credential. CCSH certification is preferred.

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 cleaning and disinfecting solutions. There may also be skin contact with these substances. The employee may also be exposed to infectious agents including blood borne pathogens.