

Sleep Technology: JOB DESCRIPTION Sleep (Polysomnographic) Technologist

Position Summary

A sleep technologist works under the general supervision of the medical director or designee to provide comprehensive evaluation and treatment of sleep disorders including in center and out of center sleep testing, diagnostic and therapeutic interventions, comprehensive patient care and direct patient education. A sleep technologist is able to perform the duties defined for a sleep technician and is able to provide oversight of other sleep center staff. The sleep technologist is credentialed in sleep technology.

Domains of Practice

Sleep Study Preparation and Set-up

- 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).
- Determine final testing parameters/procedures in conjunction with the ordering physician or clinical director and laboratory protocols.
- Review the patient's history and verify the medical order.
- Follow sleep center protocols related to the sleep study.
- When patient arrives, verify identification, collect documents and obtain consent for the study.
- Explain the procedure and orient the patient for either in center or out of center sleep testing.
- Select appropriate equipment and calibrate for testing to determine proper functioning and make adjustments, if necessary.
- Apply electrodes and sensors according to accepted published standards.
- Perform routine positive airway pressure (PAP) interface fitting and desensitization.

Sleep Study 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.
- Perform appropriate physiological calibrations to ensure proper signals and make required adjustments.
- Follow "lights out" procedures to establish and document baseline values (such as body position, oxyhemoglobin saturation, respiratory and heart rates, etc.).
- Perform data acquisition while monitoring study-tracing quality to ensure signals are artifact-free. Identify, correct and document artifact.
- 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 positive airway pressure, oxygen administration, etc.).
- Follow "lights on" procedures to verify integrity of collected data and complete the data collection process (e.g. repeat the physiological and instrument calibrations and instruct the patient on completing questionnaires, checking for completeness, etc.).

- Score sleep/wake stages by applying professionally accepted guidelines.
- Score clinical events (such as respiratory events, cardiac events, limb movements, arousals, etc.) utilizing AASM standards.
- Generate accurate reports by tabulating sleep/wake and clinical event data.
- 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.
- Demonstrate the knowledge and skills necessary to perform portable monitoring equipment preparation and data download.
- Perform patient education and instruction appropriate for out of center sleep testing.
- Demonstrate adherence to cleaning and disinfection procedures for portable monitoring devices.
- Demonstrate adherence to AASM scoring parameters for OCST; identify artifact, inadequate signals and study failures and generate an accurate report.

Service Management and Essential Skills

- 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 BLS certification.
- Demonstrate computer skills appropriate for the position.
- Demonstrate effective written and verbal communication skills.
- Demonstrate appropriate social skills.
- Demonstrate customer service skills.
- Demonstrate critical thinking and ability to work with minimal supervision.
- Demonstrate teamwork skills.
- Follow HIPAA policies to maintain the privacy and security of patient information.
- Demonstrate ability to follow direction.
- Respond to sleep patients' procedural-related inquiries by providing appropriate information.
- Provide patient education utilizing sleep center specific protocols.
- Adhere to sleep center policies related to quality assurance.
- Evaluate sleep study related equipment and inventory.
- Review and evaluate sleep studies and provide feedback to staff.
- Demonstrate the ability to analyze complex situations and apply policy.
- Comply with professional standards of conduct.
- Assist the medical director and/or manager in all aspects of sleep center operations.

Education and/or Experience

Successful completion of an accredited educational program leading to a certificate or associate degree with an emphasis in sleep technology.

OR

Successful completion of a sleep technology program associated with a state licensed and/or a nationally accredited educational facility or equivalent experience and documented proficiency for all competencies required of a sleep technician.

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.

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.

NOTE: This job description is not intended to be all-inclusive. Employee may perform other related duties as negotiated to meet the ongoing needs of the organization.
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