GROSSMONT COLLEGE

COURSE OUTLINE OF RECORD

Curriculum Committee Approval: 11/30/2021

GCCCD Governing Board Approval: 12/14/2021

RESPIRATORY THERAPY 220 – SLEEP DISORDERS, DIAGNOSTIC PROCEDURES, AND TREATMENTS

1. Course Number Course Title Semester Units

RESP 220 Sleep Disorders, Diagnostic Procedures, and Treatments 4

Semester Hours

4 hours lecture: 64-72 hours 128-144 outside-of-class hours 192-216 total hours

2. Course Prerequisites

None

Corequisite

None

Recommended Preparation

None

3. Catalog Description

The student will become familiar with Sleep Medicine and the opportunities available in this specialty. The student will learn about role~~s~~ of the sleep specialist, infection control and patient safety, sleep physiology and functions, monitoring of the patient, and the use of diagnostic and treatment equipment and options.

4. Course Objectives

The student will:

1. Demonstrate appropriate application of sleep disorder diagnostic equipment and treatments options.
2. Apply appropriate infection control procedures.
3. Differentiate collected data to determine cause of sleep disorder.

d. Evaluate diagnostic procedure outcomes and recommend an appropriate treatment plan.

e. Recognize emergencies in the sleep clinic and evaluate interventions.

5. Instructional Facilities

Hybrid Standard classroom and Online

6. Special Materials Required of Student

Calculator.

7. Course Content

1. The role of the Sleep Specialist in Sleep Medicine
2. Infection control
3. HIPPA, professionalism, and ethics
4. Sleep definitions and functions
5. Circadian rhythms, EEG’s and sleep staging
6. Respiratory and cardiovascular monitoring
7. Sleep related disorders
8. Pediatric polysomnography

8. Methods of Instruction

a. Lecture

b. Multimedia presentations such as DVDs or online programs

e. Software programs/computer simulations

f. Class and or group Discussions sessions

g. Demonstrations

9. Methods of Evaluating Student Performance

a. Evidence based research assignments on topics such as sleep related breathing disorders, movement disorders, and clinical best practices

b. Written quizzes and examinations, including a cumulative final examination

**c.** Quizzes, scheduled and on the spot

d. Verbal questioning on reading and homework assignments

e. Written assignments such as journal entries, discussion boards, homework, and student assessment questions

f. Oral and visual presentations

g. Skill performance such as respiratory and cardiovascular monitoring

h. Medical journal article critiques

i. Case studies

10. Outside Class Assignments

a. Written and reading assignments including case studies, and medical journal articles.

b. Viewing and/or reading of handouts, videos, and PowerPoints

c. Viewing of online resources including equipment manufacturer videos and educational programs

d. Textbook assignments including reading and chapter exercise**s**

11. Representative Texts

a. Representative Text(s):

1. Brooks, Rita, Mattice, Cynthia, Lee-Chiong, Teofilo, *Fundamentals of Sleep Technology Workbook*, Philadelphia PA, 2015
2. Lee~~-~~Chiong, Teofilo L M.D., Mattice, Cynthia, *Fundamentals of Sleep Technology*, 3rd ed, China, 2020

b. Supplementary texts and workbooks:

None

Addendum: Student Learning Outcomes

Upon completion of this course, our students will be able to do the following:

1. Properly set up a clinical sleep study using the international 10/20 system
2. Fit a positive airway mask and understand when to ventilate.