COURSE SYLLABUS

LAST REVIEW   Spring 2021

COURSE TITLE   Sleep Studies

COURSE NUMBER   RSCR 160

DIVISION   Health Professions

DEPARTMENT   Respiratory Therapy

CIP CODE   51.0908

CREDIT HOURS   3

CONTACT HOURS/WEEK Class: 3

PREREQUISITES   None

COURSE PLACEMENT   Students must meet the correct placement measure for this course. Information may be found at: https://www.kckcc.edu/admissions/information/mandatory-evaluation-placement.html

COURSE DESCRIPTION
This course explores physical and physiological topics related to sleep and sleep disorders in an introductory approach. Normal sleep, sleep disorders, sleep assessments, and sleep remedies are studied. The course is preparatory for respiratory therapy students, and health care providers who will screen, test, treat, and support clients with sleep disorders. The course is informative for general students interested in sleep topics, and provides resources and content for individuals with sleep disorders.

PROGRAM ALIGNMENT
This course is part of a program aligned through the Kansas Board of Regents and Technical Education Authority. For more information, please visit: https://kansasregents.org/workforce_development/program-alignment

Program Learning Outcomes
1. Formulate the knowledge and critical reasoning skills necessary to pass the National Board for Respiratory Care Therapist Multiple Choice Exam.
2. Execute the variety of assessment and intervention skills necessary to provide respiratory care in the clinical setting at the entry Registered Respiratory Therapist level.
3. Integrate professional behaviors necessary at the entry Registered Respiratory Therapist level.

TEXTBOOKS
http://kckccbookstore.com/

METHODS OF INSTRUCTION

A variety of instructional methods may be used depending on content area. These include but are not limited to: lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and presentations, speeches, debates, panels, conferencing, performances, and learning experiences outside the classroom. Methodology will be selected to best meet student needs.

COURSE OUTLINE

I. Normal sleep characteristics are described.
    A. Normal sleep is described, e.g., sleep/wake cycles, circadian rhythm, sleep onset, sleep duration, benefits.
    B. Normal physical and physiological effects during sleep are described.

II. Sleep disorders are described.
    A. Sleep apneas and hypopneas are described.
    B. Sleep parasomnias are described.
    C. Insomnia is described.
    D. Restless leg syndrome is described.
    E. Narcolepsy is described.
    F. Shift worker and jet-lag disorders are described.

III. Sleep assessments are described.
    A. Sleep disorder signs and symptoms are described, e.g., EDS, snoring.
    B. Sleep screening surveys are described, e.g., STOP-BANG, PHQ.
    C. Sleep diagnostic tests are described, e.g., PSG, MSLT, home sleep apnea testing, titration studies.

IV. Sleep disorder therapeutic interventions are described.
    A. Interventions for insomnia are overviewed, e.g., sleep hygiene, behavioral therapy.
    B. Interventions for sleep apnea are overviewed, e.g., oral devices, position therapy, PAP, surgery.
    C. Pharmacological interventions for sleep disorders are overviewed, e.g., sleeping pills, benzodiazepines, non-benzodiazepine hypnotics, melatonin, SSRIs, dopaminergic drugs.
    D. Sleep disorder support groups are described.
    E. Sleep Disorder Labs and Centers are discussed.
    F. Sleep specialists involved in sleep testing and treatment are overviewed.

COURSE LEARNING OUTCOMES AND COMPETENCIES
Upon successful completion of this course, the student will:
   A. Evaluate and recommend clinical data characteristic of normal sleep.
      1. Evaluate and recommend clinical data characteristic of normal sleep, e.g., sleep/wake cycles, circadian rhythm, sleep onset, sleep duration, benefits.
      2. Evaluate and recommend clinic data characteristic of normal physical and physiological effects of sleep.

   B. Evaluate and recommend clinical data characteristic of sleep disorders.
      3. Evaluate and recommend clinical data characteristic of sleep apneas and hypopneas.
      4. Evaluate and recommend clinical data characteristic of sleep parasomnias.
      5. Evaluate and recommend clinical data characteristic of insomnia.
      6. Evaluate and recommend clinical data characteristic of restless leg syndrome.
      7. Evaluate and recommend clinical data characteristic of narcolepsy.
      8. Evaluate and recommend clinical data characteristic shift worker and jet-lag disorders.

   C. Evaluate and recommend clinical data to assess individuals for sleep disorders.
      9. Evaluate and recommend clinical data to assess sleep disorder signs and symptoms, e.g., EDS, snoring.
      10. Evaluate and recommend clinical data from sleep screening surveys, e.g., STOP-BANG, PHQ.
      11. Evaluate and recommend clinical data from sleep diagnostic tests, e.g., PSG, MSLT, home sleep apnea testing, titration studies.

   D. Evaluate and recommend therapeutic interventions for sleep disorders.
      12. Evaluate and recommend interventions for insomnia, e.g., sleep hygiene, behavioral therapy.
      13. Evaluate and recommend interventions for sleep apnea, e.g., oral devices, position therapy, PAP, surgery.
      14. Evaluate and recommend pharmacological interventions for sleep disorders, e.g., sleeping pills, benzodiazepines, non-benzodiazepine hypnotics, melatonin, SSRIs, dopaminergic drugs.
      15. Evaluate and recommend support groups as an intervention for sleep disorders.
      16. Evaluate and recommend sleep disorder labs and centers for treating sleep disorders.
      17. Evaluate and recommend sleep specialists for treating sleep disorders.

ASSESSMENT OF COURSE LEARNING OUTCOMES AND COMPETENCIES
Student progress is evaluated through both formative and summative assessment methods. Specific details may be found in the instructor's course information document.

COLLEGE POLICIES AND PROCEDURES
Student Handbook
https://www.kckcc.edu/files/docs/student-resources/student-handbook-and-code-of-conduct.pdf

College Catalog
https://www.kckcc.edu/academics/catalog/index.html

College Policies and Statements
https://www.kckcc.edu/about/policies-statements/index.html

Accessibility and Accommodations
https://www.kckcc.edu/academics/resources/student-accessibility-support-services/index.html.