



## IMED 611 Sleep Medicine

### **Elective Description**

This elective introduces the student to a multidisciplinary understanding of the causes and treatment of sleep disorders by pulmonary, neurology, ENT, and dental specialists.

Credit: 2-4 semester credits

Prerequisite: IMED 500

**Elective Background:** There is increasing knowledge that sleep is a vitally important component of good health, and that normal, healthy sleep, may help prevent many chronic medical conditions including obesity, diabetes, hypertension, myocardial infarction and stroke. Despite the high prevalence of sleep disorders, physicians need to be vigilant for the possibility of sleep disorders because many patients presenting to their physician, for any cause, may not volunteer sleep concerns or daytime sleepiness. Without a high index of suspicion for sleep issues, physicians may not address sleep issues, even if they may be the underlying cause for the patient's issues such as hypertension, CHF and right heart failure, etc. This hands-on elective will provide a unique opportunity to gain familiarity with presentations of several common sleep disorders, their evaluation in a sleep clinic and sleep laboratory, and approaches to effective treatment

**Elective Structure:** Students will become familiar with features of sleep-disordered breathing including obstructive sleep apnea, upper airway resistance, and possible central sleep apnea. They will observe, discuss, and better understand the appropriate use of diagnostic tests in the diagnosis and management of sleep-disordered breathing, including polysomnograms, positive air pressure titrations, splitnight polysomnograms, and multiple sleep latency tests. Students will also be exposed to adjunct and alternate treatment options for obstructive sleep apnea and when it may be appropriate to refer patients to the sleep clinic and other medical specialties.

### **Entrustable Professional Activities**

As a fourth-year student, the focus of skills development are those tasks important for entering residency training:

- Gather a history and perform a physical exam
- Prioritize a differential diagnosis following a clinical encounter
- Recommend and interpret common diagnostic and screening tests
- Enter and discuss orders and prescriptions
- Document a clinical encounter in the patient record
- Provide an oral presentation of a clinical encounter
- Form clinical questions and retrieve evidence to advance patient care
- Give or receive a patient handover to transition care responsibility
- Collaborate as a member of an inter-professional team
- Recognize a patient requiring urgent or emergent care and initiate evaluation and management

- Obtain informed consent for tests and/or procedures
- Perform general procedures of a physician
- Identify systems failures and contribute to a culture of safety and improvement

## General Clerkship Objectives

### Medical Knowledge

- Demonstrate a basic knowledge of
  - Fundamental mechanisms of sleep, major theories in sleep medicine, and the generally accepted facts of basic sleep mechanisms
  - Chronobiological mechanisms
  - Respiratory physiology during sleep and the pathophysiology of sleep apnea
  - Cardiovascular physiology during sleep and how it is affected by sleep apnea
  - Ontogeny of sleep
- Demonstrate a basic knowledge of the manifestations and pathophysiology of common sleep disorders:
  - Narcolepsy
  - Idiopathic hypersomnia
  - Insomnia
  - Parasomnias
  - Restless legs syndrome
  - Obstructive sleep apnea syndrome
  - Central sleep apnea syndrome
  - Circadian rhythm disorders

### Patient Care

- Demonstrate an ability to obtain a comprehensive and accurate history of present illness for commonly encountered sleep disorders.
- Demonstrate general physical examination skills with an emphasis on systems relevant to specific sleep disorders, such as upper airway examination in patients with suspected obstructive sleep apnea syndrome.
- Demonstrate an ability to interpret and discuss polysomnography, multiple sleep latency tests and other diagnostic sleep testing

### Interpersonal and Communication Skills

- Demonstrate caring and respectful behaviors when interacting with patients.
- Demonstrate cultural sensitivity
- Communicate clearly with patients, caregivers, nursing staff, and others with early implementation of discharge planning

### Professionalism

- Demonstrate professional behavior such as: punctuality, completing tasks in a timely fashion, appropriate attire, and respectful attitudes to patients, families, and other health care providers.
- Apply ethical principles including patient autonomy, privacy, and confidentiality.
- Demonstrate self-knowledge, recognize limits of knowledge/experience and seek help appropriately.

### Practice-Based Learning

- Encourage lifestyle changes to support wellness (weight loss, smoking cessation, safe sexual practices, exercise, activity, nutrition, diet).

Systems-based Practice

- Discuss the importance of a cost-effective approach to the diagnostic work-up.

## **REQUIRED TEXTBOOKS**

Harrison's Textbook of Internal Medicine

## **Evaluation**

The evaluation will include the entrustable professional activities. The clerkship preceptor will evaluate those relevant to this clerkship experience.

## **GRADES**

This elective is graded Satisfactory/Unsatisfactory.

## **POLICIES**

### **ACADEMIC DISHONESTY**

The University holds its students to the highest standards of intellectual integrity. Therefore, the attempt of any student to pass any examination by improper means, present work which the student has not performed or aid and abet a student in any dishonest act may result in disciplinary action including immediate dismissal. Any student witnessing or observing a perceived violation of academic dishonesty is required to report it as outlined in the Guidelines. Students failing to report an observed violation may also receive disciplinary action.

### **ATTENDANCE POLICIES**

Attendance of lectures and laboratories is based on the University's stated attendance policy. Refer to the Student handbook for more information.

### **CONDUCT**

The University expects all students to be responsible individuals who possess the highest standards of integrity, honesty and personal conduct. These traits are prerequisites to independent learning, professional development, the successful performance of academic and clinical assignments, and the conduct of one's personal life. Accordingly, students are expected to adhere to a standard of behavior consistent with the University's high standards at all times off and on campus. Compliance with institutional rules and regulations, in addition to city, state and federal laws, is expected.

### **COPYRIGHT POLICY**

Trinity Medical Sciences University must respect and observe the right and privileges of copyright holders, obey the United States Copyright Act and preserve the integrity of its internal network systems. All students must sign the technology and software use policy. A copy of this policy may be obtained from the Information and Technology Department.

### **DRESS CODE**

All students are expected to maintain the highest standards of professional appearance at all times. During years one and two and while on campus. Medical students are required to wear scrubs or white coats with appropriate dress. Appropriate dress for clinical students includes business slacks with open-collar shirt for men, and business slacks or skirt with professional shirt or sweater for women.

## **Trinity School of Medicine Faculty Contact Information**

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