

Polysomnography

Professional Practice Leader (Charlton, King, West 5th):

Mary Basalygo B.Sc., RPSGT

Number of Members of Discipline:

SITE	FTE	PTE	POSITION
Charlton	6.3		Polysomnographic Technologist

Scope of Practice

The sleep technologist working under the supervision of a licensed sleep physician is specially trained to perform polysomnography and other tests to diagnose and treat sleep disorders in patients from children to adults. Sleep disorders include breathing disorders, movement disorders and parasomnias. The procedures include application, monitoring and analyzing specific physiological variables during sleep and wakefulness.

Clinical Practice Achievements

Quality & Safety

- To continually encourage communication and collaboration between technologists, medical and registration staff for a team focused approach for patients referred to the Sleep Program. To continually focus on meeting individual patient needs in a respectful, compassionate, caring manner. To continually obtain and review patient satisfaction scores and identify and implement improvements within available resources.

Academic Pursuits

Clinical Teaching/Education:

- The Sleep Lab serves as a visit site for respiratory therapy students from both the Michener Institute and Fanshawe College. Basic sleep monitoring techniques are reviewed and each student has the opportunity to be present for patient monitoring.

Internal Teaching/Education:

- Videoconference of monthly clinical/ research rounds from Toronto as part of the half-day clinical scholar curriculum. These events are accredited group learning activities as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada and the Canadian Sleep Society.

Academic Pursuits

Internal Teaching/Education Continued...

- Presentation and review of the technical aspects of polysomnography within the clinical scholar program in sleep medicine.
- Educational review of technical aspects of polysomnography for residents within the respiratory program.

Continuing Education:

Professional Practice Development:

- Attendance and participation in videoconferences, education days and congresses. For 2019 this included Pediatric Sleep Day and the World Sleep Congress held in Vancouver.

Scholarly Pursuits

Research:

- Ongoing collaboration with cardiology at the Hamilton Health Sciences and McMaster University in a multi-centered trial in heart failure patients.

External Presentations:

- The sleep technologists held an informational display in the lobby for both staff and visitors during Sleep Technologist Appreciation Week : October 30 and 31, 2019.

Discipline Goals 2020

Quality & Safety

- Continued focus on performance and practice around patient needs within available resources. To incorporate patience and compassion in all activities.

Change

- To focus on improvements in electronic data management.

Research & Education

- To make a greater effort to support and engage staff in identifying and participating in research opportunities and identifying improvements in procedure.
- Within the scope of data collection endeavor to review and improve processes to make work more systematic and enhancing skills.