



# Polysomnography

Ms. Lisa Tarvin, Program Director  
256. 352.8410  
lisa.tarvin@wallacestate.edu

## Short Certificate (2 semesters)

### About the Profession

Polysomnography is a study of sleep cycles and behavior, usually done overnight in a sleep center. This study involves observing a person at sleep while continuously charting brain waves, muscle activity, breathing, eye movements, and heart rhythms. Trained in sleep technology and relevant aspects of sleep medicine, sleep technologists assist in the evaluation and follow-up care of patients with sleep disorders as identified in the current International Classification of Sleep Disorders. Sleep Technology is recognized as a separate and distinct allied health profession. The scope of practice of sleep technologists enables them to work in hospital sleep labs, private sleep centers, laboratories for sleep related breathing disorders, Durable Medical Equipment (DME) settings, academic and industry research settings, home environments, and non-facility-based settings under the direction of the sleep specialist.

Sleep technologists assist sleep specialists in the clinical assessment, physiological monitoring and testing, diagnosis, management, and prevention of sleep related disorders with the use of various diagnostic and therapeutic tools providing care to patients of all ages. These tools include but are not limited to polysomnographs, positive airway pressure devices and accessory equipment, out of center sleep testing (OCST) devices, oximeters, capnographs, actigraphs, nocturnal oxygen, screening devices, and questionnaires.

### Career Outlook

One of the newest Wallace State programs, polysomnography has experienced excellent job placement rates. Full-time and part-time job opportunities are expected to be plentiful in the surrounding region in the coming years. The Bureau of Labor Statistics reports that the mean annual salary is \$46,340, equivalent to an hourly rate of \$22.28. Those in the top 10 percent of earners received salaries of over \$65,930, while their colleagues in the corresponding bottom bracket earned less than \$29,630. (Source: U.S. Department of Labor Bureau of Labor Statistics)

Job availability varies from state to state and year to year. Please use the following links to learn more information about job outlook and salary ranges.

- <http://health-care-jobs.advanceweb.com/>
- <http://www.brpt.org/default.asp?contentID=55>
- <http://www.careerbuilder.com/Jobs/Keyword/Sleep-Technician/>

### Program Description

Please visit our program website <http://www.wallacestate.edu/programs/health-division/polysomnographic-technologist> for further information, program application and program expenses.

The Polysomnography program is a two-semester (Fall and Spring) hybrid format course of study. Students are required to come to campus on occasion but will complete lectures, quizzes, and homework submittal online.

The clinical requirement offers experiences in a variety of health care settings where students perform clinical procedures under the supervision of polysomnographic technologists and technicians.

After all applications are received (deadline June 1st), the students selected for program entry will be admitted to the program in the Fall semester. The PSG program admits the newly selected students in the Fall semester and they should complete in the following Spring semester. There are no PSG classes during the summer semester.

### The on-campus requirements of this program are as follows:

#### Fall and Spring Semester:

**Lab** - Students are required to come to campus for approximately 1 week (Monday through Friday) during the Fall semester shortly after the fall classes begin. The date for lab week will be announced by the Program Director and posted on Blackboard. Lab is not required in the Spring semester.

**Exams** - Students are required to come to campus for the final exam in each of their classes. There will be one final exam for each class and it will be given at the end of the

semester. The dates for Final Exams will be announced by the Program Director and posted on Blackboard.

**Clinicals** – Students are required to attend clinical rotations weekly. Students will be assigned to area sleep labs that WSCC has acquired student rotation contracts with. The majority of clinical hours will be scheduled for night shifts generally from 7 pm to 7 am and you will be required to complete 2-3 night shifts per week as scheduled. The student may also be scheduled for a few day rotations as required. The student is required to obtain 225 clock hours each semester (Fall and Spring). Clinical assignment schedules will be posted on Blackboard one week prior to the start of clinical rotations.

### **Program Accreditation**

The polysomnography program at Wallace State Community College is currently accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP) 25400 U.S. Highway 19 North, Suite 158, Clearwater, FL 33763 (727) 210-2350 <http://www.caahep.org/>, Committee on Accreditation for Polysomnographic Technologist Education (COAPSG) 1711 Frank Avenue New Bern, NC 28560 (252) 626-3238 <http://www.coapsg.org/>.

### **Credential Information**

Upon graduation you will be eligible to sit for the national board exam offered by the BRPT. If you are successful in passing the board exam, you will be awarded the credential RPSGT - Registered Polysomnographic Technologist.

The following website is available for reference: BRPT - RPSGT exam website: <http://www.brpt.org/>

### **Admission Requirements**

The Polysomnography (PSG) program accepts a class each fall semester. The following information details the admission criteria for the Certificate Polysomnography program:

#### **Applicants Must**

1. Unconditional admission to the college – College application must be submitted by the program application deadline.
2. Student must be in good standing with the college.
3. Receipt of complete program applications accepted between March 1 and June 1 for Fall entry. Applications received after the deadline will be considered on a space available basis.
4. The online application is located at [www.wallacestate.edu](http://www.wallacestate.edu) Online application instructions are under the Application to Program tab. Upon completion of the online application, all applicants are required to submit a Verification Sheet with all necessary documentation attached. The Verification Sheet, along with full instructions, can be found on Page 3 of the Online Application Instructions.

5. Official transcripts from each college attended must be provided to the Admissions Office and all unofficial transcripts must be attached to the program application Verification Sheet.
6. Student must meet the essential functions and technical standards required for the program as documented on the required WSCC physical form at [www.wallacestate.edu](http://www.wallacestate.edu)-see Physical Form Essential Functions and in the Polysomnography Student Handbook.
7. A minimum of 17 ACT composite score (National or Residual) is required for admission consideration. Proof of score must be submitted with the application Verification Sheet.
8. Meet all the general admission requirements of WSCC.
9. Possess a minimum cumulative GPA of 2.0 on a 4.0 scale (by the program application deadline). All applicants must have a GPA to be considered.
10. A minimum cumulative GPA of 2.0 on a 4.0 scale from high school for students without previous college coursework (by the program application deadline).

### **Selection and Notification**

1. Admission to the Polysomnography Program is competitive; the number of students is limited by the number of faculty and clinical facilities available. MEETING MINIMAL REQUIREMENTS DOES NOT GUARANTEE ACCEPTANCE.
2. Applications are not complete until all admission requirements have been met and all documents have been submitted to admissions and the Polysomnography Department. June 1 is the application deadline. Incomplete applications will not be considered.
3. Program applications will be reviewed for completion of program admission requirements. Students accepted into the Polysomnography program will be notified in writing by the Polysomnography program director. The notification will be mailed to the student at the address on the application. Students who are not accepted will also receive written notification. Program acceptance or rejection will not be given over the phone.
4. Complete applications meeting the admission requirements will be ranked by GPA to determine admission if there are more applicants than can be accepted. If there is a tie the deciding factor will be ACT score.

### **Program Expectations**

Students admitted into the Polysomnography program are expected to comply with the Polysomnography student handbook, WSCC Catalog and the Health Science Program Regulations and Expectations as published in the Wallace State College Catalog.

In order to enroll in the program after acceptance, students must respond to the acceptance letter by the date specified and attend mandatory orientation sessions. A student who fails to respond by the date specified in the letter or who does not attend the mandatory orientation sessions will forfeit his/her place in the class.

Upon acceptance into the PSG Program the student must submit

1. A complete WSCC physical form current within 1 year, certifying that the student is in good health and is able to meet clinical requirements.
2. Evidence of Hepatitis B immunization and other required immunizations.
3. Proof of major medical health insurance. Student must submit a copy of the front and back of the card.
4. A signed consent to drug testing and clear drug screen.
5. Clear background screen according to division policy.
6. Proof of malpractice insurance and accident insurance which are available through the college.
7. Provide proof of current CPR Healthcare provider certification or enrollment in EMS 100. Certification must be valid for at least 1 year after acceptance. BLS Healthcare Provider certification must include a "hands-on" component. The American Heart Association BLS for Healthcare Providers and the American Red Cross BLS for healthcare providers are the only card providers that will be accepted. Online CPR classes will not be accepted.

### **Progression**

Uninterrupted progression through the Polysomnography program is required. Any student whose progression is interrupted for any reason must reapply for readmission. Any changes in the curriculum, catalog, policies or admission procedures will be applicable upon the student's readmission.

PSG students must achieve a "C" or above in all general and major required courses. Students who fail to achieve a "C" or above or who withdraws from any general or major required course cannot progress and will be dismissed from the Program and must re-apply for readmission. A minimal grade of 70 constitutes a "C" in Polysomnography PSG courses.

Students selected to the Polysomnography program must meet the following criteria:

- Progress through all Polysomnography courses in the sequence specified by the program faculty.
- Maintain a minimum grade of 70% or higher in PSG required courses. Failure to do so will result in dismissal from the program.
- Maintain a 2.0 cumulative GPA in all PSG coursework.
- Maintain the ability to meet the Essential Functions listed in the student handbook.

- Successfully complete the program within 22 months from the initial semester of PSG courses.
- Maintain Current major medical health insurance and CPR at the health care provider level.
- Abide by the policies, procedures, and rules of behavior of the college and the Polysomnography program.
- Abide by the policies, procedures, and rules of behavior of the clinical agencies.
- Submit completed medical forms by required deadlines.

### **Readmission**

Students who interrupt the progression in the Polysomnography program must apply for readmission. The student must reapply for admission as a new student would with all of the deadlines and requirements and must complete a new application packet prior to the application deadline. Readmission students must also submit a readmission request letter prior to the published application deadline. Readmission to the program is not guaranteed even if a student meets all requirements for readmission. A student who fails to progress during any semester is not automatically ranked and/or re-entered. A student who withdraws or is ineligible to continue in the program for any reason must formally re-apply and meet the procedures and requirements for admission to the Polysomnography Program published in the current catalog and prior to the published PSG program application deadline of any given year. Readmission also depends upon availability of clinical space with students in regular progression given first option. The student's application will then be considered in relationship to all other applicants for admission. A student in good academic standing will be allowed to reapply once to the program.

### **Students will be readmitted one time only.**

#### **First Semester Students**

- Any student that leaves the program for any reason, (academic or personal) during the first semester must start the program from the beginning if they qualify (see below).

#### **Second Semester Students**

- Students leaving the program for any reason, (academic or personal) during the second semester will be allowed to apply for readmission if they qualify (see below), and take the classes that were not passed or completed. However, it is mandatory that the readmission students re-take the clinical course PSG 116 as well.

*NOTE: Even if the student has a passing grade in the clinical course, clinical must be repeated in order for the student to remain proficient in the field.*

*Readmission may be denied due to, but not limited to, any of the following circumstances below. These apply to all readmission students regardless of semester that the progression was interrupted.*

**Readmission requires the following:**

- Submission of completed application packet and readmission request letter prior to the published application deadline.
- A 2.0 cumulative GPA in all coursework and a “C” in all PSG classes.
- That no longer than 22 months may elapse from initial admission term to date of graduation.
- Submit completed medical forms by required deadlines.
- That no clinical facility has refused to accept the student for clinical rotations.
- Ability to meet and comply with standards and policies in the current college catalog and student handbook.
- Any student that has been dismissed from this program/clinical facility, any other college program/clinical facility, has had any policy violations, attendance or disciplinary issues in the past, while in the program or at a clinical facility will not be allowed to re-enter the program/nor be eligible to re-apply.
- All students must meet all admission requirements to be eligible for readmission.
- Any changes in the Polysomnography program, curriculum, college catalog, policies, admission and student handbook will be applicable to any student upon readmission.
- Maintain the ability to meet the essential functions listed in the student handbook.
- Maintain Current major medical health insurance and CPR at the health care provider level.
- Abide by the policies, procedures, and rules of behavior of the college and the Polysomnography program.
- Abide by the policies, procedures, and rules of behavior of the clinical agencies.

*NOTE: The Guided Pathways Curricular Maps below contain all the elements required for degree/certificate completion. However, courses may be offered or taken in other semesters so long as prerequisites are met. Additional options for elective courses are available. Please see Degreeworks for allowable substitutions. Courses may be available days, nights, hybrid, and online. Sample maps for part-time attendance may also be available. Please see an advisor.*

**SHORT-TERM CERTIFICATE:****POLYSOMNOGRAPHY SHORT CERTIFICATE- Guided Pathway/Map****1st Semester Fall**

PSG 110 Intro to Polysomnography	3
PSG 111 Polysomnography Technology I	4
PSG 112 Polysomnography Technology II	3
PSG 115 PSG Clinical Practice I	5
ORI 110* Freshman Seminar	1
Total Semester Credit Hours	16

**2nd Semester Spring**

PSG 113 Polysomnography Technology III	5
PSG 114 Polysomnography Technology IV	3
PSG 116 PSG Clinical Practice II	5
Total Semester Credit Hours	13
<b>TOTAL CREDIT HOURS</b>	<b>29</b>

*\* ORI 110 (Freshman Seminar) is a college requirement, not a requirement of a specific program. You are exempt from Freshman Seminar if you are a transfer student with a minimum of 12 semester hours of college work or if you were enrolled at Wallace State Community College before Fall 2004. ORI 110 is required for incoming freshman in all divisions.*

*\*\* All students are required to have a American Heart Association or American Red Cross Healthcare Provider CPR card before beginning clinical rotations. The card must be valid for 1 year from the time of acceptance. The Wallace State EMS Department offers a one-day EMS 100 - CPR certification class on several different dates throughout each semester. This certification is for the American Heart Association Healthcare Provider. You may check the schedule of classes to locate the dates that the course will be offered. The schedule is posted on the WSCC homepage, [www.wallacestate.edu](http://www.wallacestate.edu).*