**Sleep Medicine Rotation**

This is a clinic and laboratory based rotation with rare need to assess inpatients at the direction of one of the sleep physicians. Residents from multiple disciplines can attend (e.g. Respirology, Neurology, Pain, Medicine, and Psychiatry)

**Coordinator:** Dr. Marcus Povitz

**Duration**: one block. Respirology residents require to do two blocks in total.

**Objectives:**

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| Years  | Objectives  | Clinical responsibilities  | Evaluations  |
| PGY-4,5 | Professional:1. The resident will demonstrate ethical and professional behavior at all times when interacting with patients and colleagues.
2. The resident will maintain confidentiality of all sensitive information.

Communicator:1. The resident will learn to explain sleep medicine diagnoses to patients using lay terms.
2. The resident will compose and edit consultation letters to the referring physicians that articulate a clear diagnostic impression and plan.
3. The resident will discuss the risks of drowsy driving with patients. They will recognize and learn to deal with medico legal aspects of sleep disorders

Collaborator:1. The resident will work together with the sleep respiratory therapist and sleep technologists to optimize patient care.
2. The resident will recognize the multidisciplinary team approach to the management of sleep disorders (respirology, neurology, psychiatry, ENT surgery, dentistry) and will interact with these other specialties appropriately.

Manager:1. The resident will understand the indications for polysomnography and other modalities of sleep testing and utilize resources appropriately
2. The resident will learn how to prioritize investigations and select appropriate treatment approach which optimizes use of available resources.
3. The resident will learn how to take a detailed sleep history and the role of ancillary tools such as sleep diaries, actigraphy

Health Advocate:1. The resident will counsel patients about health sleep habits and duration.
2. The resident will counsel patients about healthy lifestyle habits

Scholar:1. The resident will learn an approach to the assessment and treatment of common clinical sleep disorders (e.g. Sleep apnea, insomnia, restless legs, narcolepsy, circadian rhythm disorders, parasomnias)
2. Understand indications for sleep testing (Polysomnography, oximetry, home sleep apnea testing) and ancillary sleep tests (MSLT, MWT, actigraphy)
3. Observe overnight polysomnography and institution of therapy (e.g. CPAP)
4. Residents will consolidate their knowledge by presenting a 30 minute case presentation on the final Monday of the rotation.
 | SEE CLINIC SCHEDULE BELOW FOR RESIDENTS.Residents should meet for brief orientation session on Tuesday mornings at 0800 with Dr M Povitz Rm E6-202A VH – unless otherwise directed Residents will attend clinics as listed except when educational activity is mandated by the host program. All Clinics are held in E5-100 wing Victoria Hospital Outpatient area. Attendance at the sleep lab for daytime studies and for one evening to observe hookups is expected.There are currently 5 sleep physicians attached to this rotation: Dr M Sen, Dr A Kashgari, Dr M Povitz, Dr M Mak and Dr J Barr.On designated sleep lab days, during daytime, residents will attend at lab (E4-300 VH) to learn the basics of polysomnography and how to review/score sleep studies and respiratory related events with lab staff. Residents will also attend at least two evenings (2000-2300h) to see patient instrumentation and titration of CPAP. | You will be asked to demonstrate your learning by presenting one 30 minutes presentation at the last Friday of the block. If you are away, you will be asked to email your presentation to Dr. Povitz. ITER will be filled out by the end of the block and you will receive feedback by Dr. Povitz.  |

**Rotation Schedule -- Resident 1**

If planned clinic is cancelled you are expected to attend alternative sleep clinics if available

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| **Time** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 7:30 – 8:30 AM |  | Sleep Medicine rounds. Monthly from Sept-June 7:30-8:30 E6-012  |  | Independent study time | Resident presentation 0800-0900h Last Friday of block E6-012 |
| 8:30 – 12:00 am | Povitz sleep/resp clinic | Povitz Sleep Clinic  | MakSleep Clinic | Barr Sleep Clinic |
| 1:00 -- 4:30 | Independent study time | Independent study time | Sen Sleep Clinic | Kashgari Sleep Clinic | Kashgari Sleep Clinic |

**Rotation Schedule -- Resident 2**

If planned clinic is cancelled you are expected to attend alternative sleep clinics if available

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| **Time** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 8:00 – 9:00 AM |  | Sleep Medicine rounds. Monthly from Sept-June 7:30-8:30 E6-012  |  |  | Sleep Medicine resident presentation 800-900 e6-012 |
| 8:30 – 12:00 am | Barr sleep clinic  |  Sen Sleep Clinic  | Kashgari Sleep Clinic | Independent study | Michael Mak Clinic |
| 1:00 -- 4:30 | Sleep Lab | Independent study | Sen Sleep Clinic\* | Kashgari sleep clinic | Barr sleep Clinic |

**Rotation Schedule – Sleep Fellow**

If planned clinic is cancelled you are expected to attend alternative sleep clinics if available

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| **Time** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 8:00 – 9:00 AM |  | Sleep Medicine rounds. Monthly from Sept-June 7:30-8:30 E6-012  |  |  | Sleep resident presentation 800-900E6-012 |
| 8:30 – 12:00 am | Povitz Sleep clinic |  Longitudinal Clinic (Povitz) | Kashgari Sleep Clinic | Academic time/inpatient consults | Michael Mak Clinic |