



## **Module Specification**

### **Introduction to Sleep Medicine**

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## Part 1: Information

**Module title:** Introduction to Sleep Medicine

**Module code:** USSKJF-30-M

**Level:** Level 7

**For implementation from:** 2023-24

**UWE credit rating:** 30

**ECTS credit rating:** 15

**College:** College of Health, Science & Society

**School:** CHSS School of Applied Sciences

**Partner institutions:** None

**Field:** Applied Sciences

**Module type:** Module

**Pre-requisites:** None

**Excluded combinations:** None

**Co-requisites:** None

**Continuing professional development:** No

**Professional, statutory or regulatory body requirements:** None

## Part 2: Description

**Overview:** This module introduces trainees to the skills required when assessing patients presenting in a clinical setting with a possible sleep disorder, including performing relevant diagnostic tests, interpreting results and deciding on an appropriate treatment or management strategy.

**Features:** On campus practical sessions combined with work-based training and online learning, providing underpinning knowledge and skills in the assessment of patients presenting with sleep disorders.

**Educational aims:** This module aims to provide the skills and knowledge required for assessing patients clinically, and for communicating with patients and the wider professional team regarding the diagnosis and prognosis in relation to a range of sleep disorders. By undertaking this module alongside 'Sleep Disorders' (USSKJX-30-M), the programme aims to develop trainees with a holistic understanding of how to determine the appropriate diagnostic investigations for patients, and how to critically evaluate management and treatment options based on the outcomes.

**Outline syllabus:** - Common respiratory and non-respiratory sleep disorders, and considerations when conducting clinical assessments. Including the pathophysiology of sleep disorders, signs and symptoms, risk factors that may need further investigation if suspected as an underlying cause, and factors that could influence the choice or outcome of a particular test.

- How to perform a clinical history and how to conduct a clinical assessment and examination, in relation to sleep medicine.
- Clinical investigations and subjective assessments for sleep disorders, including application, diagnostic criteria and interpretation of results, with reference to national and international guidelines.
- The principles of patient-centred care, including confidentiality, informed consent, patient autonomy and decision-making, the social, psychological and emotional aspects, communication methods, and multi-disciplinary team working,
- Awareness of physiological deterioration - how and when to refer to a senior emergency medical team.
- Introduction to Driver and Vehicle Licensing Agency and vigilance critical occupation requirements.
- Quality of practice, including personal and professional wellbeing, equality and diversity (equal access), audit principles and methods.

### **Part 3: Teaching and learning methods**

**Teaching and learning methods:** The module will be delivered through a combination of online learning and teaching, and on campus sessions. On campus

sessions will be taught over a series of block weeks and will include both theoretical and practical laboratory sessions.

**Module Learning outcomes:** On successful completion of this module students will achieve the following learning outcomes.

**MO1** Apply integrative knowledge of the process of clinical assessment and examinations of the respiratory, cardiovascular, ENT and dental systems and clinical history of the patient.

**MO2** Perform a range of diagnostic tests including blood gas analysis, and evaluate the results from these and other clinical assessments relevant to sleep disorders.

**MO3** Critically evaluate the results of clinical investigations with reference to national and international guidelines, and the management and treatment options for patients with sleep disorders, considering optimisation and effectiveness.

**MO4** Appraise the principles of inclusive, patient centred care, as applied to the practice of sleep medicine.

**MO5** Critically evaluate the legal and professional issues of advanced practice, including methods of assessing and assuring quality of practice.

**MO6** Develop skills in effective communication, patient-centred care and multi-disciplinary team working, in the context of sleep medicine.

**Hours to be allocated:** 300

**Contact hours:**

Independent study/self-guided study = 80 hours

Placement = 100 hours

Face-to-face learning = 120 hours

Total = 300

**Reading list:** The reading list for this module can be accessed at [readinglists.uwe.ac.uk](https://rl.talis.com/3/uwe/lists/365DC40F-A449-CE8C-E988-F9481153A8C0.html?lang=en&login=1) via the following link <https://rl.talis.com/3/uwe/lists/365DC40F-A449-CE8C-E988-F9481153A8C0.html?lang=en&login=1>

## Part 4: Assessment

**Assessment strategy:** The assessments for this module will test the ability of the trainee to diagnose patients with sleep disorders, and to perform a range of diagnostic tests in a clinical setting.

Assessment one is an assessment of the trainee's clinical skills. The trainee will be required to conduct an advanced clinical examination under controlled conditions in the form of a 1 hour Objective Structured Clinical Examination (OSCE). The trainee must undertake and complete a range of clinical scenario based stations. Guidance and support will be provided, and trainees will have opportunities to practice the required skills and gain formative feedback beforehand.

Assessment two will test the trainee's knowledge of appropriate clinical investigations that can be used to correctly assess sleep disorders. The assessment will comprise a 2 hour set exercise in class, providing real world scenarios that will enable the trainee to investigate the sleep disorder in the patient, based on knowledge of the symptoms, and critical interpretation and evaluation of the clinical results. Guidance and support will be provided, and students will have opportunities to gain formative feedback from practice questions.

### Assessment tasks:

#### **Practical Skills Assessment** (First Sit)

Description: Objective structured assessment of clinical skills

Weighting: 40 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO2, MO4, MO6

#### **Set Exercise** (First Sit)

Description: Set Exercise (broad assessment of a range of cases - interpretation based)

Weighting: 60 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4, MO5

**Practical Skills Assessment (Resit)**

Description: Objective structured assessment of clinical skills

Weighting: 40 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO2, MO4, MO6

**Set Exercise (Resit)**

Description: Set Exercise (broad assessment of a range of cases - interpretation based)

Weighting: 60 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4, MO5

**Part 5: Contributes towards**

This module contributes towards the following programmes of study:

Sleep Medicine [Frenchay] PGCert 2023-24