



## **Module Specification**

### **Sleep Disorders**

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## Part 1: Information

**Module title:** Sleep Disorders

**Module code:** USSKJX-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 provides trainees with grounding knowledge and understanding of a range of respiratory and non-respiratory sleep disorders, to enable them to select and undertake the appropriate clinical assessment, investigations and interpretation of results, and to decide on appropriate management and treatment options.

**Features:** On campus practical sessions combined with work-based training and online learning, providing in-depth knowledge and understanding of a range of sleep disorders.

**Educational aims:** This module aims to provide grounding knowledge and understanding of a range of respiratory and non-respiratory sleep disorders and associated clinical investigations, to enable trainees to select and perform appropriate diagnostic tests within the workplace, and to critically evaluate management and treatment options based on the outcomes. By undertaking this module alongside 'Introduction to Sleep Medicine' (USSKJF-30-M) the programme aims to develop trainees with an in-depth theoretical knowledge and understanding of the pathophysiology associated with a range of sleep disorders, which is required in order to diagnose and treat within a clinical setting.

**Outline syllabus:** - Respiratory and non-respiratory sleep disorders, including their pathophysiology, signs and symptoms, risk factors that may need further investigation if suspected as an underlying cause, and the management and treatment options.

- Clinical investigations and subjective assessments for respiratory and non-respiratory sleep disorders, including application and appropriate use, diagnostic criteria, quality assurance and risks.

- Interpretation of results, with reference to national and international guidelines for sleep investigations.

### **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** Critically evaluate a range of sleep disorders from the common signs and symptoms.

**MO2** Apply an integrative knowledge of the aetiology, mechanisms, characteristics and presentation of a range of respiratory and non-respiratory sleep disorders to the selection of basic (associated) diagnostic investigations.

**MO3** Critically appraise the role of diagnostic investigations in respiratory and non-respiratory disorders, evaluate signals and characteristics, and interpret results using national and international guidelines.

**MO4** Critically evaluate management and treatment options for a range of sleep disorders considering optimisation and effectiveness.

**MO5** Effectively and appropriately communicate patient-centred plans for investigation and management of sleep disorders to patients, relatives/carers, and multidisciplinary healthcare colleagues.

**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/11AC2F08-D55A-AD27-47E5-710796DB6BE7.html?lang=en&login=1) via the following link <https://rl.talis.com/3/uwe/lists/11AC2F08-D55A-AD27-47E5-710796DB6BE7.html?lang=en&login=1>

## **Part 4: Assessment**

**Assessment strategy:** The assessments for this module will test the theoretical knowledge of sleep disorders being taught and alongside the clinical skills developed in 'Introduction to Sleep Medicine'.

Assessment one is a case-based presentation, where the trainee must demonstrate their knowledge of patient history, diagnosis, and treatment strategies to present a case selected from their own practice. The trainee must present the case appropriately (15 minutes). During the defence (10 minutes), they must demonstrate critical appraisal, reasoning, and decision making to justify the management pathway and follow up requirements for this patient.

Assessment two is a 1 hour objective structured clinical examination (OSCE), taken under controlled conditions. The trainee will be required to undertake and complete a range of tasks set out as clinical scenario-based stations.

Guidance and support will be provided for both, and trainees will be provided with opportunities to practice the skills required and gain formative feedback.

Assessment 3 is a work-based portfolio, evidencing competence to practice in the area of sleep medicine. Support and guidance will be provided for this within the workplace and from UWE.

### **Assessment tasks:**

#### **Presentation (First Sit)**

Description: Case-based presentation (15 minutes) with defence (10 minutes)

Weighting: 40 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4

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

Description: Objective structured clinical examination

Weighting: 60 %

Final assessment: No

Group work: No

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

**Portfolio (First Sit)**

Description: Evidence of competence to practice in the field of sleep medicine.

Weighting:

Final assessment: Yes

Group work: No

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

**Presentation (Resit)**

Description: Case-based presentation (15 minutes) with defence (10 minutes)

Weighting: 40 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4

**Practical Skills Assessment (Resit)**

Description: Objective structured clinical examination

Weighting: 60 %

Final assessment: No

Group work: No

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

**Portfolio (Resit)**

Description: Evidence of competence to practice in the field of sleep medicine.

Weighting:

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

