What you Need to Know to Take the RPSGT

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Objectives:
• Identify what the requirements are for taking the RPSGT and CCSH exam
• Discuss what topics to study before taking the RPSGT exam
• Discuss where to find study resources for taking the RPSGT exam
• Discuss where to find more resources on the CCSH exam along with some knowledge of what is on the test
WHAT YOU NEED TO KNOW TO TAKE THE RPSGT

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PATHWAYS TO TAKE EXAM

Pathway 1: Clinical Experience

- A STAR-designated Self-Study education program within a 3-year period prior to the exam
- A minimum of 1,638 hours of clinical experience that includes on-site polysomnography duties performed as direct patient recording and/or scoring
- Clinical experience within a 3-year period prior to the exam

Pathway 2: Healthcare Credential

- A minimum of 546 hours of clinical experience that includes on-site polysomnography duties performed as direct patient recording and/or scoring
- Clinical experience within a 3-year period prior to the exam
Pathway 3: CAAHEP/CoARC Graduate

- Graduate from an education program in polysomnography accredited by the CAAHEP or CoARC

Pathway 4: Focused Training

- A minimum of 819 hours of clinical experience that includes on-site polysomnography duties performed as direct patient recording and/or scoring

- A STAR-designated Focused education program OR both a STAR-designated Self-Study education program AND a STAR designated focused education program, within a 3-year period prior to the exam

- Clinical experience within a 3-year period prior to the exam
Pathway 5: International Option

- International tertiary/post secondary qualification in science/medical science or related discipline with a major component of human anatomy and physiology included in the curriculum
- Clinical experience within a 3-year period prior to the exam
- A minimum of 546 hours of clinical experience that includes on-site polysomnography duties performed as direct patient recording and/or scoring

Pathway 6: Expired RPSGT Credential

- Have possessed an active RPSGT within the past 5 years that is currently expired. They must apply and pass the examination within 1-5 years of their credential expiration date.
BE PREPARED
4 Domains

- Study Performance/Instrumentation
- Scoring and Data Processing
- Perform Therapeutic Treatment and Intervention
- Therapy Adherence and Management
STUDY PERFORMANCE/INSTRUMENTATION

- 40% of the test
- 8 tasks
  - Collect and Review Patient Information
  - Prepare for the Procedure
  - Identify and Apply Sensors
  - Calibrate
  - Perform Procedures
  - Document During Testing
  - Identify and Respond to Issues
  - Clean/Disinfect Equipment
PERFORM THERAPEUTIC TREATMENT AND INTERVENTION

- 30% of the test
- 3 Tasks
  - Contraindications
  - Titrate PAP and Oxygen
  - Alternative Therapies
SCORING AND DATA PROCESSING

• 20% of the exam

• 3 Tasks
  • Adult and Pediatric Scoring
  • Reporting
  • Archiving Data
THERAPY ADHERENCE AND MANAGEMENT

- 10% of the test
- Healthy Sleep Habits
- Importance of Therapy
- Physiology of OSA
- Mechanics of PAP therapy
- Desensitization Techniques
- Compliance
STUDY RESOURCES

- The AASM Manual for Scoring of Sleep and Associated Events Version 2
- AASM International Classification of Sleep Disorders: Diagnostic and Coding Manual
- The AASM Clinical Guideline for the Manual Titration of Positive Airway Pressure in Patients with Obstructive Sleep Apnea
- The AASM Practice Parameters for the Indications for Polysomnography and Related Procedures
- The AASM Practice Parameters for Clinical Use of the Multiple Sleep Latency Test and the Maintenance of Wakefulness Test
- The AASM Clinical Guidelines for the Use of Unattended Portable Monitors in the Diagnosis of Obstructive Sleep Apnea in Adult Patients
- The AASM Obstructive Sleep Apnea Devices for Out of Center Testing: Technology Evaluation
STUDY RESOURCES

- Fundamentals of Sleep Medicine, R. Berry
- Fundamentals of Sleep Technology, 2nd Edition, T. Lee-Chiong
- Principles and Practice of Sleep Medicine, 5th Edition, Kryger, Roth, and Dement
- Sleep Disorders Medicine, 3rd Edition. S. Chokroverty
STUDY SMART

THE 9 BEST SCIENTIFIC STUDY TIPS
TIPS FOR STUDYING

- Study in Short Sessions (20-30 minutes)
- Have a Place to Study
- Teach it to Someone Else
- Don’t Cram
- Understand the Information (Don’t Just Memorize It)
- Study the Best Way for You (Visually, Audio, Hands on, etc.)
- Make It Enjoyable and Reward Yourself
PRACTICE MAKES PERFECT

And Shows You Where Your Gaps Are
WHICH OF THE FOLLOWING CAN BE THE CAUSE OF ARTIFACT AS A RESULT OF SALT BRIDGES?

a. Incorrect measuring
b. Prepping too large of an area
c. Allowing tape or gauze from different locations to make contact
d. All of the above
IF A PATIENT HAS ISSUES WITH MOUTH BREATHING WHILE UTILIZING A NASAL MASK, INN WHICH ORDER SHOULD THE TECHNOLOGIST WORK TO ALLEVIATE THE PROBLEM?

a. Apply chinstrap; attempt flex comfort settings; switch to full face mask.
b. Apply chinstrap; apply or increase heated humidity; offer nasal spray for congestion; attempt flex comfort settings; switch to full face mask.
c. Apply or increase heated humidity setting; offer nasal spray for congestion; apply chin strap; attempt flex comfort settings; switch to full face mask.
d. Immediately switch to full face mask
WHICH OF THE FOLLOWING ACCURATELY PLACES THE EEG WAVEFORMS IN ORDER FROM HIGHEST FREQUENCY TO LOWEST FREQUENCY?

a. Beta, Delta, Theta, Alpha  
b. Delta, Alpha, Beta, Theta  
c. Beta, Theta, Delta, Alpha  
d. Beta, Alpha, Theta, Delta
STUDY WITH A PURPOSE

What do you not know?
DO YOU KNOW YOUR MATH?

Learning how to calculate a variety of things by hand including:

• AHI
• Sleep Efficiency
• Sleep Stage %
• Voltage
• Head Measurements
DO YOU KNOW YOUR HEART ARRHYTHMIAS AND WHAT TO DO WHEN YOU SEE THEM?

"It's a pacemaker for your heart. Plus, you can download apps for your liver, kidneys, lungs, and pancreas!"

Electronic Pacemaker Spikes

Artificially induces electronic stimulus that paces the patient's rhythm causing a blip or spike on the ECG waveform.
DO YOU KNOW WHAT HAPPENS DURING DAY STUDIES?

- MSLT
  - 20 minutes to fall asleep
  - 15 minutes to sleep
  - Start of Nap Every 2 Hours From Start of Previous Nap

- MWT
  - Stay Awake for 40 Minutes
  - Lighting in the Room
  - Start of Trial Every 2 hours From Start of Previous Trial

- PAP NAPS
  - What wires do you need?
WHAT ABOUT HOME SLEEP STUDIES? PEDIATRICS? ASV? ETC?

- Use the Study Guide
  - What topics do you understand?
  - Which topics leave you confused or with questions?

- Use Practice Tests
  - Study what you get wrong or were unsure of
QUIZLET-FLASHCARDS AND GAMES
An App for Phones
Can Be Used on the Computer
Has Several Games and Ways to Learn
Flashcards

Search for “RPSGT” and You Will Have Several Lists of Already Created Flashcards
OTHER WAYS TO STUDY
PRACTICE TESTS

Several versions that can be purchased from different places
PRINTED FLASH CARDS

Can be purchased from several places or make your own
GROUP STUDYING

Study with a group of people preparing for their boards
HANDS ON LEARNING

Practice at work what you have been studying
LISTENING/WATCHING

Several YouTube videos devoted to sleep and the RPSGT exam
DAY OF THE TEST

- Be On Time
- Bring Appropriate ID
- Be Prepared to Sign NDA
- Eat Beforehand
- Good Night’s Sleep Prior to Test
- Bring Two Forms of ID
RESOURCES PROVIDED

- White Board with Marker and Eraser
- Calculator on the Computer
- Earplugs/Headphones upon Request

DO NOT BRING: watches, electronic devices, paper, calculators, hats, food, and/or drinks
THINGS TO REMEMBER

- 50 of the Questions on the Test are NOT Counted Towards Your Score
- Each Test is Different
- Questions Are Weighted on how Difficult They Are
- There are 200 Questions Total
- You Have 4 Hours to Complete the Exam
TEST TAKING TIPS

- Answer the Questions You Know First
- Read the Question and Come Up With an Answer Before Reading the Answers
- Use a Process of Elimination
- Cross Off Wrong Answer Choices (Use Whiteboard)
- Read ALL the Choices Before Answering to Make Sure You Choose the Most Correct Answer
TEST TAKING TIPS CONTINUED

- Take an Educated Guess if You Are Unsure
- Remember You are Looking For the Best Answer
- Pace Yourself
- Trust Your Gut Most of the Time
- Go Back to Answer Questions You Were Unsure of While Taking the Test to Avoid Frustration and Wasting Time
- Slow Down
CERTIFICATION IN CLINICAL SLEEP HEALTH EXAM (CCSH)

- 100 Multiple Choice Items
- Assesses the Professional Competence of Healthcare Providers and Educators Who Work Directly with Sleep Medicine Patients, Families, and Practitioners to Coordinate and Manage Patient Care, Improve Outcomes, Educate Patients and the Community, and Advocate for the Importance of Good Sleep.
Pathway 1: Clinical Experience

- At least 1000 hours of experience in clinical sleep health

AND

- Bachelor’s Degree or Above

Healthcare Credential

- Current Healthcare Credential (RPSGT, RRT, CRT, REEGT, CLTM, CHES, RN, LPN, MSN, NP, MD, DO, PA, DDS, PhD)

AND

- Associate’s Degree
TEMPORARY PATHWAY FOR CCSH

Pathway 3: CSE Certificate

- BRPT-issued Clinical Sleep Educator Certificate

AND

- Current Healthcare Credential or License
EXAM BLUEPRINT

- Sleep Over the Lifespan (20%)
- Clinical Evaluation and Management (40%)
- Patient and Family Communication and Education (30%)
- Program Maintenance and Administration (10%)

See the Candidate Handbook for More Information Regarding the CCSH Exam
REMEMBER…

- Study Smart
  - Know What You Need to Know
- Prepare Early
- Practice Taking Tests
- Make Good Choices the Week of the Test
- Know What to Expect
- And Do Your Best
AND YOU ARE LIKELY TO COME OUT VICTORIOUS