SYLLABUS

DATE OF LAST REVIEW: 02/11/2013

CIP CODE: 51.0908

SEMESTER: Department Syllabus

COURSE TITLE: Sleep Studies

COURSE NUMBER: ALHT0160 ON WE/ RSCR0160 ON WE

CREDIT HOURS: 3

INSTRUCTOR: Department Syllabus

OFFICE LOCATION: Department Syllabus

OFFICE HOURS: Department Syllabus

TELEPHONE: Department Syllabus

EMAIL: Department Syllabus

KCKCC-issued emails accounts are the official means for electronically communicating with our students.

PREREQUISITES: Basic computer skills

REQUIRED TEXT AND MATERIALS: Please check with the KCKCC bookstore, http://www.kckccbookstore.com, for the required texts for your particular class

COURSE DESCRIPTION:

This course explores physical and physiological topics related to sleep and sleep disorders in an introductory approach. Normal sleep, sleep disorders, sleep assessments, and sleep remedies are studied. The course is preparatory for respiratory therapy students, and health care providers who will screen, test, treat, and support clients with sleep disorders. The course is informative for general students interested in sleep topics. The course provides resources and support for participants who are personally dealing with sleep disorders.

METHOD OF INSTRUCTION:

A variety of instructional methods may be used depending on content area. These include but are not limited to: lecture, reading, research, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and presentations, speeches, debates, discussions, panels, performances, conferences, and experiential contact outside of class. Methodology will be selected to best meet student needs. Online or Web enhanced sections of this class may use additional instructional methods including but not limited to: computer assisted instruction, videos, online activities, and self-paced learning.

REQUIREMENTS FOR THE COURSE:

All weekly assignments are to be read and/or completed for the class sessions in which they are scheduled. Students are responsible for reading assignments and attending scheduled classes in order to be prepared to; participate in discussions, successfully complete quizzes and exams, and complete in-class activities and projects.
Written examinations may contain multiple choice, true-false, matching, fill in the blank and/or short answer questions. They will be based mainly on lecture and text content.

COURSE OUTLINE:

I. Normal sleep is studied.
   A. Normal sleep patterns are described.
   B. Normal sleep/awake cycles are described.
   C. Normal sleep time is described.
   D. Physical and physiological events during normal sleep are explored.
   E. Physical and physiological effects of normal sleep are investigated.
   F. Benefits of normal sleep are defined.

II. Sleep disorders are studied.
   A. Sleep disorder terms are defined.
   B. Sleep apneas are described.
   C. Sleep parasomnias are described.
   D. Insomnia is described.
   E. Restless leg syndrome is described.
   F. Narcolepsy is described.
   G. Shift worker and jet-lag disorders are described.
   H. Signs and symptoms of sleep disorders are explored.
   I. Physical and physiological events during disordered sleep are explored.
   J. Physical and physiological effects of disordered sleep are investigated.

III. Sleep assessments are studied.
   A. Sleep assessment terms are defined.
   B. Sleep screening surveys are described.
   C. Sleep screening tests are described.
   D. Sleep studies, polysomnography tests, are defined.
   E. Multiple sleep latency tests are defined.
   F. Titration studies are explored.

IV. Sleep disorder treatments are studied.
   A. Sleep disorder treatment terms are defined.
   B. Effective sleep habits are explored.
   C. Oral devices for sleep apnea are described.
   D. Position therapy for sleep apnea is described.
   E. Positive airway pressure for sleep apnea is described.
   F. Surgical interventions for sleep apnea are described.
   G. Non-invasive mechanical ventilation for sleep apnea is discussed.
   H. Pharmacological interventions for sleep disorders are explored.
   I. Sleep disorder support groups are investigated.
   J. Sleep Disorder Labs and Centers are discussed.
   K. Health care specialties involved in sleep testing and treatment are explored.

V. Age and sex distinctions of sleep disorders are studied.
   A. An overview of sleep disorders in infants is explored.
   B. An overview of sleep disorders in children is described.
   C. An overview of the distinctive effects of sleep disorders in women is introduced.

EXPECTED LEARNER OUTCOMES:

A. The learner will define sleep terminology.
B. The learner will be able to differentiate normal sleep and abnormal sleep.
C. The learner will be able to differentiate common sleep disorders.
D. The learner will be able to differentiate sleep assessments.
E. The learner will be able to differentiate sleep treatments.
F. The learner will be able to differentiate age and sex distinctions of sleep disorders.
G. The learner will be able to access sleep health care organizations.

COURSE COMPETENCIES:

The learner will define sleep terminology.

1. The learner will be able to define normal sleep.
2. The learner will be able to define abnormal sleep.
3. The learner will be able to define basic sleep diagnostic terms.
4. The learner will be able to define sleep disorder terms.
5. The learner will be able to define basic sleep intervention terms.
6. The learner will be able to define sleep apnea.

The learner will be able to differentiate normal sleep and abnormal sleep.

7. The learner will be able to describe the four sleep stages.
8. The learner will be able to describe at least five healthy sleep habits.
9. The learner will be able to describe the benefits of effective sleep.
10. The learner will be able to describe the risks of ineffective sleep.

The learner will be able to differentiate common sleep disorders.

11. The learner will be able to differentiate common sleep disorders.
12. The learner will be able to explain respiratory disturbances associated with sleep disorders.
13. The learner will be able to differentiate obstructive and central sleep apnea.

The learner will be able to differentiate sleep assessments.

14. The learner will be able to describe sleep history & physical assessments.
15. The learner will be able to perform a sleep screening.
16. The learner will be able to differentiate sleep lab tests.
17. The learner will be able to explain polysomnography.
18. The learner will be able to explain cardiac disturbances associated with sleep disorders.
19. The learner will be able to explain cardiovascular disturbances associated with sleep disorders.

The learner will be able to differentiate sleep treatments.

20. The learner will be able to differentiate obstructive and central sleep apnea.
21. The learner will be able to describe sleep disorder interventions.

The learner will be able to differentiate age and sex distinctions of sleep disorders.

22. The learner will be able to differentiate age and sex distinctions of sleep disorders.

The learner will be able to access sleep health care organizations.

23. The learner will be able to access sleep and sleep disorder resources.
24. The learner will be able to access sleep disorder advocacy and support groups.
25. The learner will be able to identify local sleep disorder labs and centers.
26. The learner will be able to describe health care specialties involved in sleep assessment and treatment.
27. The learner will be able to access education information for health care sleep specialties.

ASSESSMENT OF LEARNER OUTCOMES:

Student progress may be evaluated by means of exams, written assignments, projects, observation, and course participation.

SPECIAL NOTES:
This syllabus is subject to change at the discretion of the instructor. Material included is intended to provide an outline of the course and rules that the instructor will adhere to in evaluating the student’s progress. However, this syllabus is not intended to be a legal contract. Questions regarding the syllabus are welcome any time.

Kansas City Kansas Community College is committed to an appreciation of diversity with respect for the differences among the diverse groups comprising our students, faculty, and staff that is free of bigotry and discrimination. Kansas City Kansas Community College is committed to providing a multicultural education and environment that reflects and respects diversity and that seeks to increase understanding.

Kansas City Kansas Community College offers equal educational opportunity to all students as well as serving as an equal opportunity employer for all personnel. Various laws, including Title IX of the Educational Amendments of 1972, require the college’s policy on non-discrimination be administered without regard to race, color, age, sex, religion, national origin, physical handicap, or veteran status and that such policy be made known.

Kansas City Kansas Community College complies with the Americans with Disabilities Act. If you need accommodations due to a documented disability, please contact: Director of the Academic Resource Center at 913-288-7670.