



Polysomnography Technologist Self Assessment

Directions

Please circle a value for each question to provide us and the interested facilities with an assessment of your clinical experience. These values confirm your strengths within your specialty and assist the facility in the selection process of the healthcare professional.

Frequency		Experience	
1 Observed Only or Never Done		1 No Experience	
2 Rarely Done (<6 times/year)		2 Some Experience (Requires Assistance)	
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Print Name

SS#

Date

Sleep Technologist	Frequency				Experience			
Assess physician's request	1	2	3	4	1	2	3	4
Assess the patient's history for appropriateness of testing	1	2	3	4	1	2	3	4
Select appropriate equipment	1	2	3	4	1	2	3	4
Identify the need for alterations to standard electrode placement	1	2	3	4	1	2	3	4
Identify the need for alterations to the standard montage	1	2	3	4	1	2	3	4
Identify patient's needs prior to & during testing	1	2	3	4	1	2	3	4
Follow standard & lab-specific PSG protocols & procedures	1	2	3	4	1	2	3	4
Operate PSG data acquisition system	1	2	3	4	1	2	3	4
Apply PSG recording electrodes according to the international 10-20 system of electrode placement	1	2	3	4	1	2	3	4
Apply additional electrodes according to the international 10-20 system of electrode placement	1	2	3	4	1	2	3	4
Apply sensors for ancillary recording equipment	1	2	3	4	1	2	3	4
Operate & troubleshoot ancillary recording equipment	1	2	3	4	1	2	3	4
Identify the need for medical intervention	1	2	3	4	1	2	3	4
Perform a diagnostic polysomnogram	1	2	3	4	1	2	3	4
Identify qualifications for, & perform, a split-night polysomnogram	1	2	3	4	1	2	3	4
Perform a therapeutic polysomnogram	1	2	3	4	1	2	3	4
Identify the need for therapeutic intervention according to accepted standards	1	2	3	4	1	2	3	4
Apply & titrate CPAP	1	2	3	4	1	2	3	4
Apply & titrate bi-level PAP	1	2	3	4	1	2	3	4
Apply & titrate supplemental oxygen	1	2	3	4	1	2	3	4
Perform a multiple sleep latency test (MSLT) according to standards	1	2	3	4	1	2	3	4
Perform a maintenance of wakefulness test (MWT) according to standards	1	2	3	4	1	2	3	4
Perform child polysomnography < 12 years of age	1	2	3	4	1	2	3	4
Perform infant polysomnography < 1 year of age	1	2	3	4	1	2	3	4
Identify & respond to parasomnias	1	2	3	4	1	2	3	4
Identify & respond to sleep disordered breathing	1	2	3	4	1	2	3	4
Identify & respond to movement disorders	1	2	3	4	1	2	3	4



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Sleep Technologist - cont.	Frequency				Experience			
Identify & respond to cardiac abnormalities	1	2	3	4	1	2	3	4
Identify & respond to epileptiform activity (recorded seizure activity)	1	2	3	4	1	2	3	4
Identify & correct artifacts during data acquisition	1	2	3	4	1	2	3	4
Identify & respond to emergency situations & life-threatening events	1	2	3	4	1	2	3	4
Use positional therapy, as appropriate	1	2	3	4	1	2	3	4
Follow standard precautions for infection control	1	2	3	4	1	2	3	4
Clean & disinfect all reusable equipment and supplies	1	2	3	4	1	2	3	4
PSG Scoring								
Perform sleep-stage scoring	1	2	3	4	1	2	3	4
Score arousals according to AASM guidelines	1	2	3	4	1	2	3	4
Score periodic limb movements according to AASM guidelines	1	2	3	4	1	2	3	4
Score breathing events according to AASM guidelines	1	2	3	4	1	2	3	4
Score cardiac events according to AASM guidelines	1	2	3	4	1	2	3	4
Differentiate artifact from physiological data	1	2	3	4	1	2	3	4
Differentiate abnormal variants of the EEG	1	2	3	4	1	2	3	4
Use clinical judgment to adapt scoring to individual patient data	1	2	3	4	1	2	3	4
Summarize data & generate a final report	1	2	3	4	1	2	3	4
Knowledge of:								
Electrophysiology	1	2	3	4	1	2	3	4
Computer operations	1	2	3	4	1	2	3	4
Signs & symptoms of sleep disorders	1	2	3	4	1	2	3	4
Medical, neurological, and psychiatric disorders	1	2	3	4	1	2	3	4
Instrumentation theory of operation	1	2	3	4	1	2	3	4
Basic patient care	1	2	3	4	1	2	3	4
Clinical reasoning	1	2	3	4	1	2	3	4
Cardiopulmonary & neuro anatomy & physiology	1	2	3	4	1	2	3	4
PSG protocols & procedures	1	2	3	4	1	2	3	4
PSG-specific equipment operating procedures	1	2	3	4	1	2	3	4
Sleep-related affects of medication	1	2	3	4	1	2	3	4
Biopotential recording techniques	1	2	3	4	1	2	3	4
Waveform pattern recognition	1	2	3	4	1	2	3	4
Practice parameters, guidelines, & standards	1	2	3	4	1	2	3	4
AASM Scoring Manual	1	2	3	4	1	2	3	4
Patient assessment	1	2	3	4	1	2	3	4
PSG Data Acquisition Systems:								
Nicolet	1	2	3	4	1	2	3	4
Grass	1	2	3	4	1	2	3	4
Sandman	1	2	3	4	1	2	3	4



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Sleep Technologist - cont.	Frequency				Experience			
Digitrace	1	2	3	4	1	2	3	4
Alice	1	2	3	4	1	2	3	4
Stellate	1	2	3	4	1	2	3	4
Rembrandt	1	2	3	4	1	2	3	4
Cadwell	1	2	3	4	1	2	3	4
Sensormedics (Viasys)	1	2	3	4	1	2	3	4
XLTEK	1	2	3	4	1	2	3	4
Bio-logic	1	2	3	4	1	2	3	4
Nihon kohden	1	2	3	4	1	2	3	4
Ancillary Equipment								
Oximeter	1	2	3	4	1	2	3	4
Actigraph	1	2	3	4	1	2	3	4
End-tidal CO2 monitor	1	2	3	4	1	2	3	4
Transcutaneous CO2 monitor	1	2	3	4	1	2	3	4
Transcutaneous O2 monitor	1	2	3	4	1	2	3	4
Respiratory inductance plethysmography (RIP)	1	2	3	4	1	2	3	4
Esophageal pressure monitor	1	2	3	4	1	2	3	4

General Skills	Frequency				Experience			
Patient/family teaching	1	2	3	4	1	2	3	4
Patients in restraint	1	2	3	4	1	2	3	4
Patients in isolation	1	2	3	4	1	2	3	4
Lift/transfer devices	1	2	3	4	1	2	3	4
Specialty beds	1	2	3	4	1	2	3	4
End of life care/palliative care	1	2	3	4	1	2	3	4
Computerized Charting								
Cerner	1	2	3	4	1	2	3	4
EPIC	1	2	3	4	1	2	3	4
McKesson	1	2	3	4	1	2	3	4
Meditech	1	2	3	4	1	2	3	4
National Patient Safety Goals								
Accurate patient identification	1	2	3	4	1	2	3	4
Effective communication	1	2	3	4	1	2	3	4
Pain assessment & management	1	2	3	4	1	2	3	4
Infection control	1	2	3	4	1	2	3	4
Universal precautions	1	2	3	4	1	2	3	4
Minimize risk of falls	1	2	3	4	1	2	3	4
Prevention of pressure ulcers	1	2	3	4	1	2	3	4



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Age Specific Competencies	Frequency				Experience			
Infant (birth to 1 year)	1	2	3	4	1	2	3	4
Toddler (ages 2-3 years)	1	2	3	4	1	2	3	4
Preschooler (ages 4-5 years)	1	2	3	4	1	2	3	4
Childhood (ages 6-12 years)	1	2	3	4	1	2	3	4
Adolescents (ages 13-21 years)	1	2	3	4	1	2	3	4
Young Adults (ages 22-39 years)	1	2	3	4	1	2	3	4
Adults (ages 40-64 years)	1	2	3	4	1	2	3	4
Older Adults (ages 65-79 years)	1	2	3	4	1	2	3	4
Elderly (ages 80+ years)	1	2	3	4	1	2	3	4

Please list any Additional Skills:	
1.	2.
3.	4.
Additional training:	
1.	2.
3.	4.
Additional equipment:	
1.	2.
3.	4.

Fax to: 1-888-298-3146

The information on this and all preceding pages is true and correct.

Signature

Date