Faculty Disclosure

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Ms. Altman has listed no financial interest/arrangement that would be considered a conflict of interest.

The Role of the Clinical Sleep Educator

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Unmet Public Health Problem

- Increase awareness of the burden of sleep loss and sleep disorders among the general public
- Expand awareness among health care professionals of the effects of sleep loss and sleep disorders through education and training
- Emphasize treatment, long-term patient care, and chronic disease management

Institute of Medicine Report: Sleep Disorders and Sleep Deprivation: An Unmet Public Health Problem, 2006

Chronic Care Management

- Any condition that requires ongoing adjustments by the affected person and interactions with the health care system
- Challenges to chronic care management
  - Busy healthcare practitioners
  - Limited tools to coordinate care
  - Follow up failures
  - Uninformed patients
The Sleep Educator Concept

2006 ACCP Sleep Apnea Aftercare Consensus Conference


2009-2011 “Becoming a Sleep Educator” and other courses sponsored by ACCP

Moving the Concept Forward

- 2012 BRPT Clinical Sleep Educator Certificate Program
- 2012 AASM “Innovation Care Delivery and Management Program for Patients with OSA”
- The changing direction of healthcare and sleep medicine diagnosis and management
Definition: Clinical Sleep Educator

- Healthcare worker
- Knowledge of sleep disorders and treatments
- Analyze test results and therapy tools
- Use a variety of communication techniques

Definition: Clinical Sleep Educator

- Optimize teaching and education
- Assess and monitor compliance and treatment
- Report significant issues to physician and team
- Promote good sleep and health to community
Definition: Sleep Center Facilitator

• Provide continuity of care and outcomes assessment
• Senior sleep technologist or other allied health professional
• Minimum of an associate’s degree

Definition: Sleep Center Facilitator

Focus is on:
• Patient sleep disorders education and effective teaching
• Improving PAP adherence and alternatives
• Motivational interviewing
• Data management and treatment monitoring
• Utilization and management
• Coding, compliance, and quality assurance
• DME and OCST
Goals for the Sleep Educator

- Improve patient and community education
- Positively impact patient outcomes and health
- Improve compliance-treatments and interventions
- Raise the understanding of sleep and sleep disorders with healthcare professionals
- Advance the quality of sleep education
- Support an interdisciplinary approach to the diagnosis, management, and treatment of sleep disorders

Sample Job Descriptions

- Create individualized needs assessment for sleep patient
- Use established principles of teaching and learning to create and optimize treatment
- Employ concepts of health behavioral change models to enhance individualized patient instruction
- Provide sleep and sleep disorder specific information to aid the patient in successful self management
Sample Job Descriptions

• Consider co-morbidity issues in all interactions
• Work collaboratively with other health care providers and payors to address barriers and improve patient outcomes
• Effectively monitor patient compliance and interventions
• Provide community education

Sample Summary of Duties

• Manage a sleep disorders marketing and community education program
• Provide one-on-one support to clients to promote treatment adherence, reduce the morbidities related to untreated sleep problems, and help the client achieve the best possible quality of life
Sample Summary of Duties

• Serve as a resource to physicians and hospitals to educate staff and patients
• Organize and manage pre-surgical screening, patient compliance, insurance authorization, home monitoring, and behavioral therapy programs

Scope of Practice

• A clinical sleep educator does NOT diagnose, treat, or provide any such services prohibited by law or scope of practice
• Scope of practice is dependent on licensure and other regulatory oversight
• Licensure and regulations vary by state and profession
• Work collaboratively with a “sleep team”
The Time Is Right

- Focus on the value of sleep and healthy life
- Chronic nature of OSA and sleep disorders
- Decreasing physician reimbursement
- Move toward OCST diagnosis and management
- Outcomes-based medicine
- CHF, asthma, diabetes education-improved outcomes, quality of life, and reduced costs
- Interdisciplinary coordination and care

Next Steps

- Recognition
- Professional scope of practice
- Education pathways
- Outcomes research
- Evidence-based practices
- Reimbursement
- Acceptance
“Patient education should be optimally delivered as part of a multidisciplinary chronic disease management team including the sleep physician, the referring provider, and allied health care providers.”

AASM Clinical Guideline for Evaluation, Management and Long-Term Care of OSA in Adults 2009