



Australian Government

Department of Education, Employment and Workplace Relations

HLTSL408C Perform home based assessments for sleep studies

Release: 1

HLTSL408C Perform home based assessments for sleep studies

Modification History

Not Applicable

Unit Descriptor

Descriptor

This unit of competency describes the skills and knowledge required to perform home based assessments as an adjunct to sleep studies and to assist in the provision of a report for diagnostic purposes

Application of the Unit

Application

Work will be performed within a prescribed range of functions involving routine and non-routine methods and procedures which require the exercise of some discretion and judgement

These procedures are commonly conducted by hospital based sleep units, private consultancy rooms, and day procedure centres

All activities are carried out in accordance with organisation policies, procedures and infection control guidelines

Licensing/Regulatory Information

Not Applicable

Pre-Requisites

Not Applicable

Employability Skills Information

Employability Skills

This unit contains Employability Skills

Elements and Performance Criteria Pre-Content

Elements define the essential outcomes of a unit of competency.

The Performance Criteria specify the level of performance required to demonstrate achievement of the Element. Terms in italics are elaborated in the Range Statement.

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

- | | |
|---------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Prepare <i>client</i> for <i>procedure</i> | 1.1 Verify request for procedure verified
1.2 Review client's medical records and action relevant results as required
1.3 Review client's pathology results and action as required
1.4 Reassure client, explain procedure and obtain client consent/agreement as required
1.5 Provide opportunities for client ask questions and discuss areas of concern
1.6 Instruct client on the use of the equipment |
| 2. Prepare <i>equipment and materials</i> for procedure | 2.1 Ensure equipment and materials selected are clean and in working order
2.2 Perform required equipment calibrations
2.3 Complete documentation at commencement of procedure in accordance with organisation policies and procedures |

ELEMENT**PERFORMANCE CRITERIA****3. Complete overnight procedure**

- 3.1 Terminate recording
- 3.2 Remove EEG leads and electrodes from client and wash paste/gel off
- 3.3 Provide client with assistance as required, on completion of the procedure
- 3.4 Ascertain and document client's assessment of their sleep quality
- 3.5 Provide reassurance to client
- 3.6 Confirm timely follow up with referring doctor for results
- 3.7 Clean, disinfect and store equipment according to organisation policy and procedure, infection control guidelines and manufacturer's instructions
- 3.8 Re stock equipment and materials
- 3.9 Clean and restore environment

4. Restore equipment

- 4.1 Store leads are stored in accordance with manufacturer's guidelines
- 4.2 Dispose of disposable electrodes and other materials in accordance with waste management procedures, taking into account opportunities to address waste minimisation, environmental responsibility and sustainable practice issues
- 4.3 Re stock equipment and materials

Required Skills and Knowledge

REQUIRED SKILLS AND KNOWLEDGE

This describes the essential skills and knowledge and their level required for this unit.

Essential knowledge:

The candidate must be able to demonstrate essential knowledge required to effectively do the task outlined in elements and performance criteria of this unit, manage the task and manage contingencies in the context of the identified work role

This includes knowledge of:

- Anatomy and physiology relevant for home based assessments and their relevance to sleep studies
- Basic electrical knowledge and electrical safety requirements
- Causes of the common trace interference and the appropriate remedies
- Confidentiality requirements of client information
- General knowledge of infection control principles and their application
- Identify artefacts and their source
- Recognise normal results relating to home based assessments
- Routine maintenance policy and procedures for equipment

Essential skills:

It is critical that the candidate demonstrate the ability to:

- Apply knowledge of boundaries of responsibilities and refer problems to supervisor or other appropriate health professional
- Communicate effectively with clients/carers in relation to the procedure and manage clients' anxiety level
- Comply with policies and procedures including those of OHS and infection control
- Demonstrate all steps that must be taken to ensure equipment is safe and functioning correctly
- Identify and manage all forms of interference with trace

In addition, the candidate must be able to effectively do the task outlined in elements and performance criteria of this unit, manage the task and manage contingencies in the context of the identified work role

REQUIRED SKILLS AND KNOWLEDGE

This includes the ability to:

- Communicate with people from diverse cultural and linguistic backgrounds
- Correctly operate home based assessment equipment
- Deal with conflict
- Demonstrate basic cardiopulmonary resuscitation
- Identify a home based assessment that is unsatisfactory for diagnostic purposes
- Manage the known common interferences in the production of a home based assessment
- Produce a home based assessment relevant to sleep studies satisfactory for diagnostic purposes
- Solve problems including an ability to use available resources
- Use numeracy skills ranging from the ability to complete basic arithmetic calculations, recording stock levels and statistical information
- Use oral communication skills required to fulfil job roles in a safe manner and as specified by the organisation, including skills in:
 - asking questions
 - providing clear information
 - listening to and understanding workplace instructions
 - clarifying workplace instructions when necessary
 - effective verbal and non verbal communication with a range of internal and external persons
 - literacy in English or a community language, depending on client group and organisation requirements
- Use reading and writing skills required to fulfil job roles in a safe manner and as specified by the organisation at a level of skill that involves reading and documenting clinical information and understanding complex policy and procedure manuals
- Work with others and display empathy with client and relatives

Evidence Guide

EVIDENCE GUIDE

The evidence guide provides advice on assessment and must be read in conjunction with the Performance Criteria, Required Skills and Knowledge, the Range Statement and the Assessment Guidelines for this Training Package.

Critical aspects for assessment and evidence required to

- The individual being assessed must provide evidence of specified essential knowledge as well as skills

EVIDENCE GUIDE

demonstrate this competency unit:

- Where, for reasons of safety, space, or access to equipment and resources, assessment takes place away from the workplace, the assessment environment should represent workplace conditions as closely as possible
- Consistency of performance should be demonstrated over the required range of situations relevant to the workplace

Context of and specific resources for assessment:

- Relevant organisation policy, guidelines, procedures and protocols

Method of assessment:

- Clinical skills involving direct client care are to be assessed initially in a simulated clinical setting (laboratory). If successful, a second assessment is to be conducted during workplace application under direct supervision.
- Observation of work activities when performing home based assessments for sleep studies
- Observation of simulation and/or role play when performing home based assessments for sleep studies
- Discussion of physical and/or behavioural contingency scenarios involving duty of care
- Authenticated transcripts of relevant education/training courses
- Recognition of relevant life/work experience
- Questioning, written assessments/projects, e-learning can be used to assess knowledge
- Authenticated reports of experience in performing home based assessments for sleep studies (Documentation associated with performance reviews, supervisor/co-ordinator evaluations of work performance)
- Training records associated with First Aid, OH Safety training, Orientation/Induction Training, Safe Manual Handling, Universal infection control procedures
- Case study and scenario as a basis for discussion of issues and strategies to contribute to best practice

EVIDENCE GUIDE

- Access and equity considerations:*
- All workers in the health industry should be aware of access and equity issues in relation to their own area of work
 - All workers should develop their ability to work in a culturally diverse environment
 - In recognition of particular health issues facing Aboriginal and Torres Strait Islander communities, workers should be aware of cultural, historical and current issues impacting on health of Aboriginal and Torres Strait Islander people
 - Assessors and trainers must take into account relevant access and equity issues, in particular relating to factors impacting on health of Aboriginal and/or Torres Strait Islander clients and communities

Related units:

This unit should be assessed in conjunction with the following related units:

- HLTSL401C Prepare environment to perform sleep studies
- HLTSL402C Prepare client for sleep study procedure
- HLTSL403C Perform diagnostic sleep study

Holistic assessment practice with other health services units of competency is encouraged

Range Statement

RANGE STATEMENT

The Range Statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Add any essential operating conditions that may be present with training and assessment depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts.

RANGE STATEMENT

Clients may include:

- Infants
- Children
- Adolescents
- Adults
- Elderly

Procedure may include:

- Overnight oximetry
- Actigraphy
- Home based polysomnography

Relevant results may include:

- Polysomnographic (PSG) recording
- Oxygen saturation
- Body movements
- Other results relevant for sleep studies

Action in response to client's pathology results may include:

- Action taken in response physician's request

Equipment and materials may include:

- Oximeter
- Actigraph
- Home based monitors

Post-procedure questionnaire may include:

- Sleep diary
- Sleep quality

*Report **must** include:*

- Oximetry: Saturation parameters (Baseline, mean, maximum, minimum, percentage below 90%, variability, time versus saturation graph)
- Activity: Daily graphical activity report
- Home sleep study may include full polysomnography or be limited to oxygen saturation parameters and respiratory disturbance parameters (RDI)

Unit Sector(s)

Not Applicable