



Australian Government

Department of Education, Employment and Workplace Relations

HLTSL505C Analyse and interpret recording of sleep study

Release: 1

HLTSL505C Analyse and interpret recording of sleep study

Modification History

Not Applicable

Unit Descriptor

Descriptor

This unit of competency describes the skills and knowledge required to analyse and interpret sleep recording studies to provide 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

Sleep studies are commonly conducted in hospitals and private clinics

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

Licensing/Regulatory Information

Not Applicable

Pre-Requisites

Pre-requisite units

This unit must be assessed after successful achievement of pre-requisites:

- HLTSL401C Prepare environment to perform sleep studies
- HLTSL402C Prepare client for sleep study procedure
- HLTSL403C Perform diagnostic sleep study
- HLTSL404C Perform treatment sleep study

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. Assess quality of sleep study | 1.1 Review <i>client details</i>
1.2 Review overnight documentation
1.3 Assess the study for diagnostic quality |
| 2. Score sleep study | 2.1 Identify sleep and awake states and staging
2.2 Identify arousals from sleep states
2.3 Identify and described respiratory, leg movements and all <i>other events</i> |

ELEMENT**3. Generate report****PERFORMANCE CRITERIA**

3.1 Summarise information extracted from scoring

3.2 Note variations from standard recording/scoring

3.3 Highlight features of clinical significance for readers attention

3.4 Include graphical representation of results in summary

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 related to the analysis and interpretation of sleep studies
- Confidentiality requirements of client information
- Identification of artefacts
- Normal range of baseline observations
- Normal/abnormal waveforms
- Rules and current standards of arousals, respiratory and other events
- Sleep staging rules and current standards
- Understanding of outcome of sleep study

Essential skills:

It is critical that the candidate demonstrate the ability to:

- Analyse and interpret sleep recording studies
- Comply with policies and procedures including those of OHS and infection control
- Identify all forms of interference

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

This includes the ability to:

- Analyse and interpret sleep studies
- Communicate with people from diverse cultural and linguistic backgrounds
- Deal with conflict
- Generate a summarised report for diagnostic purposes

REQUIRED SKILLS AND KNOWLEDGE

- 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

continued ...

Essential skills (contd):

- 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 demonstrate this competency unit:

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

EVIDENCE GUIDE

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 analysing and interpreting recording of sleep study
- Observation of simulation and/or role play when analysing and interpreting recording of sleep study
- 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 analysing and interpreting recording of sleep study (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 can be assessed independently, however 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

Client details may include:

- Reason for referral
- Relevant medical history ie cardiac, respiratory and neurological
- Medications
- Results of previous study
- Physical examination results

Overnight documentation may include:

- Client and technical events
- Client's self report - before and after
- Client questionnaire

Study quality would include:

- Core set of signals that stage sleep and identify arousals
- Sufficient signals to identify all known physiological events
- Adequate duration of sleep (according to study)
- Sufficient signals to measure treatment

Respiratory events may include:

- Apnoea
- Hypopnea
- Oxygen desaturation
- Snoring
- Hypercapnoea

Other events may include:

- Limb/body movements
- Arousals
- Nocturnal seizures
- Parasomnias eg sleep walking, sleep talking

Clinical significance may be:

- Abnormalities in sleep/wake states and staging eg sleep arousals, respiratory events, other events

Unit Sector(s)

Not Applicable