



Sleep Technology: CORE COMPETENCY

2510 North Frontage Road, Darien, IL

www.aastweb.org

PAP Titration – Updated July 2012

OBJECTIVE: To verify the knowledge and skills required to analyze a sleep recording and titrate positive airway pressure (PAP) during overnight polysomnography.

OUTCOME ASSESSMENT: Outcome is determined by clinical and physiologic assessment of adequacy of patient response to therapy. This competency evaluation tool provides an objective assessment of the performance level of the polysomnographic technologist, polysomnographic technician and polysomnographic trainee performing PAP titration.

INSTRUCTIONS: The evaluator assesses the employee in the performance of the competency, indicating either a **(Yes)** the employee is competent or a **(No)** the employee is not competent with the process. Competency is met when the employee performs the competency according to accepted standards and guidelines. For every **(No)** a plan for correction should be outlined with a timeline for retesting. The correction plan and timeline must be documented in the comments section.

NAME _____

DATE _____

EVALUATOR _____

**Comments: A correction plan and timeline for retesting must be outlined for each (No) documented.*

PAP Titration	Yes	No	*Correction Plan/ Retesting Date
Equipment Operation / Calibration			
Demonstrate knowledge of operation of all PAP and humidification devices within the center; assure proper equipment function			
Demonstrate knowledge of PAP-PSG equipment interfaces and remote operation of PAP devices			
Demonstrate knowledge of appropriate use of an auto-titrating PAP device in the sleep center			
Demonstrate knowledge of sleep center PAP titration protocols			
Patient Education			
Explain PAP titration procedure to patient demonstrating appropriate age-specific communication skills			
Identify the impact of the patient's age and physical/mental limitations on the outcome of the procedure			
PAP Interfaces			
Demonstrate ability to properly fit a PAP mask or other interface that meets patient needs for optimum comfort and compliance			
Adjust and fit appropriate headgear			
PAP Titration			
Demonstrate knowledge of possible complications and side effects of PAP therapy			
Recognize when a patient is unable to tolerate PAP therapy			
Demonstrate ability to identify excessive volume leakage related to mouth breathing or mask leak and make appropriate interventions			
Identify clinical events and causes; i.e. respiratory, arousals, cardiac events			
Identify sleep fragmentation related to respiratory events and snoring			
Identify when to adjust PAP to achieve optimal therapeutic level, i.e. eliminate respiratory events, desaturation, arousals and snoring			
Identify event characteristics demonstrating a need to change PAP mode			
Verify optimal pressure during supine and			

PAP Titration	Yes	No	*Correction Plan/ Retesting Date
stage R sleep			
Documentation			
Document the epoch number/time of each PAP pressure change appropriately in the recording			
Document reasons for all changes in PAP levels or other settings during the PSG			
Document a summary of the titration on the recording or technical note form			
Identify, document and correct equipment problems			
Patient Safety			
Verbalize the protocol for contacting the Medical Director			
Identify when to discontinue PAP therapy due to complications or patient intolerance			
Infection Control			
Demonstrate knowledge of single use vs reusable interface devices			
Demonstrate proper cleaning procedures for reusable interface devices			
Demonstrate knowledge of equipment maintenance procedures			