



Sleep Technology: CORE COMPETENCY

2510 North Frontage Road, Darien, IL

www.aastweb.org

Scoring Sleep Stages and Clinical Events – Updated July 2012

OBJECTIVES: To verify the knowledge and skills required to analyze and accurately score sleep stages, arousals, and clinical events recorded during a sleep study and to generate a comprehensive report.

OUTCOME ASSESSMENT: Scoring quality is determined by inter-scorer reliability assessment. The following competency evaluation tool allows for an objective assessment of the scoring performance level of the polysomnographic technologist, polysomnographic technician and polysomnographic trainee.

INSTRUCTIONS: Inter-scorer reliability assessment will be performed on three 200 epoch samples per quarter, or 12 per year. The following parameters will be compared for agreement with the medical director or corporate appointed board certified sleep specialist: epoch-by-epoch sleep staging, respiratory events, leg movements and arousals. Each scorer is evaluated for a minimum 85% agreement with the reference scorer on each parameter. Scorers will also need to demonstrate competency for identifying normal and abnormal clinical events and artifact, as well as optimizing the viewing of the recording and compiling a complete and accurate report. 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.*

Scoring Sleep Stages and Clinical Events	Yes	No	*Correction Plan/ Retesting Date
General Scoring Skills			
Demonstrates the ability to identify characteristic waveforms of sleep, wakefulness, and artifact			
Recognizes the need for manual review of all computerized scoring			
Visual Rules			
Demonstrates the ability to identify and apply AASM visual scoring rules			
Arousal Rules			
Demonstrates the ability to identify and apply AASM arousal rules			
Respiratory Rules			
Demonstrates the ability to identify respiratory events and apply AASM respiratory scoring rules			
Movement Rules			
Demonstrates the ability to identify and apply AASM movement event rules			
Cardiac Rules			
Demonstrates the ability to identify and apply AASM cardiac scoring rules			
Report Generation			
Demonstrates ability to generate an accurate report that includes all AASM required parameters			
Demonstrates ability to verify report calculations			
Demonstrates ability to verify complete and accurate demographic information			
Demonstrates ability to generate and verify accuracy of a hypnogram			
Inter-Scorer Reliability			
Demonstrates the ability to maintain an epoch by epoch correlation of 85% or better with the reference scorer for sleep stages, arousals, respiratory events and limb movements			