



Sleep Technology: CORE COMPETENCY

2510 North Frontage Road, Darien, IL

www.aastweb.org

Supplemental Low Flow Oxygen Titration – Updated July 2012

OBJECTIVE: To describe the knowledge and skills required to analyze sleep recordings and titrate low flow supplemental oxygen during overnight polysomnography.

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

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. 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 time line for retesting must be documented for each (No) documented.*

Supplemental Low Flow Oxygen Titration	Yes	No	*Correction Plan/ Retesting Date
Patient Assessment			
Review the patient's history and physical and physician orders to determine the need for supplemental oxygen			
Assess patient's need for supplemental oxygen upon arrival in the sleep center using an oximeter			
Assess patient's need for supplemental oxygen during polysomnography using an oximeter			
Validate accuracy of oximeter reading			
Equipment Operation			
Verify correct function of oxygen concentrator and/or flowmeter			
Describe routine maintenance of device filters			
Demonstrate ability to regulate oxygen flow			
Oxygen Interfaces			
Demonstrate ability to fit and adjust a nasal cannula for oxygen delivery			
Demonstrate ability to entrain supplemental oxygen in PAP circuit, with and without humidification devices			
Patient Interaction			
Explain procedure to patient in an age appropriate manner			
Identify impact of patient's physical/mental limitations on the outcome of the procedure			
Supplemental Oxygen Titration			
Recognize when supplemental oxygen is required according to facility protocol			
Identify when to adjust supplemental oxygen to achieve optimal saturation level according			

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to facility protocol			
Identify events (i.e., respiratory desaturations that do not respond to PAP therapy, cardiac, sleep stage, etc.) indicating a need to implement supplemental oxygen			
Identify when to add supplemental oxygen therapy during PAP therapy according to facility protocol			
Patient Safety			
Demonstrate knowledge of possible side effects of supplemental oxygen therapy			
Identify signs that patient's drive to breathe is diminished and corrective actions that need to be implemented if patient's drive to breathe is affected			
Verify optimal supplemental oxygen level during all sleep stages			
Verbalize protocol for contacting the Medical Director			
Documentation			
Document changes in oxygen levels during PSG in the sleep system and on technical note forms			
Identify, document and correct equipment problems			
Infection Control			
Demonstrate proper disposal of single patient use nasal cannulas, oxygen tubing and/or oxygen masks			
Demonstrate appropriate procedures for cleaning reusable devices used during oxygen titration			