PROGRAM GOALS AND OBJECTIVES

Behavioral Sleep Medicine

Introduction

Behavioral Sleep Medicine is an important component of multidisciplinary care of patients with a variety of sleep disorders. Fellows will gain experience both with a psychologist in private practice (Dr. Anne Bartolucci) as well as through the AVAMC sleep medicine program (Sharon Shatil).

General Objectives

- Learn the indications for referral to a behavioral sleep medicine provider
- Develop an understanding of the behavioral therapeutic approach to sleep disorders including psychophysiological insomnia, insomnia related to a psychiatric condition, sleep apnea with CPAP intolerance, and obesity (i.e., for weight loss counseling)
- Appreciate the multidisciplinary approach required for optimal care of many sleep disorders patients

Specific Educational Goals

Patient Care:

- Demonstrate compassionate care of the patient
- Demonstrate awareness of the psycho-social contexts of patients presenting with sleep disorders

Medical Knowledge:

- Learn how to conduct a detailed behavioral sleep medicine history
- Learn how various psychiatric disorders and medications affect the behavioral aspects of sleep
- Determine how and when behavioral sleep medicine evaluation is required for patients with various sleep related problems
- Understand the range of behavioral treatments that are available for sleep disorders
Interpersonal and Communication Skills:

- Work effectively with clinic personnel in the care of patients

Professionalism:

- Rate as valuable the duties and contribution of behavioral sleep medicine providers
- Collaborate with psychologist(s) to see patients in a timely manner working as a team
- Report to clinic on time and prepared to see patients

Practice Based Learning and Improvement:

- Gain experience in the presentation and diagnosis of patients with behavioral sleep medicine conditions

Systems Base Practice:

- Become knowledgeable in the various management and behavioral treatment strategies for sleep disorders

Role of the Fellow:

In each clinic rotation fellows will:

- Evaluate patients, perform a history, and develop a preliminary differential diagnosis and management plan in conjunction with Dr. Bartolucci
- Present clinical cases at the Interdisciplinary Case Conference
- Complete evaluation form on the performance of the attending

Role of the Attending

The attending physician will attend the clinic and will:

- Review the clinical evaluations with the fellow
- Be available to review articles of interest with the fellow
- Complete an evaluation on the performance of the fellow