PROGRAM GOALS AND OBJECTIVES
Children’s Health Care of Atlanta (CHOA)

The Egleston Children’s Hospital Sleep Center is composed of an interdisciplinary team of providers who diagnose and manage sleep disorders. The clinical evaluation of a patient is either by referral to the clinic or direct referral to the sleep laboratory for diagnostic sleep testing. The Egleston Children’s Hospital Sleep Clinics are staffed by members of the Department of Pediatrics (Pulmonary). The patient seen in the CHOA Sleep Clinic will have a broad range of sleep related problems as outlined in the International Classification of Sleep Disorders with the majority requiring some ongoing follow-up of management of their sleep disorder. The Egleston Sleep Laboratory provides a full range of polysomnography services for the pediatric population.

General Objectives:

- Acquire the skills and knowledge necessary to diagnose pediatric sleep disorders and their clinical consequences
- Develop an understanding of the therapeutic approach to any pediatric sleep disorder or complaint.
- Integrate and coordinate the management of pediatric sleep disorders with referring physicians
- Become proficient in reading all types of pediatric sleep diagnostic tests

Specific Educational Goals:

Patient Care:

- Demonstrate compassionate care of the pediatric patient
- Initiate and manage patients with a broad range of pediatric sleep disorders
- Demonstrated understanding and awareness of the psycho-social contexts of pediatric patients presenting with sleep disorders and the family interactions
- Learn scoring methods and interpretation skills for all types of pediatric sleep diagnostic testing

Medical Knowledge:

- Learn how to conduct a detailed sleep oriented history and physical examination
• Learn how various medical, neurological, and psychiatric disorders and medications affect the electrophysiological, physiological and behavioral aspects of sleep
• Determine when and what type of investigations (polysomnography, actigraphy, apnea monitoring, MSLT, MWT, sleep wake diaries) are required for pediatric patients with various sleep related problems
• Learn how to score pediatric sleep studies and develop interpretations for those studies

Interpersonal and Communication Skills:

• Work effectively with clinic, laboratory and durable medical equipment staff to coordinate patient care
• Maintain comprehensive and timely medical records
• Communicate the results of sleep studies with referring physicians

Professionalism:

• Rate as valuable the duties and contribution of clinic staff including patient care technicians, nursing staff and lab staff
• Collaborate with other physicians to see patients in a timely manner working as a team
• Report to clinic on time and prepared to see patients
• Work with sleep laboratory and attending physician staff to perform timely interpretations of diagnostic tests

Practice Based Learning and Improvement:

• Gain experience in the presentation and diagnosis of a pediatric patient with sleep disorders
• Interpret and clinically apply the data summarized in these investigations

Systems Base Practice:

• Become knowledgeable in and engage the durable medical equipment coordinator and referring physicians in the various management and treatment strategies for any sleep disorder
• Work with other members of the pediatric team such as nurses, social workers, home health providers to educate them about the patient’s needs with regards to their individual sleep disorder

Role of the Fellow:

For the overall CHOA rotation fellows will:

• Present clinical cases at the Interdisciplinary Case Conference
• Complete evaluation form on the performance of the attending
In each CHOA clinic rotation fellows will:

- Initially evaluate patients, perform a history and physical exam and develop a preliminary differential diagnosis and management plan
- Present the patient to the attending who will confirm or modify the initial clinical evaluation
- Dictate summaries on patient in the medical record system of the Egleston Children’s Center on the day of clinic or no later than 24 hours after seeing patient

In each CHOA laboratory rotation fellows will:

- Score a minimum of 10 pediatric sleep studies in their entirety
- Review and develop interpretations of a minimum of 40 sleep studies on pediatric patients

Role of the Attending:

The attending physician will attend the clinic and will:

- Review the clinical evaluations with the fellow and examine the patient
- Sign fellow dictations and review any modification with the fellow
- Review and sign off on fellow sleep study interpretations and scoring
- Be available to review articles of interest with the fellow
- Complete an evaluation on the performance of the fellow