The Atlanta VAMC 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 Atlanta VAMC Sleep Clinics are staffed by members of the Departments of Medicine (Pulmonary/CCM and Geriatrics) and Neurology. The patient seen in the AVAMC 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 AVAMC Sleep Laboratory provides home sleep apnea testing, full range polysomnography services and actigraphy.

General Objectives:

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

Specific Educational Goals:

Patient Care:

- Demonstrate compassionate care of the patient
- Initiate and manage patients with a broad range of sleep disorders
- Demonstrate understanding and awareness of the psycho-social contexts of patients presenting with sleep disorders
- Learn scoring methods and interpretation skills for all types of 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, portable testing, actigraphy, MSLT, MWT, sleep wake diaries) are required for patients with various sleep related problems
- Learn how to do interpretations of diagnostic tests performed in the Atlanta VAMC sleep laboratory

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 to 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 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
- Demonstrate knowledge of legal responsibility of patients, physicians and competent medical authorities in certifying sleep disorders patients for commercial driving and pilot licenses

**Role of the Fellow:**

For the overall AVAMC rotation fellows will:
• Present clinical cases at the Interdisciplinary Case Conference
• Complete evaluation form on the performance of the attending

In each AVAMC 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
• Complete notes in the medical record system of the Atlanta VAMC on the day of clinic or no later than 24 hours after seeing patient

In each AVAMC laboratory rotation fellows will:

• Review and develop interpretations of polysomnography studies with the assistance of the attending physician. Once proficient in reviewing polysomnographies, the fellow will be expected to do 8-10 interpretations/week
• Review and develop interpretations of home sleep apnea tests (HSAT) with the assistance of the attending physician. Once proficient in reviewing HSAT, the fellow will be expected to do 10-15 HSAT interpretations/week
• Review and develop interpretations of actigraphy with the assistance of the attending physician. Once proficient in reviewing actigraphy, the fellow will be expected to do 2 actigraphy interpretations/week

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 sleep study, HSAT and actigraphy interpretations with the fellow
• Be available to review articles of interest with the fellow
• Complete an evaluation on the performance of the fellow