

POST DOCTORAL FELLOWSHIP COURSE (ISDA CERTIFICATION)

CURRICULUM

Sleep medicine is a rapidly growing specialty in the medical domain and the recent years have witnessed an exponential growth with regards to diagnosis and management of various sleep disorders. With increasing prevalence of sleep disorders and its deleterious effects on the quality of life of the patients, knowledge pertaining to sleep disorders, its associations and effective management has become indispensable. Nithra Institute of Sleep Sciences is accredited by Indian Sleep Disorders Association for training doctors for 'Fellowship in Sleep Medicine'.

ELIGIBILITY

Doctors with post graduate qualification in Internal Medicine, Chest Medicine, Psychiatry, Paediatrics, Neurology & Otolaryngorhinology are eligible to apply.

DURATION OF COURSE

One Year

OBJECTIVES OF COURSE (as per ISDA guidelines)

Specialists in this field are well trained in sleep physiology, respiratory physiology and EEG. Performing sleep studies in the sleep disorders center (SDC) enable the treating doctor to detect many pathological changes during sleep.

A. Clinical Science of Sleep Medicine:

1. The Sleep Medicine Fellow will develop thorough knowledge and sound judgment in the diagnosis, treatment and prevention of all sleep disorders

2. The Sleep Medicine Fellow must become competent with the technical skills necessary for the performance and interpretation of the diagnostic and treatment procedures used in sleep medicine.

B. Research Skills of Sleep Medicine:

1. The Sleep Medicine Fellow must become familiar with the different research designs and methodologies and data collections and analyses.
2. The Sleep Medicine Fellow will develop the needed skills to perform good quality clinical and basic science research in Sleep Disorders

C. SDC Management:

1. The Sleep Fellow will learn the administrative skills needed to run and manage a sleep disorders center

The following are the responsibilities and expectations of the fellow in training (as per ISDA guidelines):

- A. Interpret polysomnograms (PSG) at the SDC. This program requires a minimum of 150 PSG interpretations for sleep medicine fellowship completion, although there is ample opportunity for more.
- B. Interpret Multiple Sleep Latency testing (MSLT) at the SDC. (minimum 15 for the fellowship)
- C. Minimum 150 new patients and 150 follow-up patients must be documented in the fellow's log book throughout the sleep fellowship. At least 20 of the new patients must include a diagnosis other than sleep disordered breathing. Evaluation of at least 30 pediatric age patients is also required. The Fellows should be exposed to two half-day adult sleep clinics every week and a minimum of one half day sleep clinic every alternate week for pediatric patients. Fellows will also attend respective clinics in other sub-specialties.

- D. Take sleep lab call.
- E. Teach rotating residents, students and technicians.
- F. Write at least one article that is preferably a result of the fellow's sleep research project, which was ongoing throughout the sleep fellowship
- G. Must attend all sleep lecture series and complete required readings

Program Structure and Syllabus

The fellowship program will be conducted in the SDC accredited by ISDA. The candidate during the course of programme should gain knowledge in following aspects

- A. Pulmonary medicine: Pulmonary physiology, lung mechanics, pulmonary pathology and common respiratory diseases.
- B. Neurology: Basic principles, neuroanatomy, neurophysiology with respect to sleep wake generators and neurotransmitter functions along with neurology clinics with relevance to sleep disorders.
- C. Otolaryngorhinology: Anatomical/physiological aspects of Nose/ Oropharynx in relation to sleep disorders.
- D. Psychiatry: Physiological bases of sleep and management of sleep problems secondary to Psychological disorders.
- E. Orientation and Interpretation of Polysomnogram
- F. Sleep focused history and physical examination
- G. Various sleep disorders and relevant differential diagnosis
- H. Introduction to Sleep Medicine Research

The fellowship ends with a written and oral viva examination held at the end of the year and would be at the SLEEPCON conference venue.

Suggested Reading and References: It is important to be familiar with the following resources:

1. AASM Scoring guidelines 2007.
2. Principles of sleep medicine 3rd Edition Kryger , Roth and Dement.
3. American Academy of Sleep Medicine, International classification of sleep disorders: Diagnostic and coding manual 2nd edition Ed: Westchester. IL: American Academy of Sleep Medicine, 2005.
4. American Board of Sleep Medicine. (Updated 2006; Cited o May 2008). Available from <http://www.absm.org/>
5. American Board of Internal Medicine. (Updated 2008; cited May 2008). Available from <http://www.abim.org/certification/policies/imss/sleep.aspx>
6. Common Program requirements: Sleep medicine. American Academy of Sleep Medicine (ACGME 2004); <http://www.aasmnet.org>.
7. American Academy of Sleep Medicine Accreditation Committee, Standards for accreditation of a sleep disorders center. March 2002; revised edition. Rochester, MN: American Academy of Sleep Medicine, 2002; <http://www.aasmnet.org>.
8. Standards of Practice Parameters:
<http://www.aasmnet.org/PracticeParameters.aspx>
9. Standards of Practice Reviews: <http://www.aasmnet.org/ClinicalReviews.aspx>
9. Clinical Guidelines: <http://www.aasmnet.org/ClinicalGuidelines.aspx>
10. Sleep Medicine Practice Exam & Sleep Study Scoring Tests: <http://www.aasmnet.org/LearningCenter/Home.aspx>

Key journals with basic and clinical research emphasis in sleep medicine are listed below.

1. Sleep: <http://www.journalsleep.org/>
2. Journal of Clinical Sleep Medicine: <http://www.aasmnet.org/JCSM/>
3. Sleep Medicine: [http://www.sciencedirect.com/science/journal/ 13899457](http://www.sciencedirect.com/science/journal/13899457)
4. Sleep Medicine Clinics: <http://www.sleep.theclinics.com/>
5. Sleep Medicine Reviews:
<http://www.sciencedirect.com/science/journal/10870792>
6. Journal of Sleep Research: <http://www.wiley.com/bw/journal.asp?ref=0962-1105>
7. Handbook of Clinical Neurology: volumes 98 and 99, pages 2–1179, 2011, are dedicated to sleep: <http://www.sciencedirect.com/science/book/9780444520074>
8. Seminars in Neurology: issues in 2004 (issue 4), 2005 (issue 1) and 2009 (issue 4) are dedicated to sleep medicine: <https://www.thieme-connect.de/ejournals/home.html>
9. Chest (dedicated sleep section in most issues):<http://www.chestjournal.org>
10. American Journal of Respiratory and Critical Care Medicine (dedicated sleep section in most issues):<http://intl-ajrccm.atsjournals.org>
11. Indian Journal of Sleep Medicine:
<http://www.indianjournals.com/ijor.aspx?target=ijor:ijsm&type=home>