

## **Description of Resident Rotation: Sleep Medicine**

### **1.) General Information**

- a.** Rotation Length: 2-4 weeks as determined by resident in consultation with Dr. Hicklin and Program Director.
- b.** Faculty: Dr. Greg Hicklin
- c.** Contact Person: Louise Davis, Customer Support Supervisor-Sleep Center and Secretary-Greg Hicklin, M.D.

### **2.) Orientation to Rotation**

- a.** The resident should contact Louise Davis prior to the start of the rotation to discuss the specific schedule for the month. Dr. Hicklin's office is located at 5950 University Ave, Suite 321, West Des Moines, IA 50266. You will come in door #2 on the North side of the building.
- b.** The resident should report to Dr. Hicklin's office at the agreed upon time on the first day of the rotation. Office staff will provide orientation to the office, office procedures, and the patient examination areas. Dr. Hicklin will then review with the resident the manner in which patients will be seen and evaluated during the rotation.

### **3.) Objectives and Description of Rotation**

- a.** Educational Purpose: The resident will receive a broad overview of sleep disorders and their management during the rotation. The resident will become familiar with the sleep disorders commonly managed by a general internist. The resident will become familiar with the diagnostic evaluation of patients with suspected sleep disorders and will learn which conditions must be referred to, or managed jointly with, specialists in sleep medicine.
- b.** Specific review of the following clinical conditions, including principles of evaluation and management and indication for referral, will be addressed:
  - i.** Obstructive sleep apnea
  - ii.** Central sleep apnea
  - iii.** Insomnia
  - iv.** Periodic limb movement disorder
  - v.** Narcolepsy

#### 4.) Ancillary Education Materials

#### 5.) Logistics

- a. Residents will see patients in Dr. Hicklin's office
- b. Residents will have an opportunity to observe patients in the sleep lab
- c. Residents will document patient evaluations that they perform during this rotation
- d. Residents will continue to attend Continuity Clinic during this rotation. Residents will need to present their Continuity Clinic to Dr. Hicklin at the beginning of the rotation.

6.) **Evaluations:** At the end of the rotation will be evaluated by the supervising faculty. Individualized feedback will be provided and an evaluation will be completed. And returned to the residency office. The evaluation will be reviewed and signed by the resident.

- a. **Patient Care:** Residents will demonstrate an ability to obtain an accurate, detailed, and clinically relevant history as it relates to patients with suspected sleep disorders. Residents will be able to explain and perform the elements of the physical examination as it relates to patients with suspected sleep disorders. Residents will be able to accurately generate a differential diagnosis and diagnosis in patients with suspected sleep disorders, and recommend appropriate diagnostic testing and an effective management plan.
- b. **Medical Knowledge:** Residents will be able to demonstrate an appropriate level of knowledge of common sleep disorders. Residents will be able to list the indications for polysomnography, and describe polysomnography. Residents will be able to interpret the results of polysomnography and apply those results in developing a treatment strategy in terms appropriate to a generalist.
- c. **Practice Based Learning and Improvement:** Residents will demonstrate an ability to identify deficiencies in their knowledge base with respect to sleep disorders, and demonstrate real-time strategies to overcome those deficiencies. Residents will demonstrate openness to constructive feedback. Residents will learn and understand any relevant guidelines in sleep medicine.
- d. **Interpersonal and Communication Skills:** Residents will demonstrate effective written and verbal communication skills with patients and their

families, colleagues, nurses, and allied personnel. Residents will demonstrate an ability to explain tests and results in manner that can be understood by patients. Residents will complete all assigned documentation in an accurate, complete, and timely fashion.

- e. **Professionalism:** Residents will attend clinic and scheduled learning activities, be on time, and dress and behave in a professional manner. Residents will demonstrate respectful and courteous behavior to patients and families, colleagues, nurses, and other allied personnel. Residents will always protect patient confidentiality.
- f. **Systems Based Practice:** Residents will demonstrate an understanding of the referral process, who does and does not need a polysomnogram, and basic understanding of the costs of polysomnography. Residents will demonstrate knowledge of the collaboration between generalists and subspecialists in managing patients with sleep disorders.

William J. Yost, MD