

Sleep Study Project Abstract for ATA 2001

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ABSTRACT

Introduction: Sleep study (polysomnograph) interpretation is commonly performed by practitioners and technicians without formal training in Sleep Medicine. It is unclear whether polysomnograph (PSG) interpretation is better performed by practitioners trained in Sleep Medicine. This study seeks to determine whether trained practitioners and scorers perform better PSG recording and interpretation than formally untrained counterparts.

Methods: The study enrolls 100 adults age 18+ using informed consent undergoing routine PSG for clinical indication. Technicians trained “on the job” perform overnight PSG at Landstuhl Regional Medical Center. Physicians trained in Pulmonary Medicine with at least 2 months’ training in Sleep Medicine perform the PSG interpretation. Internet link between Germany and the US provides data transfer to Walter Reed Army Medical Center. A technician with over 10 years experience performs the PSG scoring. A physician Board certified in Sleep Medicine performs the PSG interpretation. Analysis of relevant events scored i.e. apneas, hypopneas, respiratory related arousals, and limb jerks will be performed.

Results: The study is in final approval process pending initiation of enrollment. Internet linkage is functional and solely in need of approval to begin.

Conclusion: This study seeks to determine the utility of formal training in Sleep Medicine. If formal training is found superior then more widespread training in Sleep Medicine is required. Alternatively, PSGs could be sent by Internet link to “sites of excellence” to insure optimal interpretation. If only certain types of cases are problematic, these alone could be overread by better trained personnel by Internet.