



TIDEWATER COMMUNITY COLLEGE  
From here, go anywhere.™

VIRGINIA BEACH CAMPUS

Dear Applicant:

Thank you for your interest in the Polysomnography (PSG) Program. This packet includes information regarding the profession and will guide you through the application process for the Polysomnography Program.

Polysomnography is defined as a diagnostic test during which a number of physiologic variables are measured and recorded during sleep. The registered sleep technologist sets up the equipment on the patient, monitors, and scores the sleep test results, which is then interpreted by the physician.

Applicants for Polysomnography may come from individuals already credentialed in a health care profession such as respiratory therapy, licensed practical nurse, registered nurse, registered EEG technologist, EMT-P, or physician. Other applicants include those individuals who do not meet the first group criteria.

The Polysomnography Program at Tidewater Community College is actively pursuing accreditation through the Commission on Accreditation of Allied Health Education Programs (CAAHEP).

The demand for registered polysomnographers continues to rise. Local and national laboratories are looking for qualified polysomnographers. Salaries for registered polysomnographers are competitive with other health care professions such as nursing and respiratory therapy. Employment opportunities include freestanding sleep labs, physician offices, and Polysomnography labs within hospitals. There are different job classifications in the field of Polysomnography. More information on Polysomnography may be found at <http://aastweb.org>.

The Polysomnography Program begins in the fall semester of each year. The program application deadline is April 15. Courses may require pre-requisites or a pre-test. Prior to signing up for classes check with the program director, by emailing [jferguson@tcc.edu](mailto:jferguson@tcc.edu).

Prospective students must first apply to Tidewater Community College then submit an application to the Health Professions Polysomnography Program by the application deadline date of April 15.

Be sure to have **official** college transcripts sent *directly* to **Central Records Office, Tidewater Community College, PO Box 9000, Norfolk, VA 23509-9000** from the appropriate institution's registrar. Please take the time to verify receipt of your transcripts by calling 757-822-2150. Only students with *completed* applications can be considered for the program.

The minimum prerequisite for Polysomnography include: high school graduate or GED and the English placement test. As the Polysomnography Program is very competitive program admission consideration is based on a point ranking system where the prospective applicant's academic record, GPA, occupational experience, holding of a current license as a respiratory therapist, nurse, EEG technician,

CHESAPEAKE

NORFOLK

PORTSMOUTH

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[www.tcc.edu](http://www.tcc.edu)

EMT-Paramedic, or physician, and area of residence is considered. **It is strongly recommended that applicants apply early and make sure all transcripts are received before the program application deadline.**

Prospective students are **required** to attend an “Open House” presentation. The Polysomnography Program holds a program information Open House on the **third** Thursday of each month on the Virginia Beach campus. You may come to Room E-107 in the Lynnhaven Building from 4:00 p.m. to 5:00 p.m. to ask any questions that you may have.

The Program Technical Standards for the Polysomnography Program include hours of clinical training in a hospital or health care facility where the student must frequently lift and/or move up to 25 pounds and occasionally lift and/or move up to 50 pounds. Specific vision abilities required by this job include: close vision, distance vision, color vision, peripheral vision, depth perception, and the ability to adjust focus.

Prospective students are hereby notified that certain medical facilities require both criminal/sex offender background checks as well as drug screens prior to being authorized to attend clinical. This background check is required to attend clinical rotations at the Children’s Hospital of the King’s Daughters. The cost is the responsibility of the student.

Tidewater Community College maintains and promotes equal opportunity without regard to ethnicity, color, gender, age (except where gender or age is a bona fide occupational qualification), religion, handicap, national origin, or other non-merit factors. Disclosure of social security number, age, gender, and ethnicity is optional.

Sincerely,



Jennifer Ferguson, MS, RRT  
Director, Respiratory Therapy Program  
Office: 757-822-7413

[jferguson@tcc.edu](mailto:jferguson@tcc.edu)

<http://www.tcc.edu/healthprofessions>

## KNOW THE FACTS -- FREQUENTLY ASKED QUESTIONS

### **WHAT IS POLYSOMNOGRAPHY?**

Polysomnography is defined as a diagnostic test during which a number of physiologic variables are measured and recorded during sleep. Specifically, this diagnostic test captures the simultaneous recording of the electrical activity of the brain (EEG), eye movements (EOG), skeletal muscle activation (EMG), and heart rhythm (ECG/EKG). This profession is used to diagnose many types of sleep disorders including narcolepsy, restless leg syndrome, REM behavior disorder, parasomnias, and sleep apnea. In summary, it is a sleep study that involves recording brain waves for assessing the quality of sleep, and airflow at the nose and mouth. The registered sleep technologist sets up the equipment on the patient, monitors, and scores the sleep test results, which is then interpreted by the physician.

### **WHAT CREDENTIAL CAN I RECEIVE UPON GRADUATION?**

Tidewater Community College is actively pursuing accreditation through the Committee on Accreditation of Allied Health Education Programs (CAAHEP). The BRPT eligibility requirements are as follows:

#### **Pathway #1** - for candidates with 18 months of PSG experience (on-the-job training)

1. Candidates must complete a minimum of 18 months of paid clinical experience where at least 21 hours per week calendar year of on-the-job duties performed are Polysomnography direct patient recording and/or scoring. Duties must be with a 3-year period prior to the exam.
2. Candidates must complete the AASM Self-Study (online) Modules or an equivalent program. Proof of completing the modules must be submitted with the application. Acceptable forms are:
  - i. Copies of the 14 certificates of completion from each module, or
  - ii. An official transcript from the AASM.
3. Candidates must include proof of completing secondary education. Acceptable forms of proof are copies of transcripts or diplomas from high school, GED or equivalent, or college or university education.

Pathway #1 Applicant, here are your next steps on the road to becoming an RPSGT:

- Read the RPSGT Candidate Handbook
- Learn about the A-STEP requirement
- Download the *Insider's Guide to Applying*
- View the *Applying for the RPSGT Exam* webcast
- Complete your *RPSGT Exam Application*
- Read *Study Tips* form RPSGTs

#### **Pathway #2** – for candidates with 6-months of PSG experience (credentialed health professionals)

1. Candidates must complete a minimum of 6 months of paid clinical experience where at least 21 hours per week per calendar year of on-the-job duties performed are Polysomnography direct patient recording and/or scoring. Duties must be within a 3-year period prior to the exam.
2. Candidates must hold one of the following credentials:
  - I. Nursing – (RN, LPN)
  - II. Respiratory Care – (RRT, CRT)
  - III. Electroneurodiagnostic – (R. EEG T., R. EOT., CNIM)
  - IV. Physician's Assistant – (PA)
  - V. PhD.
  - VI. Medical Doctor – (MD)
  - VII. Doctor of Osteopathy – (DO)
  - VIII. Doctor of Chiropractic - (DC)
  - IX. Paramedic – (EMT-P)
3. Candidates DO NOT need to complete the A-STEP Self-Study (online) Modules
4. Candidates DO NOT need to submit proof of secondary education.

Pathway #2 Applicant, here are your next steps on the road to becoming an RPSGT

- Read the *RPSGT Candidate Handbook*
- Download the *Insider's Guide to Applying*
- View the *Applying for the RPSGT Exam* webcast
- Complete your *RPSGT Exam Application*
- Read *Study Tips* for RPSGTs

**Pathway #3** – Graduates of a CAAHEP-Accredited Polysomnographic Technology Program

1. Successfully complete a program in polysomnographic technology accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP). This pertains to all CAAHEP-accredited programs whether stand-alone or attached to a program in respiratory or electroneurodiagnostics. For a list of programs go the BRPT's Education Webpage.
  - i. **An official transcript documenting graduation from a qualified program must be included with the application.**

Pathway #3 Applicant, here are your next steps on the road to becoming an RPSGT:

- List of CAAHEP-Accredited Programs
- Read the RPSGT Candidate Handbook
- Download the *Insider's Guide to Applying*
- View the *Applying for the RPSGT Exam* webcast
- Complete your *RPSGT Exam Application*
- Read *Study Tips* form RPSGTs

**Pathway #1, #2, or #3** Candidates Must ALL:

Hold certification in Basic Cardiac Life Support (BCLS) or the equivalent (International only) that remains current at the time of testing. These programs must include a hands-on practical training evaluation segment and you must provide documentation that shows demonstration of skills. A copy of the current BCLS card or the equivalent must be included with the application or separately mailed if applying online. Note: Online CPR courses do NOT fulfill this requirement.

**AND**

Follow the BRPT Standards of Conduct and Policies and Procedures.

The BRPT randomly audits candidate eligibility and may request additional documentation or validation of clinical experience. The signatory of the experience verification section on the application is responsible for verifying any experience the candidate may have had with a previous employer.

“Clinical” does not include the clinical courses within the Tidewater Community College Polysomnography Curriculum.

### ***WHAT IS REQUIRED FOR ENTRY INTO THE PROGRAM?***

The minimum prerequisite educational requirements include: high school graduation or GED, and English placement. Students may require developmental studies, which must be completed before they are considered for admission to the program. It is recommended that these tests be taken as early as possible in case developmental course work is required prior to start of program. Students should call the Counseling Center at (757) 822-7212 for testing dates. Previous college transcripts must be sent to Central Records, PO Box 9000, Norfolk, VA 23509-9000 to be evaluated for credit. Students must attend an information session/interview with program faculty.

### ***ARE THERE JOBS AVAILABLE?***

The field of sleep continues to expand. Salaries are comparable with other health care professions such as respiratory therapy and nursing. Salaries vary from a technician to a Registered Polysomnographer. Employment opportunities include freestanding sleep labs, physician offices, and Polysomnography labs within hospitals. Most

Polysomnography jobs are night shift positions. More information on the Polysomnography may be found at <http://aastweb.org/>.

***ARE ALL CLASSES OFFERED ONLY DURING THE DAY?***

The student can expect to have a mixture of days and nights for classroom learning and clinical. Lecture, laboratory, and clinical sites will be located at various labs across the Tidewater area. The Polysomnography classroom content is currently taught off campus. All non-Polysomnography classes may be taken at any campus where the class is offered. For example: BIO 141 may be taken at any of the TCC campuses, or may be transferred from another institution.

***MUST COURSES BE TAKEN IN THE ORDER THEY APPEAR IN THE CURRICULUM?***

Yes, you must take all Polysomnography courses in the order in which they appear in the curriculum. Each course prepares you for the next course, and each is offered only once a year. You may take any non-Polysomnography course during the semester it appears in the curriculum or before that semester. In order to remain in the Polysomnography program you must pass all classes with a “C” or better.

***HOW MANY HOURS A WEEK WILL I BE IN CLASS?***

You will attend class an average of 11 hours a week during the program. Of course, if you have already completed any required course work you will attend class fewer hours.

***HOW LONG WILL IT TAKE TO COMPLETE THE POLYSOMNOGRAPHY PROGRAM?***

The program is structured to be three semesters in length. The first semester is non-Polysomnography courses that prepare the student for the Polysomnography classes and entry into the health professions field. For those students who currently are licensed as a RRT, CRT, RN, R- EEG technician, EMT-Paramedic or M.D. may not be required to take the non-Polysomnography classes.

***WHERE ARE THE CLINICAL ASSIGNMENTS IN THE PROGRAM?***

Clinicals are scheduled at many of the sleep labs in the Tidewater area. The student will be responsible for commuting to the scheduled clinical site.

***ARE THERE ANY COSTS INVOLVED IN THE POLYSOMNOGRAPHY PROGRAM?***

Costs include: tuition, textbook(s), stethoscope, and membership in The Association of Polysomnographic Technologists (APT) professional organization cost. The total cost exceeding tuition is approximately \$300.00. Students are also responsible for transportation and parking fees involved in commuting to clinical sites.

***ARE THERE SCHOLARSHIPS AND LOANS AVAILABLE TO SELECTED APPLICANTS?***

Information on grants, loans and scholarships is available from the Financial Aid Office and can be reached by calling (757) 822-7292. The Veterans Affairs Office will assist you with your application if you are eligible for educational benefits and can be reached by calling (757) 822-7235.

## POLYSOMNOGRAPHY PROGRAM ADMISSIONS PROCESS CHECKOFF LIST

The following steps must be completed as soon as possible.

Please check each item as you complete it.

- \_\_\_\_\_ 1. Obtain a Polysomnography Information Packet. Packets are available at the Welcome and Entry Service Center on the Virginia Beach Campus (757-822-7172), the Counseling office (757-822-7211), or TCC Information Center (757-822-1122) or their website [www.tcc.edu](http://www.tcc.edu).
- \_\_\_\_\_ 2. Complete and return an Application for Admission to Tidewater Community College to the TCC Virginia Beach Campus Welcome and Entry Service Center in the Princess Anne Building, Room A-111.
- \_\_\_\_\_ 3. Visit the Health Professions website at: <http://www.tcc.edu/healthprofessions> to learn more about the program, including frequently asked questions.
- \_\_\_\_\_ 4. Attend the Polysomnography Program Open House held on the **third** Thursday of each month from 4:00 p.m. to 5:00 p.m. located in the Lynnhaven Building room E-107 on the Virginia Beach Campus.
- \_\_\_\_\_ 5. Take the TCC English placement test. It is recommended you take it as soon as possible to allow adequate time to take any developmental courses required prior to taking any PSG courses. Consult the Counseling Center for information concerning your need to take these tests and for times given.
- \_\_\_\_\_ 6. Submit the Health Professions Application form for the Polysomnography Program by hand or mail to: Gloria Singleton, Health Professions/Domicile, Room A-100A, Princess Anne Building, 1700 College Crescent, Virginia Beach, VA 23453. Applications are time and date stamped.
- \_\_\_\_\_ 7. Have official college transcripts sent directly to Tidewater Community College, Central Records Office, PO Box 9000, Norfolk, VA 23509-9000 from the appropriate institution's registrar. Student copies are not acceptable. Missing transcripts are the greatest cause of delay in the application process and are the applicant's responsibility. Any college course work transferred to TCC requires a transcript evaluation.
- \_\_\_\_\_ 8. Submit your completed Request for Evaluation of Previous Higher Educational Experiences form to. The website address is: <https://www.tcc.edu/secure/forms/evaluationrequest.php>
- \_\_\_\_\_ 9. Please bring this completed form with you to the information session.

Name: \_\_\_\_\_ Date Entered TCC: \_\_\_\_\_

Student ID: \_\_\_\_\_ Counselor: \_\_\_\_\_

<b>Polysomnography (221.181.01)</b> <b>Career Studies: Polysomnography</b>
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**SEMESTER 1**

**Fall**

Prerequisite	Course No	Course Title	Credits	When Taken	Grade
BIO 101	BIO 141	Anatomy and Physiology I	4	_____	( )
_____	EMS 153	Basic ECG Recognition	2	_____	( )
Placement	ENG 111	College Composition I	3	_____	( )
_____	HLT 105	Cardiopulmonary Resuscitation	<u>1</u>	_____	( )
<b>Semester Total</b>			<b>10</b>		

**SEMESTER 2**

**Spring**

Prerequisite	Course No	Course Title	Credits	When Taken	Grade
BIO 141	BIO 142	Human Anatomy and Physiology II	4	_____	( )
Admission to Program	PSG 101	Polysomnography I	4	_____	( )
Admission to Program	PSG 190	Coordinated Internship in Polysomnography	<u>4</u>	_____	( )
<b>Semester Total</b>			<b>12</b>		

**SEMESTER 3**

**Summer**

Prerequisite	Course No	Course Title	Credits	When Taken	Grade
Admission to Program	PSG 103	Polysomnography Record Evaluation	3	_____	( )
Admission to Program	PSG 164	Polysomnography Clinical Procedures	<u>4</u>	_____	( )
<b>Semester Total</b>			<b>7</b>		
<b>Total Program Credits</b>			<b>29</b>		

**NOTES:**

- < Program requirements may change in accordance with federal, state, or industry standards. Students should check periodically to see if materials have been updated.
- < Accreditation for the Polysomnography Program is currently being sought through the Commission on Accreditation of Allied Health Education Programs. It should be noted that accreditation takes approximately one year to complete once a program is initiated. A self-study analysis is performed with the first applicant enrollment.