



TIDEWATER COMMUNITY COLLEGE
From here, go anywhere.™

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.

Employment opportunities continue to remain competitive. 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 that include trainee, technician and technologist. 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 and attending an Open House Information Session.

Admission to the program requires students to submit two applications. First, the Tidewater Community College Admission form to register as a student at TCC, and second, the Health Professions Program Application form to be submitted by April 15 to be considered for the Polysomnography Program. Please complete the Health Professions Program Application and submit to Gloria Singleton, Domicile Health Professions and Records, Room A-100A, Tidewater Community College, 1700 College Crescent, Virginia Beach, VA 23453. **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. If you are transferring in pre-requisites please attach an unofficial copy of your transcript.**

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 a 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, 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 (except December) on the Virginia Beach campus beginning at 4:00 p.m. in room MN-206 in the Regional Health Professions Center to answer any questions that you may have.

The Program Technical Standards for the Polysomnography Program include 460 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 majority of hospitals. 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

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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?

The BRPT eligibility requirements are as follows:

RPSGT Pathway 1: Clinical Experience

Candidates for Pathway 1 must:

- Have a minimum of 18-months of paid clinical work experience where at least 21 hours per week includes on-the-job polysomnography duties performed as direct patient recording and/or scoring.
- Complete clinical experience within a 3-year period prior to the exam.
- Complete a STAR-designated Self-Study education program within a 3-year period prior to the exam.
- Provide proof of completion of the required STAR education.
- Submit documentation of secondary education.

RPSGT Pathway 2: Healthcare Credential

Candidates for Pathway 2 must:

- Have a minimum of 6 months of paid clinical work experience where at least 21 hours per week includes on-the-job polysomnography duties performed as direct patient recording and/or scoring.
- Complete clinical experience within a 3-year period prior to the exam.
- Submit proof of a current and accepted healthcare credential.

Accepted Allied Health Care Credentials

- Nursing - (RN, LPN)
- Respiratory Care - (RRT, CRT)
These credentials must be granted by the NBRC or a foreign equivalent.
State licenses do not fulfill this requirement
- Electroneurodiagnostic - (R. EEG T., R. EP T., CNIM)
- Physician's Assistant - (PA)
- PhD. in a health-related field
- Medical Doctor - (MD)
- Doctor of Osteopathy - (DO)
- Doctor of Chiropractic - (DC)
- Paramedic - (EMT-P)
- Doctor of Dental Surgery - (DDS)
- Radiology - (RT, RT (R), RT (CT), RT (BD), RT (N))
- Certified Hyperbaric Technologist - (CHT)
- Certified Nuclear Medicine Technologist - (CNMT)
- Certified Cardiographic Technician - (CCT)

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 based on job classification from 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 both on and off the Virginia Beach 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.

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), criminal background check and physical and uniform with lab coat. 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 the Health Professions website at www.tcc.edu/healthprofessions.
- _____ 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 Regional Health Professions Center, room MN-206, 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 Central Records Office, PO Box 9000, Norfolk, VA 23509-9000. 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: _____

<i>Polysomnography (221.181.01)</i> <i>Career Studies: Polysomnography</i>

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	1	_____	()
Semester Total			10		

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	4	_____	()
Semester Total			12		

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	4	_____	()
Semester Total			7		
Total Program Credits			29		

NOTES:

< Program requirements may change in accordance with federal, state, or industry standards. Students should check periodically to see if materials have been updated.