

# 675G Sleep Medicine

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## 1. Course Director, Coordinator and General Administrative Information

### FACULTY AND STAFF

	<b>Name</b>	<b>Phone</b>	<b>Email</b>
<b>Director:</b>	Ariel Neikrug, PhD	(714) 790-8406	aneikrug@hs.uci.edu
	Kevin Im, MD		kyoungbi@hs.uci.edu
	Rami Khayat, MD		khayatr@hs.uci.edu
<b>Coordinators:</b>	Jennifer Brouwer	(949) 705-9299	jkbrower@hs.uci.edu
	Vanessa Valle	(714) 456-5770	vvalle1@hs.uci.edu

### DESCRIPTION

The goal of the rotation is to familiarize students with the diagnostic evaluation and management of common sleep disorders in population (insomnia, sleep apnea, narcolepsy, and circadian rhythm disorders) and basics of polysomnography interpretation. There is also an option to become involved in a clinical research project related to ongoing studies of the course directors.

### PREREQUISITES

This course is intended for fourth-year students who have completed the Psychiatry Clerkship and are enrolled in the undergraduate medical education program at the UCI School of Medicine. Extramural students must be in their final year of undergraduate medical education.

### RESTRICTIONS

This course is intended for fourth-year students enrolled in the undergraduate medical education program at the UCI School of Medicine.

### COURSE DIRECTOR

Ariel Neikrug's core research interests are in the development, implementation, and evaluation of treatments for sleep disorders in chronic disease populations. His research has focused on better understanding sleep and activity rhythms disturbances in chronic disease and how treating sleep and rhythm dysfunction in chronic disease may impact biopsychosocial factors (e.g., sleep, fatigue, circadian rhythms, mood, cognition, and quality of life). Dr. Neikrug also specialized in the use of actigraphy as a continuous outcome measure.

## **SLEEP MEDICINE 675G**

### **INFORMATION FOR THE FIRST DAY**

**Who** to Report to First Day: Dr. Ariel Neikrug

**Location** to Report on First Day: 1<sup>st</sup> Floor, Reception Desk

**Time** to Report on First Day: 7:45 a.m.

**SITE ADDRESS:** UCI Health, 20350 SW Birch Street, Newport Beach CA  
92660

### **DURATION**

Two or four weeks.

**Scheduling Coordinator:** UCI students please call (714) 456-8462 to make a scheduling appointment.

External students please contact Jennifer Brouwer (949) 705-9299 or Vanessa Valle to make a scheduling appointment. Extramural students enrolled at a U.S. LCME medical school must use VSAS to apply. To apply please refer to the [Visiting Student Learning Opportunities website](#).

**Periods Available:** The time of the course must be pre-approved by the elective director at least three months prior to the start of the course. No exceptions.

**NUMBER OF STUDENTS ALLOWED:** Two per rotation.

### **WHAT STUDENTS SHOULD DO TO PREPARE FOR THE COURSE**

Students should contact the course directors at least one month prior to starting to discuss potential clinical and research activities and obtain a reading list.

### **COMMUNICATION WITH FACULTY**

Questions about logistics should be directed to the Course Coordinator, Jennifer Brouwer. Direct questions, comments, or concerns about the course can be directed to the Course Director. Contact information and office location are at the beginning of this document.

The Course Director is also available to meet in person. Please email Jennifer Brouwer at [jkbrower@hs.uci.edu](mailto:jkbrower@hs.uci.edu) to arrange an appointment. To ensure that your email will not be lost in the large volume of email received, please use the following convention for the subject line:

SUBJECT: COURSE NAME, your last name, your issue (e.g. XXX, Smith, Request for appointment)

## 2. Course Objectives and Program Objective Mapping

The following are the learning objectives for the Sleep Elective course. Students are expected to demonstrate proficiency in these areas in order to satisfactorily complete the course. In addition, the extent of a student's mastery of these objectives will help guide the course evaluation and grade.

<b>Course Objective</b>	<b>Mapped UCI School of Medicine Program Objective</b>	<b>Sub Competency</b>	<b>Core Competency</b>
Learn to perform general assessment of sleep problems	A-3. Knowledge of basic clinical skills required to meet the skills objectives, including interviewing, physical diagnosis, communication and clinical reasoning processes	Basic Clinical Skills	Knowledgeable
	B-1. The ability to competently conduct a medical interview and counseling to take into account patient health beliefs, patient agenda and the need for comprehensive medical and psychosocial assessment	Medical Interview	Skillful
Understand the appropriate use of sleep laboratory testing (in-lab testing, home testing, actigraphy) and clinical interpretation of results	A-2: Knowledge of the pathogenesis of diseases, interventions for effective treatment, and mechanisms of health maintenance to prevent disease;	Disease Pathogenesis and Treatment	Knowledgeable
	A-3: Knowledge of basic clinical skills required to meet the skills objectives, including interviewing,	Basic Clinical Skills	Knowledgeable

	physical diagnosis, communication and clinical reasoning processes;		
Learn principles of cognitive behavioral therapy for insomnia (CBT-I)	<p>A-2. Knowledge of the pathogenesis of diseases, interventions for effective treatment, and mechanisms of health maintenance to prevent disease</p> <p>B-5. The ability to practice effective preventive medicine by identifying, addressing and advocating for strategies to maintain health and well-being, to identify and treat disease early where appropriate and to advise on lifestyle practices</p>	<p>Disease Pathogenesis and Treatment</p> <p>Patient Management</p>	<p>Knowledgeable</p> <p>Skillful</p>
Assist in data collection and analysis in a clinical research study	A-4. Knowledge of population health, epidemiology principles and the scientific basis of research methods relevant to healthcare	Population Health and Epidemiology	Knowledgeable

### 3. Course Resources

**TEXTS AND READINGS: SUGGESTED**

UpToDate (sleep medicine section)

Benca R. Sleep Disorders: Clinician’s Guide to Diagnosis and Management, Oxford, 2011.

**TEXTS AND READINGS: SUPPORTING AND REVIEW**

Kryger, Roth, and Dement. Principles and Practice of Sleep Medicine, 6<sup>th</sup> edition. Elsevier, 2017.

**ADDITIONAL RESOURCES**

[www.aasm.org](http://www.aasm.org)

## 4. Major Exams, Assignments and Grading

### MANDATORY SESSIONS

Session Title	Location
Attend weekly clinical research meeting (Thursday morning)	Birch Street Clinic
M – F: 8 am to 5 pm: Sleep Clinic and Sleep Research lab	Birch Street Clinic

### MAJOR ASSIGNMENTS AND EXAMS

Students must complete all relevant clinical and research duties as above.

### THE GRADING SCALE

Medical Students are graded using the following scale: Honors (H), Pass (P), and Fail (F).

For the assignment of grades, the average and distribution of scores of only the medical students will be used to establish the score range for each grade. The score of any medical students who has previously taken this Clerkship or any portion will not be included in the calculation of these statistics.

You have 30 days from the date of the grade to appeal any aspect of this grade. Please contact your Clerkship/course Director should you have any questions.

### GRADING

Medical Students are graded using the following scale: Honors (H), Pass (P), Fail (F) and Incomplete (I). For further information, please review the [Grading Policy](#).

**Requirements for “Pass”:** To receive a grade of Pass, students must demonstrate successful performance in all the following areas:

- Knowledge
- Patient Care
- Practice-Based Learning
- Interpersonal & Communication Skills
- Professionalism
- Systems-Based Practice

**Requirements for “Honors”:** To receive a grade of Honors, students must demonstrate exceptional performance in all the following areas:

- Knowledge
- Patient Care
- Practice-Based Learning
- Interpersonal & Communication Skills

- Professionalism
- Systems-Based Practice

**Grounds for “Incomplete”:** *You will not be issued a grade until all elements of the course have been completed.*

**REMEDIATION**

Remediation, if needed, will be designed by the Course Director to suit the issue at hand.

**Grounds for “Fail”:** *You will receive a grade of “Fail” if the requirements for passing the course have not been met. Please refer to the [Grading Policy](#) for the impact of the “Fail” grade to the transcript.*