

630W Sleep Medicine

Course Name Sleep Medicine

Course Director XXX

Elective at a Glance		
Available to: <input checked="" type="checkbox"/> UCI MS3 students <input checked="" type="checkbox"/> UCI MS4 students <input checked="" type="checkbox"/> Extramural Students		
Duration: 2 or 4 weeks	Number of Students: 1	Grading: H / P / F
Periods available: Throughout the year		

1. Course Director, Coordinator and General Administrative Information

FACULTY AND STAFF

Name	Office Location	Phone	Email
Director: XXX	XXX	XXX	XXX
Coordinator: Jillian Meltebarger	XXX	XXX	jmelteba@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 third or 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 third or fourth-year students enrolled in the undergraduate medical education program at the UCI School of Medicine.

COURSE DIRECTOR

[DIRECTOR] is the course director for 630W course. [BIO]

INFORMATION FOR THE FIRST DAY

Who to Report to on First Day: XXX

Location to Report on First Day: XXX

Time to Report on First Day: XXX

SITE: UCI Health

DURATION: 2 or 4 weeks

Scheduling Coordinator: UC Irvine students please email comsched@hs.uci.edu 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: Throughout the year

NUMBER OF STUDENTS ALLOWED: 1 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. 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 [CC or CD EMAIL] 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. 630W, Smith, Request for appointment)

2. Course Objectives and Program Objective Mapping

The following are the learning objectives for the 630W 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.

Course Objective	Mapped UCI School of Medicine Program Objective	Sub Competency	Core Competency
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,	Basic Clinical Skills	Knowledgeable

	communication and clinical reasoning processes 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; A-3: Knowledge of basic clinical skills required to meet the skills objectives, including interviewing, physical diagnosis, communication and clinical reasoning processes;	Disease Pathogenesis and Treatment Basic Clinical Skills	Knowledgeable Knowledgeable
Learn principles of cognitive behavioral therapy for insomnia (CBT-I)	A-2. Knowledge of the pathogenesis of diseases, interventions for effective treatment, and mechanisms of health maintenance to prevent disease 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	Disease Pathogenesis and Treatment Patient Management	Knowledgeable Skillful
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, 6th edition. Elsevier, 2017.

ADDITIONAL RESOURCES

www.aasm.org

4. Major Exams, Assignments and Grading

MANDATORY SESSIONS

Session Title	Location
Monday – Friday: 8 AM to 5 PM: Sleep Clinic and Sleep Research lab	Birch Street Clinic
Thursday mornings: Attend weekly clinical research meeting	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), Fail (F), and Incomplete (I). For further information, please review the Grading Policy.

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.

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 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.