

<b>POSITION:</b>	Advanced Sleep Trainee/Pleural Fellow
<b>DEPARTMENT:</b>	Respiratory Department, Te Toka Tumai Auckland
<b>PLACE OF WORK:</b>	Auckland City Hospital and Greenlane Clinical Centre
<b>RESPONSIBLE TO:</b>	Service Clinical Director
<b>FUNCTIONAL RELATIONSHIPS:</b>	Healthcare consumer, Hospital and community-based healthcare workers
<b>PRIMARY OBJECTIVE:</b>	To facilitate the management of patients under the care of the Sleep Service
<b>RUN RECOGNITION:</b>	This run is recognised for FRACP Advanced Training in Sleep Medicine
<b>RUN PERIOD:</b>	12 months

### Background:

#### Sleep Medicine

Sleep Medicine and Respiratory Medicine have evolved together in many ways over the past 30 years since the recognition of the common, and important, disorder of obstructive sleep apnoea and the development of effective therapy. Sleep Medicine however, also serves other closely related areas of internal medicine, encompassing: disorders of excessive sleepiness, predominantly; sleep breathing disorders including sleep apnoea and respiratory failure, restless leg syndrome, and narcolepsy; disorders of initiation and maintenance of sleep, predominantly insomnia and disorders of chronobiology; movement disorders during sleep, particularly parasomnias, REM behaviour disorder and the nocturnal epilepsies. There are sleep consequences in patients who have medical and psychiatric disorders.

The clinical practice of Sleep Medicine requires an in-depth knowledge of the basic science of sleep, including neurological mechanisms of sleep and arousal, the circadian biology of the body; and the psychology of both individual behaviour and the society in which we all work. Knowledge of the regulation framework governing work practices underpins the need for investigation of the disorders of sleep. A detailed knowledge of all the disorders of sleep is required for confident diagnosis and selection of appropriate tests. Detailed knowledge of the advantages and limitations of the various tests and the range of therapeutic options is necessary.

To adequately understand and manage nocturnal ventilator failure and its treatment with Oxygen, Non-invasive ventilation, phrenic nerve pacing requires a detailed knowledge of the physiology of breathing and gas exchange, together with a detailed knowledge of pulmonary physiology and its assessment.

A full range of investigations is available on site including Level 1 PSG studies (both diagnostic and split studies) and MSLT in a purpose designed seven bed sleep laboratory, Level III studies using ambulatory respiratory PSG (Embletta studies, Apnealink), Level IV studies using oximetry. Level II studies (PSG in the home) will be available soon. We provide pressure determination studies for CPAP.

We provide sleep service for patients under Waitemata district. We hold contracts with Northland to undertake up to 72 PSGs, and undertake 160 PSG studies per year for Counties.

We believe we have a committed and skilled team who are interested in teaching and research. The Fellow will receive quality sleep training.

## RUN DESCRIPTION

### Section 1: Fellow Responsibilities

Area	Responsibilities
General	<p>The duties of the Fellow will include the following;</p> <ul style="list-style-type: none"> <li>• See new patients after referral by a primary or secondary care physician. This will be undertaken under the direct supervision of a specialist. Every case will be discussed before a report is generated and management decided.</li> <li>• Follow up patients throughout their therapeutic journey.</li> <li>• Training in the performance of a complete range of sleep investigations including set-up, monitoring, reporting and interpretation of polysomnography, MSLT, use of sleep diaries and nocturnal infrared video recording.</li> <li>• Develop knowledge of the therapies of sleep disorders, including CPAP, NIV, light therapies and behavioural management techniques and use of pharmaceuticals to enhance sleep or wakefulness.</li> <li>• Report selected Pulmonary Physiology assessments.</li> <li>• Contribute to teaching and academic meetings.</li> <li>• There will be an opportunity to contribute to ongoing research projects; self-initiated, grant funded.</li> <li>• It is expected that they plan and undertake a project, to a standard suitable for presentation to the NZ Branch ASA meeting.</li> </ul> <p><b>Relationships with external Departments;</b></p> <ul style="list-style-type: none"> <li>• There will be an opportunity to interface with other specialists involved in the management of patients with a range of sleep disorders, particularly General Practitioners, Neurologists, Otolaryngologists, Psychiatrists, Psychologists and Physiotherapists.</li> <li>• You will develop a critical appreciation of the multidisciplinary nature of management of patients with sleep disorders.</li> </ul>

Pleural procedure & Consults	<ul style="list-style-type: none"> <li>The fellow will be required to assist with ward consults and pleural aspirations referred to the respiratory service 2 afternoons a week</li> </ul>
On Duty	<ul style="list-style-type: none"> <li>The Fellow will take part in acute NIV admissions during work hours.</li> <li>There will be no rostered after-hours duties except on an ad hoc basis by arrangement with the Service Clinical Director.</li> </ul>
Administration	<ul style="list-style-type: none"> <li>The Fellow will take responsibility for maintaining the quality of patient records, discharge documentation and prompt provision of discharge summaries for patients for whom responsible.</li> <li>The Fellow will take responsibility for ensuring that patients, and where relevant relatives/friends, receive adequate education and explanation about their illness and its management within time and resources available.</li> <li>The Fellow will be expected to have a current advanced CPR Certificate and have received training in GCP (training in GCP can be provided).</li> </ul>

## Section 2: Training and Education

Training and Education
<p>The run conforms to the RACP requirements for advanced training in Respiratory and Sleep Medicine; the Adult Respiratory Medicine advanced training curriculum (sleep component), and the Sleep Medicine advanced training curriculum. Appendix 2, 3, 4 (available on the RACP website).</p> <p>It is expected that some components of the sleep curriculum will be, or have been, obtained in the acute respiratory runs, particularly acute ventilation with non-invasive techniques.</p> <p>The Fellow will also attend the following;</p> <ul style="list-style-type: none"> <li>Weekly Sleep education meeting</li> <li>Weekly Academic Meeting (Chest medical conference and Journal Club)</li> </ul> <p>During the course of the run the Fellow will have access to the Physiology and Sleep Library on site. Access will also be provided to the Medical Libraries and Library Services.</p>

### Section 3: Weekly Schedule

#### Reg 6- Advance Trainee Sleep/Pleural Fellow

Monday	Tuesday	Wednesday	Thursday	Friday
Review NIV patients	Sleep Clinic (CK)	Review NIV patients	Review NIV patients	Sleep Clinic (CK/SH)
Sleep reporting and scoring(SC)		Sleep Reporting and scoring (SH)	Sleep Reporting and scoring	
			Sleep Education Meeting	Fortnightly Sleep MDM
Advanced Sleep Clinic (SC/SH)	Pleural Procedure/Consults	Pleural Procedure/Consults	Meetings	Reg teaching Project/Research/Audit
Ad hoc exposure to allow knowledge of procedure: PSG set up with physiologist 3:30pm-5:00pm				

**Advanced Sleep Clinic** – includes new and follow up for narcolepsy, parasomnia, other non-respiratory sleep disorders

**NIV review** – includes reviewing patients initiated on NIV and follow ups (OHS/MND/Neuromuscular/mixed)

Note: dates and times for the sessions above may change.

There is a minimum of four hours per week medical learning, which includes the weekly tutorial, journal club, and chest medical conference.

**Section 4: Roster:**

<b>Other Resident and Specialist Cover</b>
Normal day: 0800 to 1700 (9hrs)

**Section 5: Cover:**

<b>Other Resident and Specialist Cover</b>
There are eleven consultants on site in Respiratory and Sleep Medicine, two clinical nurse specialist (sleep and NIV), Health psychologist and respiratory physiotherapist.

**Section 6: Performance Appraisal**

<b>Performance Appraisal</b>
The Service Clinical Director will meet with the trainee at the beginning of the attachment and two monthly to formally review training objectives. A formal report will be generated as required for the regional training hub and the college.

**Section 7: Hours and Salary Category**

<b>Average Working Hours</b>	<b>Service Commitments</b>
Basic hours (Mon – Fri) 40	The Service will be responsible for the preparation of any rosters.
Rostered additional hours 5	
All other unrostered hours 1.37	
Run review completed 11 Jun 2023	
Total hours per week 46.37	

Salary: The salary for this attachment will be detailed as a Category E.