

# Polysomnography A.A.S. 2011\*



\*Subject to change: for additional information, see [www.cvcc.edu/health\\_services](http://www.cvcc.edu/health_services)

**CATAWBA VALLEY COMMUNITY COLLEGE**  
**Polysomnography - Fall Semester 2011**  
 (Admission criteria outlined in this packet are subject to change.)

We are glad you have chosen CVCC to further your educational goals. This packet provides you with information to assist you with the admissions process for the Polysomnography program. Please **carefully review all information** provided in this packet. If you have questions regarding any of the information provided, contact Sarah Hoffman, Polysomnography Dept. Head, at 828/327-7000, ext. 4517, or Caroline Farmer, Director of Health Services Admissions, at 828/327-7000, ext. 4218, or [cfarmer@cvcc.edu](mailto:cfarmer@cvcc.edu).

### **General Information**

**What is a polysomnographic technologist?** Polysomnographic technologists prepare patients for procedures, obtain medical histories, and perform diagnostic sleep studies. They develop a good rapport with their patients and comfort them and treat problems encountered during the recording procedure, which can last 8 hours for an overnight sleep study. They act as eyes and ears for specially trained doctors who later review and interpret the data. Considerable individual initiative, reasoning skill, and sound judgment are expected of the polysomnographic technologist.

**What employment opportunities are available?** Polysomnographic technologists can work in hospitals, sleep labs, home settings, or physicians' offices. Entry level salaries average around \$35,000 per year, working three (3) nights per week, ranging up to around \$45,000 with one year experience and earned credentials. Most positions are evening only and involve working alone/independently overnight with patients.

**What is the class schedule/length for the Polysomnography Program?** Polysomnography classes may be held during the day. Students are expected to participate in classroom, laboratory and clinical experiences\*. Clinical experiences will be held at night. The program consists of five semesters. Graduates of the Polysomnography program are eligible to apply to take the registry exam offered by the Board of Registered Polysomnographic Technologists (BRPT). **\*Please note: Some clinical facilities will require students to undergo criminal background checks and/or drug testing. Clinical facilities may refuse access to clinical experiences based on the results of the criminal background checks and/or drug testing, which could result in the student being unable to continue in the Polysomnography program.**

**Admission:** The Polysomnography program begins in the Fall Semester. Admission to the program is based upon receipt of the CVCC application for admission no later than February 1, 2011, completion of all minimum requirements, as listed on the attached "Minimum Requirements" sheet by March 1, 2011, the number of vacancies in the program, and the competitive selection process. To begin the admissions process, complete the CVCC Application for Admissions and meet with a counselor in Student Services.

**Costs:** College tuition is set by the North Carolina State Legislature and is subject to change. Polysomnography students are required to purchase a variety of books, class uniforms, malpractice insurance, accident insurance, and other fees as set by the College. The approximate cost for the program is \$4,500. (This figure is based upon in-state tuition rates and reflects an approximate cost only.) It is highly recommended students participate in the APT review course prior to completion of program.

**Financial Aid:** All applicants are encouraged to apply for financial aid by completing the Free Application for Federal Student Aid (FAFSA). For information about financial aid, contact the Financial Aid Office at 828-327-7000.

**Computer Access:** Coursework requires ready access to a reliable computer with Word, PowerPoint and Excel. Upon application to CVCC, students are assigned a CVCC email address. **It is the responsibility of the student to open their email account and read it frequently as the College provides crucial program information through this email account.** You may be notified via your CVCC email account concerning your status in the program.

## POLYSOMNOGRAPHY

### Minimum Requirements

*These minimum requirements must be met prior to being considered for the Polysomnography program*

**Applicants must complete ALL the following requirements by March 1, 2011, to be considered for admission for Fall Semester 2011.**

1. Applicants must complete the CVCC application for admission and the application must be received in Student Services. Applications completed on-line will **NOT** be processed until applicant comes in and meets with a Student Services counselor **prior** to the requirements deadline stated above.
2. Applicants must be high school graduates or have received a GED. An official high school transcript showing graduation date or an official copy of the GED scores **must be provided to CVCC. To be considered official, transcripts must be received by the College in a sealed envelope or they will not be accepted.**
3. Applicants must provide official transcripts from all previously attended colleges. **To be considered official, transcripts must be received by the College in a sealed envelope or they will not be accepted.** Grades less than C are not transferable. Transcripts will not be evaluated for transfer credit until **all** transcripts are received in Student Records.
4. **Applicants who do not meet test exemptions must take the required placement tests.** Applicants must either place out of or complete the following courses to be considered for the Polysomnography program:  
RED 070, 080, 090 - ENG 070, 080, 090/090A - MAT 050, 060, 070; CTS 080.
5. Applicants must complete and have completed BIO 168 & 169 or BIO 163 with a minimum grade of C on each course. Official transcript must be provided from course completed at another college.
6. Applicants, who have taken coursework at CVCC or are currently enrolled in coursework at CVCC must have a minimum cumulative (overall) grade point average of 2.00 on all CVCC coursework.

**Completion of the admission requirements is not a guarantee of acceptance.** Admission is based on completion of all minimum requirements by the deadline dates, the number of vacancies in the program, and the competitive selection process.

**If** there are vacancies in the program after the competitive selection process is complete, applicants who applied by the specified deadline date and who will successfully complete the minimum requirements for admission by the end of spring semester would be eligible to be **considered** for admission. The March and (if needed) May selections will be based on the competitive admission policy and available vacancies in the program.

**Applicants not admitted for Fall 2011 must see a counselor in Student Services to re-apply if they wish to be considered for the next fall class. CVCC does NOT use waiting lists for any allied health program. Health program applicants must re-apply for each year they wish to be considered for admission.**

## Competitive Selection for the Polysomnography Program

The following process will be used to select the best qualified applicants from those who completed all minimum admission requirements by the specified deadline date.

Each applicant will be evaluated using the criteria listed below. The points an applicant receives from each of these criteria will be added together. Those applicants receiving the highest number of points will be admitted to the program until the class is filled. **CVCC expects to accept 15 students depending on availability of clinical space.**

**Criterion 1: Past Academic Performance** The applicant may use ONE of the three options listed below:

(a) Points for any general education courses completed out of the Polysomnography curriculum

OR

(b) The applicant's cumulative **unweighted** high school grade point average. The applicant must have graduated from high school March 2008 or later.

OR

(c) A BA/BS degree will be awarded 50 points toward admission. A MA/MS degree will be awarded 100 points. **The option that provides the highest points for the applicant will be used.**

**Optional Bonus Points: Polysomnography Work Experience**

(1) Documented Polysomnography work experience - 50 additional points

(2) Documented patient care experience in a health care facility - **currently employed**, min. six (6) months FT/equiv. - 50 additional points.

If there are vacancies in the program after the competitive selection process is complete, applicants who applied by the specified deadline date and who will successfully complete the minimum requirements for admission by the end of spring semester would be eligible to be **considered** for admission. Both the March & May selections will be based on the completion of the minimum admission requirements and available vacancies in the program. **Completion of the admission requirements is not a guarantee of acceptance.**

**AFTER initial acceptance, but before the first day of class, applicants are required to:**

- 1) Attend a mandatory orientation session.
- 2) Submit a completed health examination form certifying that he/she appears to be able to participate in the activities of a health profession in a clinical setting.

**If you are initially accepted into the Polysomnography program, the Health Science Div. will provide you with additional information on these requirements. If any of these requirements are not met, you will not be allowed to enter the Polysomnography program.**

For additional information, contact Sarah Hoffman, Polysomnography Dept. Head at 828/327-7000, ext. 4517, or Caroline Farmer, Director of Health Services Admissions, at extension 4218.

Applicants are responsible for completing admission requirements, making sure all materials have been received by the college, and for informing the College of any changes in personal information, such as name or mailing address. Personal information changes require photo identification and must be made in person at Student Records.

**(Admission criteria outlined in this packet are subject to change.)**

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**This tally sheet is provided for informational purposes only and is subject to change.  
The official tally sheet used for calculation will determine points used in selecting the class.  
Polysomnography Selection Process Tally Sheet**

**Applicant Name** \_\_\_\_\_

**Criterion 1: Points for (A) Gen Ed Courses OR (B) HS GPA OR (C) BA/BS/MA/MS degree**

<u>Required General Education Course/Point Assignment</u>	<u>College (if not CVCC)</u>	<u>Course (if not one listed)</u>
BIO 163 Basic Anatomy & Physiology <input type="checkbox"/> A = 16 <input type="checkbox"/> B = 10 <input type="checkbox"/> C = 7	_____	_____
Humanities/Fine Arts Elective <input type="checkbox"/> A = 8 <input type="checkbox"/> B = 4 <input type="checkbox"/> C = 2	_____	_____
ENG 111 Expository Writing <input type="checkbox"/> A = 8 <input type="checkbox"/> B = 4 <input type="checkbox"/> C = 2	_____	_____
ENG 112 or 113 or 114 <input type="checkbox"/> A = 8 <input type="checkbox"/> B = 4 <input type="checkbox"/> C = 2	_____	_____
Social/Behavioral Science Elective <input type="checkbox"/> A = 8 <input type="checkbox"/> B = 4 <input type="checkbox"/> C = 2	_____	_____
CIS 110 Introduction to Computers <input type="checkbox"/> A = 8 <input type="checkbox"/> B = 4 <input type="checkbox"/> C = 2	_____	_____
ELC 111 Intro to Electricity <input type="checkbox"/> A = 8 <input type="checkbox"/> B = 4 <input type="checkbox"/> C = 2	_____	_____
MED 118 Medical Law and Ethics <input type="checkbox"/> A = 8 <input type="checkbox"/> B = 4 <input type="checkbox"/> C = 2	_____	_____
MED 121 Medical Terminology I <input type="checkbox"/> A = 8 <input type="checkbox"/> B = 4 <input type="checkbox"/> C = 2	_____	_____
MED 122 Medical Terminology II <input type="checkbox"/> A = 8 <input type="checkbox"/> B = 4 <input type="checkbox"/> C = 2	_____	_____
MAT 115 Mathematical Models <input type="checkbox"/> A = 8 <input type="checkbox"/> B = 4 <input type="checkbox"/> C = 2	_____	_____
ACA 111 College Student Success <input type="checkbox"/> A = 4 <input type="checkbox"/> B = 2 <input type="checkbox"/> C = 1	_____	_____

**(A) General Ed Course Points:** \_\_\_\_\_ (Maximum 100 Points)

**OR (B) Unweighted HS GPA Points:** \_\_\_\_\_ (Maximum 100 Points: 4.00 = 100 Points, 3.80 - 3.99 = 75 Points, 3.50 - 3.79 = 62 Points, 3.00 - 3.49 = 50 Points, 2.50 - 2.99 = 25 Points, 2.00 - 2.49 = 12 Points, <2.00 = 0 Points - GPA is carried to 2 decimal places and is NOT rounded up. Must have graduated March 2008 or later.)

**OR (C) BA/BS or MA/MS Degree Points:** \_\_\_\_\_ (Maximum 100 Points)  
(BA/BS Degree = 50 Points, MA/MS Degree = 100 Points)

**Criterion 1 Points:** \_\_\_\_\_ (Maximum 100 Points - Higher of (A) Gen Ed Points OR (B) HS GPA Points OR (C) BA/BS/MA/MS Points)

**Optional Bonus Points:** \_\_\_\_\_ (Maximum 50 Points - Previous Polysomnography work exp. = 50 Points, Current Patient Care Experience in a Health Care facility ( Min. 6 mos. FT/equiv.) = 50 Points)

**Criterion 1 Points:** \_\_\_\_\_ + **Bonus Points:** \_\_\_\_\_ = **Total Points:** \_\_\_\_\_  
(Maximum 100 Points)                      (Maximum 50 Points)                      (Maximum 150 Points)

# Course Substitutions

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If you have previous college credits, or are currently attending another college, you may be able to make some course substitutions. Course substitutions are not automatic, and some courses will not be substituted. Your PSG faculty advisor must request that the substitution be made and it must be approved by the division responsible for the required course. You should always consult with your PSG faculty advisor **before** taking a course other than the course required by your program.

Some programs have developed written guidelines for course substitutions, showing which related courses may or may not be substituted. The following course substitutions have been approved for the PSG program:

<u>Related Course in Curriculum</u>	<u>Course Approved for Substitution</u>
BIO 163	BIO 168 + BIO 169 OR BIO 165 + BIO 166
ENG 111	None
ENG 112 or ENG 113 or ENG 114	Select one - all 3 courses approved
Social/Behavioral Science Elective	Student may select any 3 semester hour Social/Behavioral Science course
Humanities/Fine Arts Elective	Student may select any 3 semester hour Humanities/Fine Arts course
MAT 115	Student may select MAT 115 or higher level course
ELC 111	None
MED 118	None
MED 121	None
MED 122	None
CIS 110	None
ACA 111	None

If you have questions concerning course substitutions in the PSG program, please contact Sarah Hoffman, PSG Dept. Head, 828/327-7000, ext. 4517, or [shoffman@cvcc.edu](mailto:shoffman@cvcc.edu), or Caroline Farmer, Director of Health Services Admissions, at ext. 4218, or [cfarmer@cvcc.edu](mailto:cfarmer@cvcc.edu).

The following activities are examples of the kind of activities which a student in the Polysomnography program will be required to perform in order to successfully complete the program.

1. **Critical Thinking:** The PSG student should possess critical thinking ability sufficient for clinical judgment. For example: student must be able to identify cause-effect relationships in clinical situations.
2. **Interpersonal Skills:** The PSG student shall possess interpersonal abilities sufficient to interact with individuals, families, groups, etc. from a variety of social, emotional, cultural and intellectual backgrounds. For example: student shall establish rapport with clients/patients and health care team members.
3. **Communication Skills:** The PSG student shall possess communication abilities sufficient for interaction with others in verbal and written form. For example: explain procedures, document and interpret technical actions and patient/client responses.
4. **Mobility:** The PSG student shall possess physical abilities sufficient to move from room to room and maneuver in small spaces, stand and walk for extensive periods of time. For example: moves around in patient's rooms, work spaces and treatment areas, administer cardiopulmonary procedures.
5. **Motor Skills:** The PSG student shall possess gross and fine motor abilities sufficient to provide safe and effective care. For example: calibrate and use equipment, position patients/clients.
6. **Hearing:** The PSG student shall possess auditory ability, sufficient to monitor and assess health needs. For example: hear monitor alarms, emergency signals, cries for help.
7. **Visual:** The PSG student shall possess visual ability sufficient for observation and assessment necessary in care. For example: observe patient/client responses, see calibration of equipment, assess patient.
8. **Tactile:** The PSG student shall possess tactile ability sufficient for physical assessment. For example: perform palpation, application of electrodes.
9. **Weight-Bearing:** The PSG student shall possess ability to lift and manipulate/move 45-50 pounds, weekly and sometimes daily. For example: position patients/clients, move equipment.
10. **Cognitive Abilities:** The PSG student shall possess ability to be oriented to time, place and person and organize responsibilities, make decisions. For example: student shall assess client/patient complaints and implement appropriate plans.
11. **Occupational Exposures:** The allied health/PSG student may be exposed to communicable diseases and/or body fluids, toxic substances, medical preparations and latex. Students shall use appropriate precautions at all times. For example: student may be assigned a client/patient with a communicable disease and shall provide total care using universal precautions.

**Please note: Examples are not all inclusive.**

## Polysomnography

### Additional Program Costs

<b>General Fees</b>	<b>Estimated Cost</b>
Malpractice Insurance	\$27.50 per year - payable each Fall Semester
<b>Required Uniform*</b>	<b>Estimated Cost</b>
Scrub Top	\$27.50
Scrub Pant	\$21.75
Vinyl or Leather Shoes	\$50.00 - \$60.00

\* Each student will need to purchase 2 complete sets of scrubs at the beginning of the program.

<b>Other Required Items</b>	<b>Estimated Cost</b>
Lab Coat	\$25.00
Watch with second hand	\$20.00
Measuring Tape (w/mm)	\$ 5.00
Grease Pencils	\$ .99 each - approximate

<b>Other Costs</b>	<b>Estimated Cost</b> (Cost may be subject to change.)
Hepatitis Vaccine	\$102.00
Physical Exam	\$165.00
APT Review Course	\$300.00
Travel to clinical sites	Will vary according to location (Students may be traveling to Charlotte, Winston-Salem, Greensboro, Boone, Asheville, Statesville, Lenoir etc. <b>daily</b> for Clinical Experience.)

**Please Note:** These cost estimates are **in addition to** the costs that any student attending CVCC will incur each semester, such as tuition, activity fees, accident insurance, books and class supplies such as pens, paper, etc. Students applying for graduation will also pay graduation fees. Estimates for these costs may be found in the CVCC general catalog.

**Remember: To be considered for Fall 2011, you must apply and submit all admission requirements by March 1, 2011.**