ARTICLE 105-05
PRACTICE OF POLYSOMNOGRAPHY

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POLYSOMNOGRAPHY PRACTICE

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105-05-01-01. Display of license.

Every person licensed under North Dakota Century Code chapter 43-42 to practice as a registered polysomnographic technologist shall maintain such license or certificate in the office, department, business, or place in which the person practices, where, upon request, it is available to the public.

History: Effective January 1, 2006.
General Authority: NDCC 43-42-03
Law Implemented: NDCC 43-42-03(4), 43-42-04.1

105-05-01-02. Scope of practice.

1. Polysomnographic technologists may only perform sleep diagnostics and analysis of data working in conjunction with physicians to provide comprehensive clinical evaluations that are required for the diagnosis of sleep disorders. By applying monitoring equipment, the technologist simultaneously monitors EEG (electroencephalography), EOG (electrooculography), EMG (electromyography), ECG (electrocardiography), multiple breathing variables, and blood oxygen levels during sleep. Interpretive knowledge is required to provide sufficient monitoring diligence to recording parameters and the clinical events observed during sleep. Technologists provide supportive services related to the ongoing treatment of sleep-related problems. The professional realm of this support includes guidance on the use of devices for the treatment of breathing problems during sleeping and helping individuals develop sleeping habits that promote good sleep hygiene.

2. Polysomnographic technologists shall:

   a. Follow procedural protocols such as multiple sleep latency test (MSLT), maintenance of wakefulness test (MWT), parasomnia studies, PAP, oxygen titration, etc. to ensure collection of appropriate data.

   b. Follow lights-out procedures, including physiological and instrument calibrations and instructing the patient on completing questionnaires, to establish and document baseline values such as body position, oxyhemoglobin saturation, respiratory and heart rates, etc.

   c. Perform polysomnographic data acquisition while monitoring study-tracing quality to ensure signals are artifact free and make adjustments, if necessary.

   d. Document routine observations, including sleep stages and clinical events, changes in procedure and significant events in order to facilitate scoring and interpretation of polysomnographic results.

e. Implement appropriate interventions, including actions necessary for patient safety and therapeutic intervention such as continuous and bilevel positive airway pressure, oxygen administration, etc.

f. Follow lights-on procedures to verify integrity of collected data and complete the data collection process (repeats the physiological and instrument calibrations and instructs the patient on completing questionnaires, etc.).

g. Demonstrate the knowledge and skills necessary to recognize and provide age-specific care in the treatment, assessment, and education of neonatal, pediatric, adolescent, adult, and geriatric patients.

h. Oversee and perform difficult and unusual procedures and therapeutic interventions as related to sleep medicine.

3. A licensed and qualified member of another health care profession is not prohibited from performing any of the duties of a registered polysomnographic technologist that are consistent with accepted standards of that person's profession, providing the person is not represented as a registered polysomnographic technologist.

History: Effective January 1, 2006.
General Authority: NDCC 43-42-03
Law Implemented: NDCC 43-42-03(4), 43-42-04.1

105-05-01-03. Clinical work experience.

1. A person enrolled in a bona fide polysomnographic training program is not prohibited from performing those duties essential for completion of a student's clinical service; provided, that the duties are performed under the direct supervision or direction of a licensed health care professional trained in sleep medicine or the procedure. The supervisor or director is responsible to the board for the actions of the trainee.

2. A trainee is an individual who has completed a minimum of one year of postsecondary education in a health-related field, or its equivalent as approved by the board, and works under the direct supervision of a licensed health care professional trained in sleep medicine. A student or trainee must be identified as such.

3. Individuals on the credentialing track are exempt from the requirement to have the RPSGT credential for a period not to exceed thirty-six months starting from the first day of training, provided they are practicing with appropriate levels of supervision, in accordance with the published job descriptions sanctioned by the APT, BRPT, AASM, and ASET, or substantially similar written standards developed by the training program.

History: Effective January 1, 2006.
General Authority: NDCC 43-42-03
Law Implemented: NDCC 43-42-03(4), 43-42-04.1