

Unit 51: Scientific Basis of Cardiovascular, Respiratory and Sleep Science: Scientific Basis of Respiratory Disorders of Sleep

Level:	4
Unit type:	Optional (Life Science – Sleep Physiology)
Credit value:	10
Guided learning hours:	80

Unit summary

In this unit, you will develop an understanding of the physiological changes that occur during sleep and methods to assess daytime sleepiness. You will be expected to apply and contextualise your knowledge and skills by performing routine technical skills and developing and building your professional practice in accordance with Good Scientific Practice.

Unit assessment requirements

There are no specific assessment requirements for this unit. Please refer to the assessment strategy in *Annexe B*.

Additional information

AC1.4 includes:

- cardiovascular system
- respiratory system
- sympathetic nerve activity
- cerebral blood flow
- renal system
- endocrine system.

AC1.6 includes:

- pregnancy
- post-partum
- menopause.

AC2.4 includes:

- methods to assess excessive daytime sleepiness

- Multiple Sleep Latency Test (MSLT)
- maintenance of wakefulness test
- Stanford sleepiness scale.

AC2.5 should include **one** respiratory condition.

AC2.6 should include **one** non-respiratory condition.

Learning outcomes and assessment criteria

To pass this unit, learners need to demonstrate that they can meet all the learning outcomes for the unit. The assessment criteria outline the requirements that the learner is expected to meet **in own area of work and in accordance with Standard Operating Procedures (SOPs)** to achieve the learning outcomes and the unit.

Learning outcomes		Assessment criteria		Evidence type	Portfolio reference	Date
1	Understand the physiology of sleep	1.1	Explain the basic structural organisation of normal sleep			
		1.2	Explain normal and abnormal sleep patterns			
		1.3	Explain the stages of sleep and their characteristics			
		1.4	Explain the physiological changes that occur during sleep and the control of sleep wake cycle			
		1.5	Explain the mechanisms that control normal sleep			
		1.6	Discuss the effects of ageing and hormones on sleep			

Learning outcomes		Assessment criteria		Evidence type	Portfolio reference	Date
2	Understand the routine techniques undertaken by healthcare science services to support the diagnosis and treatment of disorders of sleep	2.1	Explain a range of methods used to assess daytime sleepiness			
		2.2	Explain the basic principles underpinning routine techniques undertaken to investigate common respiratory sleep conditions			
		2.3	Explain the indications and contraindications of positive airway pressure systems used to treat respiratory disorders of sleep			
		2.4	Explain methods used to assess excessive daytime sleepiness			
		2.5	Discuss how a respiratory condition result in a disorder of sleep			
		2.6	Discuss how a non-respiratory condition result in a disorder of sleep			
		2.7	Discuss the impact of disorders of sleep on patients and their families			

Learner name: _____

Date: _____

Learner signature: _____

Date: _____

Assessor signature: _____

Date: _____

Internal verifier signature: _____

Date: _____

(if sampled)