Practical Polysomnography

Venue: Chancellor’s Building
The Royal Infirmary of Edinburgh
49 Little France Crescent
Edinburgh EH16 4SB

CPD points: 16 CPD points awarded

Faculty: Donna Fairley  Lizzie Hill  RPSGT
Dr Renata Riha  RPSGT
Marjorie Vennelle  RPSGT
Stevie Williams  RPSGT

Aimed at: Anyone wishing to gain or improve skills in setting up, scoring and interpreting full polysomnographic sleep studies. This includes physicians, nurses, allied health professionals, students, researchers or anyone with a professional interest in sleep medicine.

Content:
This 3-day course will focus on the understanding and evaluation of polysomnographic recordings. The course will include some lectures, but will focus mainly on the practical hands-on aspects of polysomnography. Teaching will be based on standard adult scoring rules, although special considerations in paediatric sleep studies will be highlighted.

Course objectives:
1. To facilitate the understanding of polysomnography, including: wiring up, troubleshooting signals, scoring studies and report interpretation.
2. To develop and improve practical skills in the above.
Preliminary Programme

Day 1: 10.00am-4.30pm
- Welcome
- Introduction
- Setting up full polysomnography - lecture & practical
- Tour of sleep centre
- Stages of sleep - lecture & practical
- Individual scoring practice
- Questions

Day 2: 9.30am-4.30pm
- Review of day 1 & questions
- EEG arousals - lecture & practical
- Respiratory events - lecture & practical
- Limb movements - lecture & practical
- Artefact recognition - lecture & practical
- Individual scoring practice
- Questions

Day 3: 9.30am-4.30pm approx.
- Review of day 2 & questions
- Reporting PSG - lecture
- Case studies - group exercise
- The MSLT & MWT - lecture & practical
- Individual scoring practice
- Producing a training portfolio
- Questions

Experienced staff will be on-hand throughout the course, allowing maximum time for questions and one-to-one time during individual scoring practice. Limited delegate numbers allows for tailoring of the programme to the individual needs of the attendees.
Registration, accommodation & transport

To maintain a high delegate to RPSGT ratio of 3:1, numbers for this course are strictly limited - please book early to avoid disappointment!

Cost for 3-day course: £900 per delegate

Vouchers are provided for purchase of teas, coffees and lunch at the hospital canteen and other outlets within the hospital.

Formal social events have not been arranged, but informal events will be offered should you wish to participate.

3* accommodation is available nearby at Masson House or Salisbury Green Hotel, Holyrood Park Road - a short bus journey from the Royal Infirmary of Edinburgh. This can be viewed and booked through Edinburgh First: www.edinburghfirst.co.uk/for-accommodation

Alternatively, there is ample visitor accommodation available throughout Edinburgh. The Visit Scotland website will help you plan your trip: www.visitscotland.com/accommodation

The Royal Infirmary of Edinburgh enjoys fast and frequent bus links to the city centre and beyond. The following buses, run by Lothian Buses, stop on-site: 7, 8, 18, 21, 24, 33, 38, 49. Limited car parking is available on-site, at a cost of £7.00 per day. The postcode for sat-nav is EH16 4SB.

If you have any questions or require any further information, please phone us on 0131 242 6429, or email m.vennelle@ed.ac.uk or lizzie.hill@ed.ac.uk.
REGISTRATION FORM

Please complete in capital letters

Mr ☐  Ms ☐  Mrs ☐  Dr ☐  Prof ☐

First name. ..............................................................

Last name ....................................................................

Contact Address. ..........................................................................................................................

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Post code .................................................................

Telephone ............................................................ Fax ............................................................

Email ..........................................................................................................................

Date of preferred course ............................................

Level of competence in polysomnography

☐ Beginner (no knowledge)

☐ Intermediate (little knowledge, no scoring ability)

☐ Advanced (scoring experience)

Course Fees

☐ £900 Please note: Numbers strictly limited to allow 3:1 delegate-to-staff ratio

Payment Options (Please ensure there are places available before sending payment)

☐ Cheque (made payable to University of Edinburgh)

☐ Credit Card / Debit Card (please email for details)

☐ Bank Transfer (please email for details)

Please complete your requirements above and send / email to:

Mrs Marjorie Vennelle Email: m.vennelle@ed.ac.uk
Sleep Research Unit
Room SU305
The Chancellor’s Building
49 Little France Crescent
Edinburgh EH16 4SB
United Kingdom

Terms and conditions

Payment: The number of spaces on this course is limited and on a first come first served basis, therefore prompt payment is necessary to reserve a place. Please confirm that a place is available before making online payments.

Cancellation/Refunds: A refund, less 20% administration fee, will be made if cancellations are received, in writing, at least 2 weeks before the course. We regret any cancellations after this time cannot be refunded, and that refunds for failure to attend the course cannot be made. However, substitute delegates are welcome at any time by contacting us.