**Pediatric Sleep Elective**  
Competency Based Goals and Objectives

**Patient Care.** Provide family centered patient care that is developmentally and age appropriate, compassionate, and effective for the treatment of health problems and the promotion of health.

Objectives:
- Effectively perform a focused history and physical examination specific to sleep disorders in the pediatric population and generate a comprehensive problem list
- Integrate history and physical examination with medical knowledge of neurologic disorders to arrive at differential diagnosis and plan for evaluation
- Use evidence-based treatment guidelines to inform treatment decisions
- Provide timely, compassionate service and seek appropriate consultation and support in the evaluation and treatment of movement disorders
- Understand advantages and current limitations of diagnostic criteria for the diagnosis of pediatric sleep disorders

**Medical Knowledge.** Understand the scope of established and evolving biomedical, clinical, epidemiological, and social-behavioral knowledge needed by a pediatric neurologist; demonstrate the ability to acquire, critically interpret, and apply this knowledge in patient care.

Objectives:
- Understand current concepts of therapy including pharmacologic (mechanism of action, drug-interaction, side effects) and non-pharmacologic interventions (non-invasive ventilation, surgery, sleep hygiene) in the treatment of sleep disorders in the pediatric patient
- Improve recognition of sleep disorders through accurate and specific clinical assessment
- Gain familiarity with the most current pathophysiological understanding of common and rare pediatric sleep disorders
- Understand the indications for use and limitations of non-invasive ventilation including CPAP, BiPAP, and BiPAP Autoservo in the management of pediatric movement disorders
- Understand the indications for additional laboratory, psychological testing, neurophysiological testing, genetic analysis, and neuroimaging in the evaluation of sleep disorders
- Develop competency in the scoring of sleep studies in children and adults

**Interpersonal and Professional Communication.** Demonstrate interpersonal and communication skills that result in information exchange and partnering with patients, their families, and professional associates.

Objectives:
- Provide clinical assessment of cases to faculty, using correct terminology and with explanation of rationale based on appraisal of available clinical, laboratory, neuroimaging data
- Interact in a collegial way with staff, including medical assistants, sleep technicians, nurses, and nurse practitioners, with goal of providing optimal patient care
- Communicate effectively with patients and their families to obtain clinically relevant information and deliver diagnosis and treatment plan in an easily understood and culturally sensitive manner
- Maintain comprehensive, timely, and legible medical records
- Communicate effectively with consulting colleagues and health care professionals

**Professionalism.** Demonstrate a commitment to carry out professional responsibilities, adherence to ethical principles, and sensitivity to diversity.

**Objectives:**
- Be present and prepared for clinic
- Admit errors or omissions and takes steps to correct them
- Protect patient privacy
- Demonstrate sensitivity to race, gender, ethnic background, religion, sexual orientation, and other social factors in dealing with patient care and interactions with other providers and other learners
- Treat colleagues at all levels with respect

**Practice-based Learning and Improvement.** Demonstrate knowledge, skills, and attitudes needed for continuous self-assessment, using scientific methods and evidence to investigate, evaluate, and improve one’s patient care practice.

**Objectives:**
- Perform examinations and develop diagnostic and therapeutic plans under the supervision of a pediatric sleep fellow and/or attending physician
- Prioritize clinical responsibilities, provide timely service, and seek appropriate consultation and support when necessary
- Integrate feedback from preliminary diagnostic errors to improve diagnostic accuracy
- Identify strengths, deficiencies, and limits to knowledge and expertise
- Access learning sources (textbooks, medical literature, online resources) to fill gaps in knowledge that are identified during case discussions
- Participate in the education of students, residents, and other health care professionals

**Systems Based Practice.** Understand how to practice quality health care and advocate for patients within the context of the health care system.

**Objectives:**
- Understand the concepts of cost containment and cost effectiveness that may be employed in the Pediatric Sleep Clinic
- Describe methods for ensuring the physician uses scare resources in a sound, thoughtful, and cost-effective manner
- Develop understanding and knowledge concerning the historical, cultural, legal, and ethical aspects of psychiatric treatment that may affect the pediatric sleep patient