

**In the Name of God**

**Islamic Republic of Iran  
Ministry of Health and Medical Education  
Deputy for Education**

## **Sleep Medicine**

**Degree: Fellowship**

### **Introduction:**

Various studies have shown that sleep is one of the foundations of human health and sleep disorders have different medical and socioeconomic consequences. Given that these disorders play an important role in rail and road accidents causing death or injury of millions of people, addressing sleep disorders is essential. In recent decades, we have seen dramatic improvements in all areas of science and technology, particularly in the fields related to sleep disorders. With these advances, our view has changed on the concept of health and its scope. In parallel to the development and expansion of educational, research, and health care centers of sleep medicine in the world, several centers have made efforts to provide professional services in these areas in our country in the past decade. According to the needs of society as well as academic centers, the need to set up this course has been felt in the country. Regarding Ministry of Health policies and since this fellowship course is launched for the first time in the country, many experts from different educational centers have made efforts to develop a comprehensive and standard curriculum through a multidisciplinary or interdisciplinary approach and a national view, regardless of any professional orientation.

### **Definition and Duration of the Training Program:**

Sleep medicine fellowship is a clinical and complementary Training course prepared with the participation of Otolaryngology, psychiatry, pulmonology, occupational medicine, neurology, and pediatrics specialists, and the graduates are involved in prevention, diagnosis, treatment, and caring for patients with sleep disorders.

Duration of this course is one year

**The following specialists are permitted to enter this course:**

- ❖ Specialists in psychiatry, Otolaryngology , occupational medicine, neurology, and pediatrics
- ❖ subspecialists in pulmonology

**AIMS:**

1-To train specialists who are informed of updated scientific information, competent, responsible, and sensitive to the health of individuals and society in the area of sleep disorders.

2-In the next 10 years, we will be ranked as one of the top countries in terms of educational standards, research production in Region.

**General Competencies\***

**Specific Competencies and Skills**

Special skills for the fellowships of all fields, except pediatrics

- Performing adult polysomnography
- Analyzing and interpreting adult polysomnography
- Analyzing and performing pediatric polysomnography
- Interpreting pediatric polysomnography
- Maintenance wake fullness test (MWT)
- Multiple sleep latency test (MSLT)
- CPAP – Titration (adult and pediatric)
- Actigraphy (daily activity test)

Special skills for pediatric fellowships

- Performing pediatric polysomnography
- Analyzing and interpreting pediatric polysomnography
- Multiple sleep latency test (MSLT)
- Pediatric CPAP – Titration
- Actigraphy (daily activity test)

- **Educational Strategies, Methods and Techniques\***

**Student Assessment:**

**Assessment Methods:**

**Periods of assessment :**

Written

After first 4 months

Oral

After each Rotation

OSCE

At the End of Training Course

DOPS

Logbook

Portfolio

- **Ethical Considerations\***
- \*Note: The related document(s) can be found at <http://hcmep.behdasht.gov.ir/>.

- **Overall structure of the course:**


<b>Educational ward, unit, or setting</b>	<b>Syllabus - measures</b>	<b>Duration (month)</b>
<b>Sleep lab and clinic</b>	Outpatient visit, familiarity with how to use questionnaires related to sleep disorders, Patient Selection and History Taking , analyzing, and interpreting different types of sleep tests, teaching the lower-level classes, responding to consultations requests .....	5 months, 6 days a week during the course
<b>Otolaryngology ward and clinic</b>	Outpatient visit, Inpatient visits , and attending the operating room	One month, 4 days a week in a rotating educational setting and 2 days a week in a sleep clinic
<b>Psychiatry ward and clinic</b>	Outpatient visit, Inpatient visits , and participating in paraclinical measures	1 month, 4 days a week in a rotating educational setting and 2 days a week in a sleep clinic
<b>Pulmonology ward and clinic</b>	Outpatient visit, Inpatient visits , and participating in paraclinical measures	1 month, 4 days a week in a rotating educational setting and 2 days a week in a sleep clinic
<b>Occupational medicine clinic</b>	Outpatient visit, Inpatient visits ,, and participating in paraclinical measures	1 month, 4 days a week in a rotating educational setting and 2 days a week in a sleep clinic
<b>Neurology ward and clinic</b>	Outpatient visit, Inpatient visits ,, and participating in paraclinical measures	1 month, 4 days a week in a rotating educational setting and 2 days a week in a sleep clinic
<b>Pediatric ward and clinic</b>	Outpatient visit, Inpatient visits ,, and participating in paraclinical measures	1 month, 4 days a week in a rotating educational setting and 2 days a week in a sleep clinic
<b>Optional ward</b>	According to the curriculum	1 month

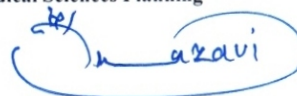
## The overall structure of the course for pediatric fellowships:

Educational ward, unit, or setting	Syllabus - measures	Duration (month)
Pediatric clinic and sleep lab (core)	Outpatient visit, familiarity with how to use questionnaires related to sleep disorders, Patient Selection and History Taking , analyzing, and interpreting different types of sleep tests, teaching the lower-level classes, responding to consultations requests ...	5 months, 6 days a week during the course
ENT ward and clinic	Outpatient visit, Inpatient visits and attending the operating room	One month, 4 days a week in a rotating educational setting and 2 days a week in a sleep clinic
Pediatric psychiatry ward and clinic	Outpatient visit, Inpatient visits and participating in paraclinical measures	1 month, 4 days a week in a rotating educational setting and 2 days a week in a sleep clinic
Pediatric pulmonary ward and clinic	Outpatient visit, visiting the hospitalized patients, and participating in paraclinical measures	1 month, 4 days a week in a rotating educational setting and 2 days a week in a sleep clinic
PICU	Outpatient visit, Inpatient visits , and participating in paraclinical measures	1 month, 4 days a week in a rotating educational setting and 2 days a week in a sleep clinic
Pediatric neurology ward and clinic	Outpatient visit, Inpatient visits and participating in paraclinical measures	1 month, 4 days a week in a rotating educational setting and 2 days a week in a sleep clinic
Adult sleep lab and clinic	Outpatient visit, familiarity with how to use questionnaires related to sleep disorders, Patient Selection and History Taking , analyzing, and interpreting different types of sleep tests, teaching the lower-level classes, responding to consultations requests .....	1 month, 4 days a week in a rotating educational setting and 2 days a week in a sleep clinic
Optional ward and clinic	One of the above wards	1 month

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