

Sleep watching

ASEAN SLEEP TECHNOLOGY NEWSLETTER NEWS / OPINIONS / INSIGHTS



DR. RASHIDAH YASIN

Sleep Medicine Specialist, Oriental Melaka Straits Medical Centre, Melaka, Malaysia.

The sleep lab is fully equipped with facilities for doing CPAP and BIPAP titration studies.

Interview with Dr. Rashidah Yasin about Sleep lab in Oriental Melaka Straits Medical Center, Melaka Malaysia

1. When was the sleep lab started ?

Sleep laboratory at Oriental Melaka Straits Medical Center was launched on 15 June 2016

2. What is the waiting time in your sleep lab?

Waiting time in our lab is about 2 weeks

3. Are you doing any home sleep tests? If yes, how many per year?

We are doing home sleep tests. We do 15HSTs per year

4. How many beds does the sleep lab have for level 1 sleep study?

We currently have one bed for level 1 sleep studies.

5. What type of diagnostic studies are done in the sleep center?

The lab currently able to do the following sleep studies – Full night polysomnography studies, Split night studies, PAP titration studies, Multiple Sleep Latency Test and MWT.



Sleep team

Standing From left to right: Ms. Liya, Ms. Shahira, Mr. Muslim, Ms. Nurul, Ms Carol

Email us on

sleepmatters@philips.com with your content.

6. What type of PAP titration facilities are available at your sleep lab ?

The sleep lab is fully equipped with facilities for doing CPAP and BiPAP titration studies.

7. What are the educational /training opportunities available for doctors and technicians at your sleep center?

We do offer candidates a training opportunity who wish to experience first-hand training in Sleep Medicine.

8. How many sleep technicians are employed at the sleep center?

We have 3 full-time sleep technicians. The full-time sleep technicians conduct sleep studies two nights per week. During the day, they interpret sleep studies, conduct MSLT, assist in sleep clinics and provide services for patients who are using CPAP/BiPAP.

9. How many level 1, level 3 studies, PAP titration studies, MSLT and MWT are done in one year?

We conduct about 45 cases for full night polysomnography, 51 cases of Split night studies, 6 cases of PAP Titration studies and 1 case of MSLT in 1yr.

10. What are the contact details of your sleep centre-address, phone no, email and website?

We are located at Oriental Melaka Straits Medical Centre, Pusat Perubatan Klebang, 75200 Melaka.

Phone Number: +606-3158843

Website: www.orientalmedical.com.my



Sleep lab control room



Sleep lab patient room



MR. JONATHAN J. RIVERA
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Sleep medicine is a very young field and it's a great opportunity for me to raise awareness about sleep disorders in public, to my fellow RT, Sleep techs and patients.

Personal Opinions of Sleep Technologist

1. Why did you decide to become a sleep technologist?

As a Respiratory Therapist (RT), it was a big challenge for me to be part of new technology in sleep medicine. Sleep medicine is a very young field and it's a great opportunity for me to raise awareness about sleep disorders in public, to my fellow RT, Sleep techs and patients.

2. What is the most challenging aspect of your profession?

Since we do HST and also Level 1 PSG, the most challenging are elderly patients with oxygen dependent COPD (Overlap Syndrome) and Titration PSG for very young patients that need a lot of effort and patience in hooking electrodes.

3. What is the biggest change in the profession since you began?

In my opinion the following are the biggest changes seen by me in this profession-

- PSG machine adapting to the needs of the patient
- Titration devices from basic PAP, APAP, BIPAP, ST, AVAPS and ASV
- There is an increasing interest of doctors in sleep medicine.

4. What factor do you think affects patient ADHERENCE to CPAP?

I think explaining thoroughly the benefits of CPAP therapy, attending all the queries of the patient, follow ups especially during the first week of usage, from pressure delivery to the need of humidifier and right mask fit affect adherence to CPAP. Continuous monitoring of compliance data is also a big help.

5. What factors influence patients' choice of mask?

In my opinion the following factors influence patients' choice of mask- Comfort, minimal contact and right fitting.

Sleep Updates

Consumer sleep technologies (CSTs) are widespread applications and devices that purport to measure and even improve sleep. Sleep clinicians may frequently encounter CST in practice and, despite lack of validation against gold standard polysomnography, familiarity with these devices has become a patient expectation. This American Academy of Sleep Medicine position statement details the disadvantages and potential benefits of CSTs and provides guidance when approaching patient-generated health data from CSTs in a clinical setting. Given the lack of validation and United States Food and Drug Administration (FDA) clearance, CSTs cannot be utilized for the diagnosis and/or treatment of sleep disorders at this time. However, CSTs may be utilized to enhance the patient-clinician interaction when presented in the context of an appropriate clinical evaluation. The ubiquitous nature of CSTs may further sleep research and practice. However, future validation, access to raw data and algorithms, and FDA oversight are needed.

Khosla S, Deak MC, Gault D, Goldstein CA, Hwang D, Kwon Y et al, American Academy of Sleep Medicine Board of Directors. Consumer sleep technology: an American Academy of Sleep Medicine position statement. J Clin Sleep Med. 2018;14(5):877-880.



DR. DEEPAK SHRIVASTAVA
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Professor of Medicine, Sleep, Pulmonary and Critical Care, UC Davis School of Medicine

Deepak Shrivastava is a sleep physician in California. He is devoted to medical education and research. Dr. Shrivastava is board-certified in sleep medicine, pulmonary medicine, critical care medicine, internal medicine and polysomnography technology.

RPSGT Exam Corner – Frequently Asked Questions

1 What is the difference between ventilation and respiration?

- A. Ventilation is the flow of air in and out of the lungs while respiration is amount of carbon dioxide exchanged
- B. Ventilation is mechanical gas movement and respiration is physiological gas exchange
- C. Ventilation is sleep phenomenon while respiration is during wakefulness
- D. Ventilation relates to exhalation and respiration relates to inhalation

2 Which of the following best describes an initial deflection of a slow eye movement?

- A. >1 second
- B. >500 msec
- C. <500 msec
- D. >1000 msec

3 Which of the following is a criterion for defining a K complex?

- A. 150µV
- B. 75 µV
- C. 50 µV
- D. There are no amplitude criteria for K complex

4 Successful application of positive airway pressure (PAP) titration eliminates all of the following EXCEPT:

- A. Obstructive apneas
- B. Obstructive hypopneas
- C. Respiratory event-related arousals(RERAs)
- D. Periodic limb movements

5 The titration portion of a split-night study should start after the diagnostic portion documents:

- A. 1 hour with an apnea-hypopnea index (AHI) of 20
- B. 2 hours with an AHI of 30
- C. 2 hours with an AHI of 40
- D. None of the above

ANSWERS

Question 1:

Answer is B. Ventilation is mechanical gas movement and respiration is physiological gas exchange

Question 2:

Answer is B. >500 msec

Question 3:

Answer is D. There are no amplitude criteria for K complex

Question 4:

Answer is D. Periodic limb movements

Question 5:

Answer is C. 2 hours with an AHI of 40

Sleep⁺watching

Sleep watching past issues

To access the past issues of sleep watching, please go to the below webpage
www.philips.com.sg/healthcare-consumer/sleep-apnea/resources#sleep-physicians-newsletters

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