FOURTH YEAR ELECTIVE TITLE

SLEEP MEDICINE

COURSE NUMBER
MED 9113

LOCATION
COMPREHENSIVE SLEEP DISORDERS CENTER RWJUH

ELECTIVE DIRECTOR
JAG SUNDERRAM, MD

ELECTIVE FACULTY
MAYA RAMAGOPAL, MD
JAG SUNDERRAM, MD
PRIYANKA YADAV, DO

ELECTIVE CONTACT
JAG SUNDERRAM, MD
MEB 568
1 RWJ PLACE
NEW BRUNSWICK

CONTACT PHONE/FAX/EMAIL
PH. 732-235-8557
FAX 732-235-7048
MICHÉLE SALAMEH
sunderja@rwjms.rutgers.edu

BLOCKS AVAILABLE
ALL

DURATION/WEEKS
MIN 2; MAX 2

HOURS PER WEEK
20

STUDENTS
MAX 1

LECTURES/SEMINARS
No

OUTPATIENT
Yes

INPATIENT
No

HOUSESTAFF
No

NIGHT CALL
No

SOME EVENING HOURS IN SLEEP LAB

WEEKENDS
No

LAB
Yes

EXAM REQUIRED
No

OVERALL EDUCATIONAL GOAL OF ELECTIVE
To provide the student with knowledge of the causes and treatment of pediatric sleep disorders.

OBJECTIVES

I. Patient care – This elective includes evaluating patients in clinic and laboratory settings and determining appropriate treatment regimens.

II. Medical knowledge – Sleep Medicine is broadly based with aspects of the disciplines of pulmonology, neurology, psychiatry, and cardiology. The major causes of sleep disruption including sleep apnea and periodic limb movements in sleep/Restless Leg Syndrome will be defined. Emphasis will be placed on both the physiological and behavioral consequences of sleep disorders. The treatment options for common sleep disorders will be defined. Rudimentary training in the performance of overnight sleep studies in a laboratory setting and instruction on the interpretation of sleep studies will be provided.

III. Practice-based learning and improvement – Clinic experience includes both adult and pediatric patients presenting with varied sleep disorders.

IV. Interpersonal and communication skills – The students interact with faculty, technicians, fellows and residents in addition to patients.

V. Professionalism – This elective stresses a professional approach to patient interactions and appropriate care.

VI. Systems-based Practice – Sleep medicine is broadly based and stresses a systems approach to patient care.

OVER
BRIEF DESCRIPTION OF ACTIVITIES
Spend one on one time with the faculty discussing sleep disorders and learning the basics of interpretation of sleep studies. Background reading will be required. The student will attend the Comprehensive Sleep Disorders clinic at least three times a week and will observe actual studies in the laboratory on several evenings. Two clinics are at the Hillsborough office and one clinic will be at the New Brunswick office. If the elective falls on the last Monday of the month, there will be specialized pediatric sleep clinic on Monday afternoons in New Brunswick.

METHOD OF EVALUATION
Assessment will be based on level of participation and comprehension of relevant information as judged from discussions with the faculty and presentation of a hypothetical case.

ARE THERE ANY PREREQUISITES FOR THIS ELECTIVE? No

IS THIS ELECTIVE AVAILABLE TO THIRD YEAR MEDICAL STUDENTS AS WELL? Yes