

FOURTH YEAR ELECTIVE TITLE SLEEP MEDICINE		COURSE NUMBER MED 9113	LOCATION Rutgers Comprehensive Sleep Disorders Center
ELECTIVE DIRECTOR Matthew Scharf, MD, PhD	ELECTIVE FACULTY Jag Sunderram, MD Matthew Scharf, MD, PhD Rashmi Nisha Aurora, MD Aesha Jobanputra, MD Maya Ramagopal, MD Priyanka Yadav, DO	ELECTIVE CONTACT Matthew Scharf, MD, PhD MEB 568 1 RWJ Place New Brunswick	CONTACT PHONE/FAX/EMAIL Phone: 732-235-8557 Fax: 732-235-7048 Office contact: Ileny Reyes matthew.scharf@rwjms.rutgers.edu
BLOCKS AVAILABLE ALL	DURATION/WEEKS MIN 2; MAX 2	HOURS PER WEEK 20	STUDENTS MAX 2
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 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, pediatrics, otorhinolaryngology and cardiology. The major causes of sleep disruption including sleep apnea, insomnia, restless legs syndrome and disorders of hypersomnia 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. Sleep Clinics include the Rutgers Comprehensive Sleep Disorders Center in New Brunswick and the RWJ Physician Enterprise Sleep Clinic in Hillsborough. Telehealth and in-person clinics are available.

METHOD OF EVALUATION

Assessment will be based on level of participation and comprehension of relevant information as judged from discussions with the faculty and student presentations.

ARE THERE ANY PREREQUISITES FOR THIS ELECTIVE? No

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