RACP Specialists. Together
EDUCATE ADVOCATE INNOVATE

Sleep Medicine (Adult Medicine) at-a-glance

NEW CURRICULA

About the specialty

Sleep medicine specialists diagnose and manage sleep disorders across the lifespan, combining clinical assessment with specialised sleep investigations to optimise sleep, health and daily functioning.

Sleep investigations
Performing and interpreting specialised sleep studies and physiological assessments.

Sleep disorders
Diagnosing and managing a broad range of sleep disorders across the lifespan.

Multidisciplinary care
Working with multidisciplinary teams to optimise sleep and overall health.

ENTRY REQUIREMENTS

Completion of RACP Basic Training, including the Written and Clinical Examinations, general medical registration, and appointed to an Advanced Training position in an accredited training setting, network or approved non-core position.

KEY RESOURCES

- **What you'll need to learn:** Curriculum standards
- **How you'll learn and demonstrate achievement of the standards:** Learning, teaching and assessment program (LTA)
- **Where you can train:** Accredited settings
- **What resources are available:** RACP Online Learning resources
- **Sleep Medicine specific resources:** Specialty-specific resources
- **Access to the TMP:** Training Management Platform

Your training experience

36 **months** minimum full time

3 **phases** of training

18 **learning** goals

LEARNING GOALS

BE	1. Professional behaviours
DO	2. Team leadership 3. Supervision and teaching 4. Quality improvement 5. Clinical assessment and management 6. Management of transitions in care 7. Longitudinal care 8. Communication with patients 9. Prescribing 10. Investigations 11. Clinic management and procedures
KNOW	12. Scientific foundations of sleep medicine (including investigations and measurements) 13. Sleep-related breathing disorders 14. Central disorders of hypersomnolence 15. Sleep-related movement disorders 16. Parasomnia 17. Insomnia 18. Circadian disorders of the sleep-wake cycle

For full details, view the curriculum standards and LTA programs

Assessment & outcomes

PER PHASE – what you need to compete

1 PER ROTATION	**Rotation plan** Set learning goals with your supervisor
12 PER PHASE	**Learning captures** Reflect on a learning encounter
12 PER PHASE	**Observation captures** Be observed performing a work-based activity
4 PER PHASE	**Progress reports** Self-rate & be assessed against all learning goals

OVER THE COURSE OF TRAINING

- ✓ 1 procedural logbook
- ✓ 1 research project
- ✓ National or international scientific meeting attendance
- ✓ Learning courses

PROGRESSION

At the end of each phase, the Progress Review Panel makes a decision based on evidence of competence, completion of requirements, and your Rotation Supervisor's recommendation.

QUALIFICATION

Fellow of the Royal Australasian College of Physicians (FRACP)
Advanced Training — Sleep Medicine (Adult Medicine)

Contact RespiratorySleep@racp.edu.au or RespiratorySleep@racp.org.nz for more information