



Board of Registered Polysomnographic Technologists

2020 YEAR IN REVIEW

The BRPT Annual Overview

Published February 2021

RPSGT®
Registered Polysomnographic Technologist

CPSGT®
Certified Polysomnographic Technician

CCSH
Certification In Clinical Sleep Health

BOARD OF REGISTERED POLYSOMNOGRAPHIC TECHNOLOGISTS
STAR SLEEP TECHNOLOGY APPROVED RESOURCE

BRPT
Pediatric Sleep Certificate

CSTE
CONTINUING SLEEP TECHNOLOGY EDUCATION



A New And Better 2021 Awaits |

2020 brought bumps in the road and a myriad of changes to our world, which made for an interesting start to my term as President. During this time, the BRPT Board and Executive Office staff worked together to support our fellow technologists and credential holders. We're proud of the way our colleagues in the field of sleep medicine have adapted to the challenges brought on by the global COVID-19 pandemic and we look forward to continuing to support our credential holders and the field of sleep medicine as we all continue to navigate this changing environment.

We're thrilled to have recently launched the Pediatric Sleep Certificate exam. This project has been years in the making and we're excited to bring it to fruition. We're grateful to those who worked diligently on this project to make it a reality – in particular, Michael McLeland who spearheaded this effort. This certificate exam is different from anything we have ever done. It was developed using similar principles as our other examinations to ensure that we truly assess the knowledge of Pediatric Sleep Technology, but with this exam, those who pass receive a Digital Badge – the first the BRPT has ever offered. We're eager to offer our credential holders this new, dynamic visual representation of the certificate they've earned. A single click on the badge reveals a detailed description of the specific knowledge and skills required to earn it. You can learn about the exam and the Digital Badge at <https://www.brpt.org/pediatric-sleep-certificate-exam>. In addition to obtaining the Digital Badge, successful applicants will also receive 10 continuing education credits.



In addition, we'll be working with a cadre of sleep professionals to further advance the CCSH credential and to showcase the multiple roles and settings for which it is essential. This will be a top priority as we continue to grow and expand the career path of sleep technologists who are interested in other areas of sleep medicine.

Deepening Our Reach

Another top initiative underway is exploring additional updated and advanced avenues of reaching our credential holders and stakeholders. The Public Affairs and Marketing Committee has identified areas where we can update our current offerings to better serve our credential holders and public interests. Throughout 2021, we will be working to introduce new platforms to reach current and prospective colleagues in the field with information, updates, and more. Stay tuned for details coming later this year.

And lastly, the BRPT is looking at ways to expand its reach into the international market. There are many areas around the globe where sleep technology is underutilized and as the global leader in sleep technologist credentialing, we are committed to exploring new avenues to grow the profession outside of the United States.

I want to express my admiration for those who are on the front lines working to help our patients during these trying times. The challenges of COVID-19 have turned not only our world upside down but all that we do, including our everyday jobs and tasks. As sleep technologists and educators, we've had many challenges and procedural changes that have not been easy. Our technologists have adjusted and adapted to new ways of doing their jobs and each and every one of you should be commended for that. We are profoundly proud to have you as CPSGT, RPSGT and CCSH credential holders.

Steve Marquis, MBA, RPSGT, CCSH
President

This year, we'll also be working with key stakeholders to help drive new technologists and educators to the field as we continue to demonstrate the critical need and vital role sleep technologists play now and in the future.



BRPT Mission Statement |

The mission of The Board of Registered Polysomnographic Technologists (BRPT) is to build upon its history as the global leader in sleep technologist credentialing and certification; to provide high quality sleep technology products and services that inspire professional excellence, recognition, and lifelong learning; and to create long-term value for credential and certificate holders.

BRPT Vision Statement |

The organization recognized around the world for the highest standards in sleep credentialing, certification and education.



More Sleep Educators Earn The Certification In Clinical Sleep Health



CCSH Eligibility Pathways

There are currently three eligibility pathways for the CCSH exam:

CCSH Pathway 1: Clinical Experience.

For candidates with at least 1000 hours of experience in clinical sleep health AND a bachelor's degree or above.

CCSH Pathway 2: Healthcare Credential.

For candidates with an approved healthcare credential or license AND an associate's degree or above.

CCSH Pathway 3: Active RPSGT Credential.

For candidates who have recertified at least once and who have completed the AAST CCSH designated STAR Education Program AND passed the post-test with a score of 70% or higher.

The Certification In Clinical Sleep Health (CCSH) exam was first offered in May 2014. By the end of 2020, there were 1,059 CCSH credential holders with 73 certified in 2020 alone. Last year, 77 CCSH credential holders completed the recertification process. Like other BRPT examinations, the CCSH exam is available on demand with immediate test results. CCSH credential holders are advanced level health professionals who help newly diagnosed patients learn how to make improvements in their day-to-day lifestyle habits for better overall health, recognize symptoms of underlying associated health issues, and empower them to ask appropriate questions for better self-management of their sleep disorder.

Note: Complete details of documentation and requirements necessary for the different examination Pathways can be found at www.brpt.org



BRPT spoke with Stacey Myers, RPSGT, CCSH, who took the AAST's CCSH Designated Education program to meet CCSH exam eligibility under Pathway 3.

“I found the recorded modules easy to follow and the information very valuable,” said Stacey Myers, RPSGT, CCSH, who earned her CCSH credential in March 2020. “The information provided gave me important knowledge and critical details on some areas that I don’t normally practice on the night shift. This greatly helped in preparing me for the CCSH exam. I wanted to earn the CCSH credential for professional growth and expansion. I recently opened a new sleep lab and I’m eager to add this service and higher level of expertise to better serve our patients.”





A Snapshot Of The RPSGT Exam



A New Pathway #3

In February, the BRPT opened a new eligibility pathway for active RPSGT credential holders, who have recertified at least once and have completed a CSH-designated focused education program. Pathway 3 ensures experienced sleep health professionals are eligible to sit for the exam even if they do not hold an Associate's or Bachelor's degree. By the end of 2020, there were a total of 18,050 active RPSGT credential holders. In 2020, 374 candidates passed the RPSGT exam in the United States. And, the total number of international RPSGTs who passed the RPSGT exam totaled 116. International credential holders come from Australia, Bahamas, Brazil, Canada, China, Czechoslovakia, Hong Kong, India, Ireland, Japan, Jordan, Macau, Malaysia, Mexico, Netherlands, New Zealand, Oman, Pakistan, Philippines, Portugal, Qatar, Saudi Arabia, Singapore, South Africa, South Korea, Spain, Sweden, Switzerland, Taiwan, Thailand, Trinidad West Indies, United Arab Emirates, United Kingdom, Virgin Islands and Wales.

RPSGT Examination Pathways:

There are 5 eligibility pathways for the RPSGT exam

RPSGT Pathway 1: Clinical Experience.

For candidates with a minimum of 1,638 hours of experience in the field and who have also completed a STAR-designated Self-Study education program.

RPSGT Pathway 2: Healthcare Credential.

For candidates with a minimum of 546 hours of experience and who have another healthcare credential.

RPSGT Pathway 3: CAAHEP/CoARC Student.

For graduates of a CAAHEP or CoARC-accredited polysomnography education program.

RPSGT Pathway 4: Focused Training.

For candidates with a minimum of 819 hours of experience in the field and who have also completed STAR-designated Focused education, or a combination of Self-Study and Focused 2 education.

RPSGT Pathway 5: International Option.

For international candidates with a minimum of 546 hours of experience in the field.



The RPSGT Exam: NCCA Accredited

The National Commission For Certifying Agencies (NCCA) was created in 1987 by the Institute for Credentialing Excellence (ICE) – formerly the National Organization for Competency Assurance (NOCA) – to help ensure the health, welfare, and safety of the public through the accreditation of a variety of certification programs/organizations that assess professional competence. NCCA accredits over 200 of the leading credentialing examinations in the United States, including exams in many of the nursing and other allied health disciplines.

In the professional credentialing industry, NCCA accreditation represents compliance with best credentialing industry practices. Every five years, the BRPT must apply to have the RPSGT credential reaccredited. In 2017, the RPSGT credential received its accreditation for the next five years.

The CPSGT Exam Continues To Offer An Entry Point Into The Profession



The CPSGT exam is geared toward individuals who are new to polysomnography and have limited clinical experience, or are not ready to take the RPSGT exam. In 2020, 95 individuals became CPSGT certificate holders. Currently, there are 156 active CPSGTs.

There are 3 eligibility pathways for the CPSGT exam:

CPSGT Pathway 1: Clinical Experience.

For candidates with a minimum of three months of clinical experience in polysomnography, and who have completed a STAR-designated Self-Study education program.

CPSGT Pathway 2: CAAHEP/CoARC Student.

For students within 2 months of graduation from, or graduates of, a CAAHEP or CoARC-accredited polysomnography technology education program.

CPSGT Pathway 3: Focused Training.

For candidates who have completed STAR-designated Focused education, or a combination of Self-Study and Focused 2 education.



RPSGT Recertification Maintains A High Recertification Rate

Recertification is required every five years in order to maintain the RPSGT credential. It represents best practices, a commitment to continuing education, and keeping up to date on the latest developments in the field. Recertification may be achieved either by accumulating 50 approved continuing education credits during the last active 5 year credential window, or by retaking and passing the RPSGT exam. Certification holders with more than one BRPT credential can apply the same continuing education credits toward multiple recertifications as long as the continuing education content is applicable and occurs within the required time period for recertification.

Over the course of 2020, 2,015 RPSGTs were required to recertify, with 1,549 completing the recertification process. The recertification rate for RPSGTs was approximately 77%.

BRPT Launches A Pediatric Sleep Certificate Exam



Based on extensive feedback from BRPT credential holders about the need for a specialty exam for pediatric sleep, at the end of 2020, the BRPT launched an online Pediatric Sleep Certificate Exam. BRPT Board member Michael McLeland, PhD., M.Ed., BA, RPSGT, led the effort along with a team of experienced Subject Matter Experts (SMEs) familiar with the BRPT's test development processes, and current professional issues.

RPSGT and CCSH credential holders are eligible to sit for the BRPT's Pediatric Sleep Certificate Exam. Upon receiving a passing score on this new exam, candidates are awarded an assessment-based certificate in pediatric sleep in the form of a Digital Badge – the first the BRPT has ever offered.

The exam consists of 75 multiple choice questions covering four major domain areas including Pediatric Sleep Disorders; Pediatric Preparation and Study Performance; Pediatric Scoring; and, Treatment Options and Guidelines.



STAR Program Supports Education For Experiential Pathways For BRPT Exams



The BRPT's Sleep Technology Approved Resource (STAR) Program has 27 educational programs receiving the STAR-designation. The STAR program is not an accrediting body for educational programs; it is a means for BRPT to approve education for experiential pathways for the BRPT examinations. The STAR program does not apply to CAAHEP or CoARC accredited education programs which undergo rigorous evaluation and review by their accrediting bodies. BRPT strongly supports and encourages accreditation of educational programs by CAAHEP and CoARC. However, because there are multiple entries into the field and limited access to formal PSG programs currently, BRPT uses the STAR program as a means to designate approval of alternative education for exam eligibility for experiential pathways. STAR-designated programs fall into one or more of the following education categories: Self-Study (7 programs), CCSH Self-Study (1 program), Focused (12 programs), Focused 2 (7 programs).

To learn more about the STAR Program and to view a list of all STAR-designated programs, [click here](#).



Continuing Sleep Technology Education Program



Launched in 2011, the CSTE program establishes BRPT as a continuing education credit granting organization. The program is designed to specifically meet the professional needs of clinical sleep health specialists. In 2020, 166 programs were approved for CSTE credits for a total of 466.75 CSTEs.

These programs are offered by state sleep societies, online educational providers and lab management companies, among others. They included webinars, in-service programs, computer-based learning modules and approximately six state sleep societies applied for CSTEs from April-November to hold their annual conferences virtually.



2021 BRPT Board of Directors

To read Board Member biographies,
visit www.brpt.org



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President



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RPSGT, RST
Director



Past BRPT Leadership |

APT Chairs

(terms began and ended in June)

- 1978 – 1981 Moshe Reitman, RPSGT
- 1981 – 1983 Cynthia Mattice, RPSGT
- 1983 – 1985 David Franklin, RPSGT
- 1985 – 1987 Robin Foster, RPSGT
- 1987 – 1991 Andrea Patterson, RPSGT
- 1991 – 1993 Greg Landholdt, RPSGT
- 1993 – 1995 Gary Hansen, RPSGT
- 1995 – 1997 Daniel Herold, RPSGT
- 1997 – 1999 Bonnie Robertson, RPSGT, CRT
- 1999 – 2000 Cameron Harris, RPSGT

BRPT Presidents

- 2000 – 2001 Cameron Harris, RPSGT
- 2002 – 2003 Marietta Bellamy Bibbs, RPSGT, CCSH
- 2004 – 2005 Mark DiPhillipo, RPSGT
- 2006 – 2007 Bonnie Robertson, RPSGT, CRT
- 2008 – 2009 Becky Appenzeller, RPSGT, R. EEG T., CNIM, CCSH
- 2010 – 2011 Janice East, RPSGT, R. EEG T., CCSH
- 2012 – 2013 Cindy Altman, RPSGT, R. EEG/EP T., CCSH
- 2014 – 2015 Theresa Krupski, BS, RPSGT, RRT
- 2016 – 2017 Daniel D. Lane, RPSGT, CCSH, BS
- 2018 – 2019 Jessica Schmidt, MA, FACHE, RPSGT, CCSH

Current President

Stephen Marquis, MBA, RPSGT, CCSH