



## Board of Registered Polysomnographic Technologists



# 2018 Year In Review The BRPT Annual Report

Published March 2019



## President's Letter

As I look back at my first year as President, I'm proud of the outstanding work this Board has accomplished on several fronts. We began by celebrating an important milestone – the 40th anniversary of our organization and how far we've come from the very first administration of the RPSGT exam on location with practical components! Our Exam Development Committee worked hard through the lengthy and detailed process of updating and creating new exam blueprints for the CPSGT and RPSGT exams as well as the CCSH exam – this one, for the first time – to be rolled out in 2019 following the standard setting. In the Fall, we enjoyed a fruitful, and fun, collaboration with our AAST colleagues that included a strong presence at, and support for, their annual meeting in Indianapolis. This year, we also looked inward and focused on internal governance processes to make sure we're on the right track to meet credential holder needs now, and in the years to come.

In 2019, we'll launch a new pathway – Pathway 3 – for the CCSH exam to make sure experienced sleep health professionals are eligible to sit for the exam. This pathway is for sleep technologists who obtained their RPSGT credential through self-study programs and on the job training, yet they have not earned an associate's or bachelor's degree. We'll also expand our international presence and are eager to work with, and learn from, our international colleagues at the annual World Sleep conference in Vancouver.

None of this can be done without each and every one of our volunteer Board members taking the lead on projects they feel passionate about, and generously spending time in the evenings and on weekends to make these projects come to fruition.

Finally, I very much look forward to collaborating with BRPT's President-Elect, Steve Marquis, MBA, RPSGT, CCSH, to carry out our mission of remaining the global leader in sleep technologist credentialing.

**Jessica Schmidt, MA, FACHE, RPSGT, CCSH**  
*President*



## 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.





## The Number Of Sleep Health Specialists Earning The Certification In Clinical Sleep Health Continues To Grow

The Certification In Clinical Sleep Health (CCSH) exam was first offered in May 2014. By the end of 2018, there were 1,104 CCSH credential holders with 175 certified in 2018 alone. 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.

### **In 2018, BRPT Welcomed Dental Hygienists as an Approved Healthcare Credential for CCSH Eligibility Under Pathway 2**

In July, the Board voted to accept Dental Hygienists as an approved healthcare credential for CCSH eligibility under Pathway 2, which went into effect immediately. It's important to note that dental hygienists, using Pathway 2, must still meet all other eligibility criteria requirements, including an associate's degree or higher. A dental hygienist credential alone will not qualify.

"We've received a lot of positive feedback about the dual role Dentists and Dental Hygienists play in treating patients with sleep disorders," said BRPT President, Jessica Schmidt, MA, FACHE, RPSGT, CCSH. "Including Dental Hygienists as an approved healthcare credential makes perfect sense given the close proximity in which they work with Dentists to collaborate on treatment options. The Board is excited to see the role of the CCSH credential holder continuing to expand."

### **Important Changes To CCSH Eligibility**

In the Summer of 2018, the BRPT Board of Directors announced the creation of an additional pathway – Pathway 3 – for active RPSGT credential holders, who have recertified at least once and have completed a CCSH-designated focused education program. Pathway 3 for the CCSH exam will ensure experienced sleep health professionals are eligible to sit for the exam even if they do not hold an Associate's or Bachelor's degree. This focused education program is currently under development by the AAST and is slated to open in the summer of 2019.



To read more about the rationale behind this decision, be sure to read this [blog post](#).

**Note:** Complete details of documentation and requirements necessary for the different examination Pathways can be found at [www.brpt.org](http://www.brpt.org).

## CCSH Eligibility Pathways

There are currently two 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.

**Note:** Complete details of documentation and requirements necessary for the different examination Pathways can be found at [www.brpt.org](http://www.brpt.org).





## 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.

## A Snapshot Of The RPSGT Exam

By the end of 2018, there were a total of 17,739 active RPSGT credential holders. In 2018, 682 candidates passed the RPSGT exam in the United States. And, the total number of international RPSGTs totaled 1,535. International credential holders come from Australia, Bahamas, Brazil, Canada, China, India, Ireland, Japan, Malaysia, Mexico, Netherlands, Pakistan, Philippines, Portugal, Saudi Arabia, Singapore, South Africa, South Korea, Spain, Sweden, Switzerland, Taiwan, Thailand, Trinidad West Indies, United Arab Emirates, United Kingdom, Virgin Islands, Wales.

## New Forms Of The RPSGT And CPSGT Exams Launched In 2018

A top priority for the BRPT is to maintain, update and validate its credentialing exams. The process by which this is done is very thorough and strictly complies with best practices in the credentialing industry. An important element of this process is to conduct a Job Task Analysis (JTA) survey approximately every five years. The survey examines the current state of the sleep technology profession – the responsibilities and the knowledge and skills required to fulfill those responsibilities – and provides a benchmark for updating the exams.

The results of the 2017-2018 Job Task Analysis surveys, conducted in partnership with PearsonVUE, BRPT's test development partner, confirmed the RPSGT and CPSGT exams continue to measure important knowledge areas relevant to sleep technologists, in both of these capacities, and is still doing a good job of testing the pertinent information needed to be a strong, practicing RPSGT and CPSGT. While changes to the exam blueprints were minimal, the new forms of both exams went into effect May 1.



## The CPSGT Exam Remains a Solid Stepping Stone 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 2018, 135 individuals became CPSGT certificate holders. Currently, there are 193 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.

## 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.



## RPSGT Recertification Continues To Enjoy A Solid 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 2018, 3,038 RPSGTs were required to recertify, with 2,335 completing the recertification process. The recertification rate for RPSGTs was approximately 77%.



## STAR Program Supports Education For Experiential Pathways For BRPT Exams

The BRPT's Sleep Technology Approved Resource (STAR) Program has more than 31 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 (8 programs), Focused (15 programs), Focused 2 (8 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 July of 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 2018, 130 programs were approved for CSTE credits. 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 state/regional meetings and conferences.

## BRPT Website Wins 2018 WebAward

In 2018, the BRPT's website was presented with the Web Marketing Association (WMA) 2018 Web Award for Outstanding Achievement in Web Development. Since 1997, the WMA's annual WebAward Competition has been setting the standard of excellence for website development. Independent expert judges from around the world review sites in 96 industries. The best are recognized with a WebAward which helps interactive professionals promote themselves, their companies, and their best work to the outside world.

**This version of the website was launched and redesigned in 2017 to offer users an easy-to-use intuitive interface centered around three key components:**

- Apply (applying for the three BRPT examinations and the tools to facilitate and prepare for that process)
- Recertify (the necessary elements to keeping your credential up to date and on track for timely recertification)
- Learn (the educational resources available to clinical sleep health professionals).



## Glimpses From The Year

The BRPT was on the move at conferences, Exam Development Committee meetings, Board meetings and other industry events.



BRPT BOARD OF DIRECTORS 2018



## Current BRPT Committees

### Application Review Committee

Mike Longman, RPSGT, RRT, Chair

### Education Committee

Amber Allen, BA, RPSGT, RST, Chair

### Examination Development Committee

Rachel Mouton, RPSGT, CCSH, LPN, Chair

### Professional Review Committee

Michael McLeland, PhD., M.Ed., BA, RPSGT, Chair

### Public Affairs & Marketing Committee

Andrea Ramberg, AS, RPSGT, CCSH, Chair

### Publications Committee

Michael McLeland, PhD., M.Ed., BA, RPSGT, Chair

### Volunteer Committee

Marc C. Johnson, BA, RPSGT





## Current BRPT Board of Directors



**Jessica Schmidt, MA,  
FACHE, RPSGT, CCSH**  
President



**Vikas Jain, MD,  
CCSH**  
Director



**Stephen Marquis, MBA,  
RPSGT, CCSH**  
President - Elect



**Marc C. Johnson, BA,  
RPSGT**  
Director



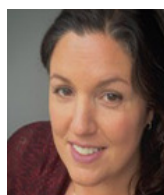
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BA, RPSGT**  
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BS, CCSH, RPSGT, RST**  
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RPSGT, CCSH, LPN**  
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RPSGT, CCSH**  
Director



**Bernie Chalmers, MA**  
Director – Public  
Member

To read Board Member biographies, visit [www.brpt.org](http://www.brpt.org).



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## **Current Staff**

Jim Magruder, Executive Director  
Ashley Shelton, Credentialing Director  
Cherise Lee, Credentialing Coordinator  
Maritza Saravia, Program Administrator  
Lydia Pelliccia, Communications Director

For more detailed information on BRPT programs and services,  
please visit [www.brpt.org](http://www.brpt.org)





## 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

### CURRENT PRESIDENT

Jessica Schmidt, MA, FACHE, RPSGT, CCSH