



ANSWERS TO THE TOP 10 QUESTIONS ABOUT RPSGT RECERTIFICATION AND CONTINUING EDUCATION *by Helen Sullivan*

Here are answers to the ten most common questions about recertification and continuing education that come in to the McLean, Va., national office of the Board of Registered Polysomnographic Technologists, the nonprofit organization that has administered the Registered Polysomnographic Technologist (RPSGT) exam for nearly three decades.

1. *I am an RPSGT. Do I have to recertify to maintain my credential?*

Yes. The Board of Registered Polysomnographic Technologists requires ALL RPSGTs to recertify every 5 years to maintain their credential. For all RPSGTs, recertification may be earned either through the accumulation of 50 hours of continuing education, or by re-taking – and passing – the RPSGT examination every 5 years. Earlier this year, the BRPT eliminated the requirement to earn a minimum number of continuing education hours per year. There is no minimum credit-per-year requirement.

2. *Why is there a recertification requirement for RPSGTs?*

The BRPT has a responsibility to the profession and the public to assure that RPSGTs continue their education and keep their skills updated. The BRPT is adhering to best practices for credentialing programs and working to ensure that the RPSGT certification continues to be recognized as the leading credential for polysomnographic technologists by the medical community, allied health professions, legislative bodies and other regulatory decision-makers, and the public. In a field as dynamic as sleep medicine, it is particularly important that allied-health professionals such as RPSGTs maintain current knowledge and skills to best serve patients.

3. *When does my 5-year period start?*

The 5-year period began on the date you became an RPSGT if you earned your certification after January 1, 2006. If you were certified before January 2006 and voluntarily switched to the 10-year plan (no longer an option), your 5-year period began on the date of your written request to switch. For all others (including those previously 'grandfathered'), your 5-year period began January 1, 2007.

4. *What if I do not recertify?*

If you don't recertify within ninety days after the date your recertification is due, you will no longer have the right to use the RPSGT credential.

5. *Can I re-take the exam to recertify?*

Yes, absolutely. While the BRPT encourages continuing education on an ongoing basis, you may recertify by retaking – and passing the RPSGT exam. If you choose this option, we recommend you take the exam 6 months before your recertification deadline to allow for any possible retesting. Normal examination fees will apply under this option.

6. *How will my hours of continuing education be tracked?*

Each RPSGT is responsible for maintaining a record of the number of hours of continuing education that have accrued during the 5-year cycle, including dates and documentation. On the BRPT Web site there is a tracking form to help you, but it is your responsibility to track hours.

7. *How do I know if a course or activity is acceptable for RPSGT continuing education hours?*

If the activity has been granted hours by a credit-granting organization and the activity is directly related to the duties of a sleep technologist it should be acceptable. If you have questions, contact the program sponsor to determine if sleep-related continuing education hours have been awarded, or if application has been made for continuing education hours.

8. *Is there a place where I can find out about courses and programs that offer continuing education hours?*

Information will be available at the American Association of Sleep Technologists Web site – www.aastWeb.org and the BRPT Web site – www.brpt.org. Many other organizations also maintain educational opportunities on their respective Web sites.

9. *I am dual-credentialed. Can I use hours obtained for the purposes of recertification for both credentials?*

Certainly. The BRPT has many RPSGTs who are dual-credentialed in other areas. As long as the hours obtained are approved from a known credit-granting organization and the hours are directly related to the duties of a sleep technologist, those hours can be used for RPSGT recertification, regardless of whether they have been used for another credential recertification or not.

10. *I live in a remote area. Are there ways for me to earn hours without attending a sleep conference?*

Yes. For example, the AAST offers hours for reading the *A2Zzz* magazine by signing up on their site so you can get an assessment tool for each edition. Fees for those who aren't members of AAST may apply. Their Web site is www.aastWeb.org. Other ways of earning hours include in-service or case study training programs and online courses. BRPT's Education Advisory Committee is working with other organizations to ensure the expansion of these options as well.

Helen Sullivan is the Communications Director for the Board of Registered Polysomnographic Technologists. For more information about the RPSGT exam, visit www.brpt.org.