# Apprenticeship Programme Plan

### **Healthcare Science Associate: Respiratory Sleep**

** Level 4**  **24 Months Plus 3 Months End Point Assessment**

### **Steps To Success Journey**

**First Six Weeks**

### **Overview**

Apprentices complete their induction, set learning goals, and gain a clear understanding of their apprenticeship journey.

### **Deadline**

Week 6

### **Key Tasks**

* Complete all induction modules
* Set personal learning and development goals

### **Safeguarding Journey**

**Month 1 - 5**

**Overview**Apprentices gain essential safeguarding knowledge and understand their responsibilities.

**Deadline**Month 6

**Key Tasks**

* Complete safeguarding training modules

### **Programme Structure & Sessions**

Refer to core programme plan for core sessions.

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| Timeframes | Session Title | Objectives | Assessment Method | Submission Deadline | Off-The-Job Activity |
| Month 10 | **Unit 50** **Scientific Basis of Cardiovascular, Respiratory and Sleep Science: Anatomy, Histology and Physiology of the Respiratory System** | **Aim:**To develop learners’ theoretical knowledge of the anatomy, histology, and physiology of the respiratory system as a foundation for further study in respiratory and sleep science.**Objectives:*** Describe the anatomy and histology of the respiratory system.
* Explain the physiological mechanisms of respiration and gas exchange.
* Apply theoretical knowledge to routine technical skills in respiratory science.

Demonstrate professional behaviours aligned with Good Scientific Practice. | Unit 50 Knowledge WorkbookUnit 50 Professional Discussion | **1-2 months** | Activity: Shadow a respiratory physiologist or sleep technician during routine procedures (e.g., spirometry, CPAP titration, or lung function testing).Learning Outcome: Observe how anatomical and physiological knowledge is applied in practice.Follow-up: Write a reflective log linking observed procedures to theoretical concepts.Activity: Review anonymised patient case studies involving respiratory conditions (e.g., COPD, asthma, sleep apnoea).Learning Outcome: Apply knowledge of anatomy, histology, and physiology to interpret clinical data.Follow-up: Present findings in a short report or presentation.**Suggested off the job activity for month 10 =25 hours.**  |
| Month 11-12 | **Unit 59****Spirometry and Bronchodilator Response in Adults** | **Aim:**To provide learners with the knowledge and skills to perform, interpret, and report quality-assured spirometry and bronchodilator response tests in adults.**Objectives:*** Perform spirometry and bronchodilator response testing safely and accurately.
* Contribute to interpretation of results and generation of technical reports.
* Apply maintenance, calibration, and quality assurance procedures to equipment.
* Demonstrate safe, person-centred professional care in practice.
 | **Unit 59 PD Professional discussion.**  Learner is required to produce a presentation covering spirometry and reversibility testing, interpretation, and respiratory disease patterns. **Unit 59 Knowledge Workbook** **Unit 59 PE1 Product Evidence.** Competency Form**Unit 59 PE2 Product Evidence** Cleaning/ Decontamination log **Unit 59 PE3 Product evidence.** Maintenance log s**Unit 59 OB Observation**  Completed in department with learner and specialist tutor. | **2 months** | * Complete reflection on learner journal following completion of tutorial. Discuss what you learnt and how you intend to implement moving forward and in your role.
* Opportunity for learners to practice Spirometry and Bronchodilator Response skills remotely and in person.
* Learner will be required to complete competency assessment in line with ARTP standards. This will require support, time and guidance from work-based supervisor. Of the job hours will be logged for the observing shadowing and sign off on this unit/procedure.

**Suggested off the job activity for months 11-12 = 50 hours.**  |
| Month 13-14 | **Unit 60****Measurement of Single Breath Gas Transfer** | **Aim:**To develop learners’ competence in performing, interpreting, and reporting quality-assured single breath gas transfer measurements.**Objectives:*** Perform single breath gas transfer testing safely and accurately.
* Analyse technical data and contribute to technical reporting.
* Undertake equipment maintenance, calibration, and quality assurance.
* Demonstrate safe and person-centred care during testing.
 | **Unit 60 PD Professional discussion.**  Learner will be asked questions and required to discuss the principles, procedure, interpretation, maintenance, and quality assurance for single breath gas transfer. They will be required to interpret test examples provided in **PE3.****Unit 60 Knowledge Workbook** **Unit 60 PE1 Product Evidence.** Competency Form**Unit 60 PE2 Product Evidence** Maintenance log (evidence from Unit 59)**Unit 60 PE3 Product evidence.** Minimum of 5 single breath gas transfer reports with interpretation report**Unit 60 OB Observation**  Completed in department with learner and specialist tutor. | **2 months** | * Complete reflection on learner journal following completion of tutorial. Discuss what you learnt and how you intend to implement moving forward and in your role.
* Opportunity for learners to practice Measurement of Single Breath Gas Transfer skills.
* Learner will be required to complete competency assessment in line with ARTP standards. This will require support, time and guidance from work-based supervisor. Of the job hours will be logged for the observing shadowing and sign off on this unit/procedure.

**Suggested off the job activity for months 13-14 = 50 hours.** |
| Month 15-16 | **Unit 136****Measurement of Static Lung Volumes in Adults** | **Aim:**To equip learners with the skills and knowledge required to measure, interpret, and report static lung volumes in adults.**Objectives:*** Perform static lung volume testing safely and accurately.
* Interpret results and produce a technical report.
* Conduct maintenance, calibration, and quality assurance of equipment.
* Demonstrate person-centred and professional care in practice.
 | **Unit 136 PD Professional discussion. Learner will be asked questions and required to discuss the principles, procedure, interpretation, maintenance, and quality assurance for single breath gas transfer. They will be required to interpret test examples provided in PE3.** **Unit 136 Knowledge Workbook** **Unit 136 PE1 Product Evidence. Competency Form****Unit 136 PE2 Product Evidence Maintenance log (evidence from Unit 59)****Unit 60 PE3 Product evidence. Minimum of 5 static lung volume reports with interpretation report****Unit 136 OB Observation Completed in department with learner and specialist tutor.** | **2 months** | * Complete reflection on learner journal following completion of tutorial. Discuss what you learnt and how you intend to implement moving forward and in your role.
* Opportunity for learners to practice Measurement of Static Lung Volumes skills.
* Learner will be required to complete competency assessment in line with ARTP standards. This will require support, time and guidance from work-based supervisor. Of the job hours will be logged for the observing shadowing and sign off on this unit/procedure.

**Suggested off the job activity for 15-16 = 50 hours.**  |
| Month 17-18 | **Unit 61****Sleep Diagnostics** | **Aim:**To provide learners with the knowledge and skills to carry out diagnostic sleep investigations safely and accurately, supporting the analysis and interpretation of results.**Objectives:*** Perform standard diagnostic tests for sleep and sleep disorders.
* Retrieve, store, and contribute to the analysis and interpretation of sleep data.
 | **Unit 61 PD Professional discussion.**  Learner will be asked to produce a presentation discussing 4 disorders of breathing in sleep. **Unit 61 Knowledge Workbook** Annotated photo diary demonstrating their ability to perform sleep diagnostics using 2 different pieces of equipment. **Unit 61 PE1 Product Evidence.** Competency Form**Unit 61 OB Observation**  Completed in department with learner and specialist tutor. | **2 months** | * Complete reflection on learner journal following completion of tutorial. Discuss what you learnt and how you intend to implement moving forward and in your role.
* Opportunity for learners to practice Sleep Diagnostic skills.
* Learner will be required to complete competency assessment in line with ARTP standards. This will require support, time and guidance from work-based supervisor. Of the job hours will be logged for the observing shadowing and sign off on this unit/procedure.

**Suggested off the job activity for months 17-18 = 50 hours.**  |
| Month 19-20 | **Unit 135****Sleep Therapy** | **Aim:**To equip learners with the knowledge and skills required to manage sleep apnoea using Continuous Positive Airway Pressure (CPAP) therapy, supporting patients in effective use and safe maintenance of equipment.**Objectives:*** Explain CPAP therapy and its role in managing Obstructive Sleep Apnoea/Hypopnoea Syndrome (OSAHS).
* Identify appropriate CPAP interfaces and instruct patients in correct use.
* Document and store patient data accurately.
* Recognise common problems with CPAP therapy and suggest appropriate solutions.
* Demonstrate safe cleaning and maintenance of CPAP equipment and interfaces.

Provide safe, person-centred professional care in the workplace. | **Unit 135 PD Professional discussion.**  Learner will be asked to produce and deliver a presentation demonstrating their understanding of how to manage OSAHS.**Unit 135 PE1 Product Evidence.** Competency Form**Unit 135 OB Observation**  Completed in department with learner and specialist tutor.  | **2 months** | * Complete reflection on learner journal following completion of tutorial. Discuss what you learnt and how you intend to implement moving forward and in your role.
* Opportunity for learners to practice managing sleep apnoea using CPAP therapy, supporting patients in effective use and safe maintenance of equipment. skills remotely and in person.
* Learner will be required to complete competency assessment in line with ARTP standards. This will require support, time and guidance from work-based supervisor. Of the job hours will be logged for the observing shadowing and sign off on this unit/procedure.

**Suggested off the job activity for month 19-20 = 50 hours.** |

### **Career Development & Support**

**Career Information, Advice and Guidance Assessment**Completed when apprentice reaches 75% progress on their e-portfolio.

**Formal Progress Reviews**Every 10 – 12 weeks with line manager, apprentice and coach.

**1-2-1 Coaching Sessions**Every 4-6 weeks (frequency increases for additional support needs).

### **Key Contacts & Support**

* [Safeguarding Contact](https://www.dynamictraining.org.uk/about-us/learner-safeguarding/)
* [General Support](https://www.dynamictraining.org.uk/)
* [Complaints & Concerns](https://www.dynamictraining.org.uk/contact-us/forms/report-a-complaint-or-concern/)
* [Learner Portal](https://www.dynamictraining.org.uk/learner-portal/)
* [Session Cancellations](https://www.dynamictraining.org.uk/contact-us/forms/unable-to-attend-a-workshop/)