



**Home Studies or Attended Studies without prior sleep consultation for patient aged 18 years or older.**

Dear Doctor

As you are no doubt aware, the item numbers for sleep studies have recently undergone significant changes. Sleep studies both attended and at home can occur without a prior consultation with a sleep physician for patients aged 18 years or older. These patients must have a high probability of having OSA. Screening tests need to show an Epworth Sleepiness Scale score of  $\geq 8$  accompanied by one of the following

- a. Stop-Bang score  $\geq 4$
- b. OSA 50 score of  $\geq 5$

At the Illawarra Sleep Medicine Centre, we would like to provide a more flexible service that reflects the needs of referring doctors.

**As such there will be three ways that your patients can receive a sleep study and diagnosis:**

1. If you want full service, your patient will be seen by a sleep physician and, dependent on the result of a subsequent sleep study, the follow up testing and management will be at the discretion of the sleep physician.
2. Your patient meets the criteria to have a sleep study without seeing a sleep physician. The test can be attended or at home (see reasons below why a home study is contraindicated). If the result is abnormal you need to indicate whether you will manage the sleep disorder or you want a sleep physician consultation.
3. If a sleep study occurs without seeing a sleep physician and it is normal, then a report is sent to the referring doctor and there is no sleep physician involvement.

You need to realise that there can be a first night effect, with the possibility of a false negative result. If the clinical situation is not consistent with the result, consideration should be given to arranging a consultation with a Sleep Physician and or repeating the study.

**The main differences between an attended and home study are:**

1. The amount of information obtained. An attended test gives more information, but a home test, if successful, gives enough information regarding sleep apnoea.
2. There is about a 10-15% chance of a home sleep test not yielding a result due to equipment failure or other reasons.

**The Illawarra Sleep Medicine Centre has a number of distinct advantages for your patients.**

1. We have been operating for 25 years and have a highly skilled workforce. All of our technicians are registered nurses with many years of experience supervising and conducting sleep studies.
2. We can fully investigate and manage your patient for any known sleep disorder. We treat both children and adults.



3. We are the only sleep unit in the Illawarra to have received NATA accreditation. The process to gain accreditation is very exacting. You can be assured that our testing procedures and reports are of the highest standard.
4. We are the only sleep unit in the Illawarra with a facility in a private hospital. We have been attached to Ramsay's hospital at Figtree for 25 years and so this enables your patients to use their health insurance.  
We are in the no-gap scheme so your patients won't receive a bill from us. We also cater for public patients at our Kenny Street sleep facility.
5. If you prefer your patients to have a study without a prior consultation with a Sleep Physician, a comprehensive sleep study report and diagnosis will be sent to you in a prompt time frame after the sleep study has been completed.

### **Reasons Why Home Sleep Study is Inappropriate**

1. Prior home sleep study in last 12 months.
2. Patient suspected of having:
  - a. Central sleep apnoea
  - b. Periodic limb movement disorder
  - c. Suspected sleep apnoea with: -
    - heart failure
    - arrhythmia
    - neurologic disease
    - acromegaly
    - hypothyroidism
    - advanced respiratory disease
    - suspected respiratory failure
  - d. Unexplained hypersomnolence
  - e. Suspected parasomnia or seizure disorder
  - f. Suspected sleep related movement disorder
3. Video of study required
4. Patient has significant mental health disorder
5. Patient lives out of the area
6. Concerns about suitability of home environment for sleep study
7. Patient has transport issues
8. Patient's score of ESS/Stop-Bang/OSA 5O are below the criteria for a sleep study to occur without a sleep physician consultation
9. Patient has an intellectual disorder or significant cognitive impairment
10. Patient has a significant physical disability
11. Body position needs to be recorded and is considered essential
12. Patient has a preference for an attended test

If uncertain or further information or assistance is needed contact our Business Manager Kaye King at ISMC on 02 4226 6980