

Sleep Therapy WA

Excellence in Management of Sleep Disorders

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PATIENT DETAILS (* Required Fields)

First name* Last name* DOB*

Address Postcode

Contact number Alternative number

Email

Medicare # Ref # Expiry

Private Health Fund Membership #

Name of GP Practice Name of GP

CLINICAL SERVICES REQUIRED

Specialist Consultation Diagnostic Sleep Study

Insomnia Management Sleep Study on Therapy (CPAP/MAS)

Provent Trial CPAP Trial

Positional Therapy Trial Tongue Stabiliser Device Trial

Additional Information

All sleep studies are reported and therapy recommendation made by
Dr Jack Philpott MBBS, FRACP or associate Sleep WA physician

OSA 50 QUESTIONNAIRE (To be completed by Pharmacist / GP)

Yes No

Overweight - Is the waist circumference > 102 cm (males) or >88cm (females)?

Apnoeas - Has anyone witnessed pauses in breathing during sleep?

Snoring? - Is snoring disruptive to anyone?

50 Years + - Is the patient older than 50 years of age?

OSA Score

REFERRAL DETAILS

Referring Doctor

Address

.....

Telephone

Interested Parties

Doctor's Signature Date

REFERRAL SOURCE

Company Name

Email Address

Telephone Fax

**THIS REFERRAL MUST BE SIGNED
BY YOUR GP OR SPECIALIST**

AREAS OF CLINICAL FOCUS

Conditions associated with Sleep Disordered Breathing (SDB)

| | |
|--------------------------------|---------------------------------------|
| Cardiovascular disease | Type 2 Diabetes |
| Peri-operative care | Depression and mood disorders |
| Occupational Health and safety | Chronic Obstructive Pulmonary Disease |

PREVALENCE OF SDB IN PATIENTS WITH THE FOLLOWING CONDITIONS

References available on request

| | |
|--|-----|
| COPD (RDI > 10) | 22% |
| Type 2 Diabetes (AHI > 15) | 37% |
| Car accidents in males (AHI > 15) | 90% |
| Car accidents in females (AHI > 15) | 80% |
| Bariatric Surgery (AHI > 15) | 91% |
| Surgical Population (AHI > 5) | 27% |
| Depression (AHI > 5) | 20% |

| | |
|---|-----|
| <u>Cardio Vascular Diseases</u> | |
| Drug Resistant Hypertension (AHI > 15) | 64% |
| Heart Failure (AHI > 5) | 76% |
| Atrial Fibrillation (AHI > 15) | 62% |
| All Hypertension (AHI > 10) | 37% |
| Acute Coronary Syndrome (AHI > 10) | 55% |
| Stroke (AHI > 10) | 58% |

CRITERIA FOR LABORATORY AND HOME BASED SLEEP STUDIES

Home based sleep studies are:

- Recommended for high pre-test probability of severe sleep apnoea

Laboratory based sleep studies are:

- Recommended for low pre-test probability of sleep apnoea
- Recommended in patients with obesity, heart failure, ischaemic heart disease or COPD
- Necessary for diagnosis of parasomnias

HOW TO PREPARE FOR YOUR HOME BASED SLEEP STUDY

The set up for a home sleep study takes approximately one hour.

Arrive at your appointment wearing clothes suitable for sleeping; for example a loose fitting top. Once the monitors and wires are fitted, clothing on the upper body cannot be removed. For those who sleep bare chested, the technologist can attach belts and other equipment to the bare chest. A button-up/zip-up top (nothing with a tight neck) may be used to cover the monitoring equipment whilst traveling home.

Arrive at the appointment with clean hair and skin. Do not apply excessive creams, make-up or oils to the skin. Men who do not usually keep facial hair must be cleanly shaven, especially around the chin and jaw line area. (Stubble prevents proper attachment of the sensors).

Once the equipment is attached, one cannot shower, bathe, or engage in strenuous activity such as exercise.