

# Diagnostic Sleep Study Worksheet: Adult (ongoing testing)

Patient Name \_\_\_\_\_ DOB \_\_\_\_\_ Age \_\_\_\_\_

Health Plan \_\_\_\_\_ Member Number \_\_\_\_\_

Requesting Physician \_\_\_\_\_ Sleep Study Provider \_\_\_\_\_

## Directions:

Collect patient information from the requesting physician. Submit online ([www.ProviderPortal.com](http://www.ProviderPortal.com)) for an instant response.

Request Type (check one):  Home Sleep Study  In-Lab Sleep Study (PSG)

Has this patient previously has a full night PSG or HST?  Yes  No

If Yes is selected

Primary Suspected Diagnosis \_\_\_\_\_

## Follow Up Diagnostic Study (please check all that apply)

- Significant weight loss (defined as 10% of the body weight) since the most recent sleep study
- To evaluate the outcomes of surgery (including removal of tonsils or oropharyngeal surgery)
- To evaluate the outcomes of the oral appliance/device\_ Previous technically suboptimal home sleep study (2 nights of study attempted)
- Previous 2 night home sleep study which did not diagnose OSA in a patient with ongoing clinical suspicion of OSA

## Contraindications to a Home Study

- The patient is 18 years old or younger
- Moderate or Severe Chronic Obstructive Pulmonary Disease (COPD) – Forced expiratory volume in 1 second/Forced vital capacity (FEV1/FVC) less than or equal to 0.7 and FEV1 less than 80% predicted  Moderate or severe congestive heart failure (CHF) - New York Heart Association (NYHA) class III or IV
- CHF with a history of ventricular fibrillation or sustained ventricular tachycardia in a patient who does not have an implanted defibrillator
- Cognitive impairment (inability to follow simple instructions) resulting in inability to apply the home sleep testing equipment when another individual is not available to assist with this task
- Physical impairment resulting in inability to apply the home sleep testing equipment when another individual is not available to assist with the task
- Previous technically suboptimal home study (2 nights of study attempted)
- Previous 2 - night home study which did not diagnose OSA in a patient with ongoing clinical suspicion of OSA
- Oxygen dependent for any reason
- Stroke (CVA) within the last 30 days
- Current use of opiate narcotics
- Body Mass Index (BMI) > 33 and elevated serum bicarbonate level (>28mmol/L)
- Established diagnosis of obesity hypoventilation syndrome

## Order Type

If you are requesting an In-Lab Study (PSG) and Contraindications to a Home Sleep Study are not present, do you want to switch to a Home Sleep Study?  Yes  No

