

**OLIVE VIEW-UCLA MEDICAL CENTER
RESPIRATORY CARE SERVICES – SLEEP MEDICINE
POLICY & PROCEDURE**

**NUMBER: 6179
VERSION: 1**

SUBJECT/TITLE: CPAP TREATMENT

POLICY: Prescription of long-term CPAP therapy will be based on: 1) documentation of need by PSG or portable sleep monitoring; and 2) titration of optimal pressure during polysomnography, auto-CPAP titration or serial monitoring at fixed pressure settings. After an acclimation period of 30 - 90 days, patients who exhibit benefit and adherence to CPAP will be provided continued CPAP treatment.

PURPOSE: Explicit criteria to ensure that all patients prescribed CPAP follow a standard protocol regarding initiation, monitoring and continuing therapy.

DEPARTMENTS: RESPIRATORY CARE SERVICES

DEFINITIONS:

PROCEDURE: All patients prescribed CPAP will have: 1) documentation of need by PSG or portable sleep monitoring; and 2) titration of optimal pressure during polysomnography, auto-CPAP titration or serial monitoring at fixed pressure settings. Long-term adherent CPAP users who have had need documented at another facility may have a replacement prescription based on a CPAP titration study alone.

During CPAP set-up patients will be informed that in order to keep the device more than 90 days, they must demonstrate benefit and adherence at a clinic appointment 30 – 90 days after issuance, and the follow-up clinic appointment will be set. After CPAP is initiated, patients will be monitored as needed by face-to-face encounters and machine download data to optimize adherence and subjective benefit. Patients will continue to be followed in sleep clinic at up to yearly intervals. Those that do not meet the benefit and adherence requirements during the 90 day trial period will relinquish their CPAP units, but will continue to be followed in sleep clinic.

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