

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

**NUMBER: 9454
VERSION: 1**

SUBJECT/TITLE: PATIENT ACCEPTANCE

PURPOSE

Explicit criteria for defining the patient population evaluated at the facility ensure that all patient evaluations are within the scope of the professional expertise, technical competence and capability of the staff for the facility.

POLICY

The sleep facility will accept, evaluate and treat all patients with sleep-related disorders meeting the criteria established by this facility.

In-Center Acceptance Criteria

- 1.0 Patients beginning at the age of two years of age will be tested in the facility.
- 2.0 Patients are referred from providers in the Los Angeles Health Care System via eConsult .
- 3.0 All patients with sleep complaints of insomnia, excessive daytime sleepiness, circadian rhythm disorders or parasomnias are accepted for evaluation.
- 4.0 Patients requiring the services of a caregiver during the night will be required to bring someone with them who can stay throughout the procedures to provide the needed assistance.
- 5.0 Children under the age of 18 will be required to have a parent or legal guardian remain at the facility throughout any sleep procedures.
- 6.0 The following may exclude a patient from acceptance:
 - 6.1 Potential patients with untreated psychiatric or medical conditions that would affect the validity of the study or endanger the technical staff, based on review of the case by the facility director or a designated sleep staff physician.
 - 6.2 Patients whose weight exceeds 500 pounds.

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HSAT Acceptance Criteria

- 1.0 Patients beginning at the age of 18 will be tested using HSAT.
- 2.0 Patients tested with HSAT must have a high pre-test probability of OSA with limited co-morbidities.
- 3.0 The following may exclude a patient from acceptance for HSAT:
 - 3.1 Moderate to severe pulmonary disease
 - 3.1.1 Chronic Obstructive Pulmonary Disease (COPD)
 - 3.1.2 Emphysema
 - 3.1.3 Asthma
 - 3.2 Neuromuscular conditions
 - 3.2.1 Multiple Sclerosis
 - 3.2.2 Parkinson's Disease
 - 3.2.3 Muscular Dystrophy
 - 3.3 Congestive heart failure
 - 3.4 Other sleep disorders
 - 3.4.1 Central sleep apnea
 - 3.4.2 Periodic leg movement disorder (PLMD)
 - 3.4.3 Circadian rhythm disorder (CRD)
 - 3.4.4 Narcolepsy
 - 3.4.5 Parasomnias
- 4.0 HSAT is not used for general screening of asymptomatic populations.
- 5.0 HSAT may be indicated for patients for whom in-center testing is not possible due to immobility, safety, or critical illness.
- 6.0 HSAT may be indicated to monitor the response to non-PAP treatments for OSA, including:
 - 6.1 Oral appliances
 - 6.2 Upper airway surgery
 - 6.3 Weight loss
- 7.0 Patients that do not meet criteria for HSAT will be directed for an in-lab consultation or possible in-lab testing.

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PROCEDURE

- 1.0 Sleep studies are requested by Los Angeles County Health system providers via a sleep medicine eConsult .
 - 1.1 The provider is responsible for providing a history and physical exam and the eConsult will provide relevant demographic and clinical information.
 - 1.2 The eConsult is reviewed and approved by the Olive View-UCLA Sleep Medicine Center designated reviewers who are sleep physicians or nurse practitioners.
 - 1.3 If the minimum age requirement is not met, the child will be referred to a sleep facility that conducts testing on children.
 - 1.4 Children under the age of 18 are scheduled for a pre-testing visit in the Pediatric Sleep Medicine, at which time, a detailed pediatric sleep questionnaire is completed, the patient is scheduled for the pediatric polysomnogram, if appropriate, and the accompanying caretaker will be informed that a parent or guardian must stay with the individual throughout the testing procedure.
- 2.0 Adults aged 18 years or more for whom a sleep is not appropriate will be scheduled for sleep medicine clinic appointment.
- 3.0 Adults aged 18 years or more for whom a sleep study is appropriate will complete a short visit at the sleep center, at which time a detailed sleep questionnaire and daytime symptom severity questionnaires (Epworth Sleepiness Scale and Functional Outcomes of Sleep Questionnaire) will be completed.
 - 3.1 A complete list of current medications, including any allergies, will be obtained.
 - 3.2 Other medical conditions of the patient will also be obtained.
 - 3.3 Patients who qualify will be offered an HSAT the night of the short visit. Those that do not qualify or are unwilling or unable to complete the HSAT will be scheduled for an in-laboratory polysomnogram.
 - 3.4 The facility director or an appropriately licensed designated medical staff member will determine if the patient has any psychiatric or medical condition that prevents the patient from being accepted for a sleep study at the present time.

References:	
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