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— SLEEP AND THORACIC —

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SLEEP STUDY REFERRAL

To qualify for a Medicare subsidised sleep study, **all components** must be completed by the doctor or patient.
Return by FAX (07) 3036 6094 or EMAIL reception@nbst.com.au | PHONE 1300 391 820

Patient name: _____ Date of birth: / / _____

Medicare number: _____ Mobile: _____

Referring Doctor: _____ Provider No: _____ Phone: _____

Email: _____ Signature: _____ Date: _____

STEP 1 CLINICAL HISTORY

- If the patient requires a diagnostic sleep study, complete step 2 & 3 then step 4A.
- If a diagnostic sleep study is not required then complete step 4B or 4B & 4C.

What is the clinical question to be answered? _____

STEP 2 DIAGNOSTIC SLEEP STUDY

Pre-screening for high probability for symptomatic moderate to high OSA. To access a bulk billed sleep study prior to a sleep physician consultation, a patient must have a **StopBang score ≥ 3 AND Epworth Sleepiness Scale score ≥ 8.**

STOP	Do you snore loudly (louder than talking or heard through closed doors)?	YES	NO	
	Do you often feel tired, fatigued, or sleepy during daytime?	YES	NO	
	Has anyone observed you stop breathing during your sleep?	YES	NO	
	Do you have or are you being treated for high blood pressure?	YES	NO	
BANG	BMI more than 35kg/m2?	YES	NO	
	AGE over 50 years old?	YES	NO	
	NECK circumference > 16 inches (40cm)?	YES	NO	
	GENDER: Male?	YES	NO	

Epworth Sleepiness Scale score (Indicate the chance of dozing: 0 - Unlikely; 1 - Slight; 2 - Moderate; 3 - Highly likely)

Sitting & reading	0	1	2	3
Watching TV	0	1	2	3
Passenger in a car trip greater than 1 hour	0	1	2	3
Sitting and talking to someone	0	1	2	3
Sitting inactive in public (meeting or theatre)	0	1	2	3
Lying down to rest in the afternoon when circumstances permit	0	1	2	3
Sitting after lunch without alcohol	0	1	2	3
In a car stopping in traffic for a few minutes	0	1	2	3

Stop Bang TOTAL YES

ESS Scale TOTAL

STOPBANG ≥ 3 & ESS ≥ 8 AND no criteria in section 3 applicable: Medicare subsidised home study without prior sleep consultation is feasible

STOPBANG ≥ 3 & ESS ≥ 8 AND any 1 of the criteria in section 3 applicable: Medicare subsidised in lab study without prior sleep consultation is feasible

STOPBANG < 3 or ESS < 8: Patient must proceed to a sleep physician consultation prior to a sleep study OR may access a non-Medicare rebated sleep study

STEP 3 CRITERIA FOR IN LABORATORY STUDY (please tick)

Does the patient have any of the conditions below? If any are present, the patient is not suitable for a home study. Other factors may also result in home studies being unsuitable.

<input type="checkbox"/> Patient preference	<input type="checkbox"/> Neurological disease likely (especially neuromuscular disease)
<input type="checkbox"/> Previous failed or inconclusive home study	<input type="checkbox"/> Intellectual disability or cognitive impairment
<input type="checkbox"/> Unsuitable home environment	<input type="checkbox"/> Physical disability with inadequate carer attendance
<input type="checkbox"/> Possible parasomnia or seizure disorder	<input type="checkbox"/> Acromegaly or hypothyroidism
<input type="checkbox"/> Recording of body position is considered essential	<input type="checkbox"/> Suspected central sleep apnoea syndrome
<input type="checkbox"/> Significant cardiac arrhythmias / heart failure	<input type="checkbox"/> Suspected sleep hypoventilation syndrome
<input type="checkbox"/> Advanced respiratory disease	

STEP 4 SLEEP SERVICE REQUESTED

A Diagnostic sleep study
Follow up post sleep study:
 By referring doctor
 By Sleep Physician

B Sleep physician consultation prior to any sleep study

C Intervention sleep study
Note a sleep physician review is required for this to be a Medicare subsidised study.
 CPAP titration study
 Post upper airway surgery, oral appliance
 OR >10% weight loss or positional therapy