

Titration Study or Initial Treatment with APAP Worksheet

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) for an instant response.

Order Type (check one): Titration Study Initial Treatment (APAP/CPAP)

If Titration Study is checked above, has this patient previously had a split night study or Titration Study? Yes No

If No is checked

Primary Suspected Diagnosis _____

Provider Compliance Data for the patient

(please check all that apply)

A split night sleep study has already been attempted for this patient Yes No Unknown

Please provide the AHI or RDI, whichever is higher, from the most recent PSG, HST or pre-split portion of a split night. _____

Comorbid Conditions (>19 years old)

Excessive daytime sleepiness evidenced by:

Epworth Sleepiness Scale (ESS) > 10 or,

Inappropriate daytime napping (during conversation, driving or eating) or,

Sleepiness that interferes with daily activity

Impaired cognition

Mood disorders

Insomnia

Treatment resistant hypertension

Ischemic heart disease

History of stroke

Contraindications to APAP Treatment (>19 years old)

The patient is 18 years old or younger

Congestive heart failure

Chronic Obstructive Pulmonary Disease (COPD)

Central sleep apnea

Neuromuscular disorders (e.g. muscular dystrophy, myasthenia gravis)

APAP previously unsuccessful

Adenotonsillectomy History (>19 years old)

Adenotonsillectomy has been unsuccessful in treating OSA

Minimal Adenotonsillar tissue is present

Adenotonsillectomy is not appropriate because OSA is attributable to another condition

Adenotonsillectomy is contraindicated

Order Type

If you are requesting a CPAP Titration Study and Contraindications to APAP Treatment are not present, do you want to switch your order to an Initial Treatment with an APAP? Yes No



Titration Study or Initial Treatment with APAP Worksheet (continued)

Request Type (check one)

- Titration Study
- Initial Treatment (APAP/CPAP)

If Titration Study is checked above, has this patient previously had a split night study or Titration Study? Yes No

If Yes is checked:

Primary Suspected Diagnosis _____

Provide Compliance Data for the patient

(please check all that apply)

A split night sleep study has already been attempted for this patient Yes No Unknown

Follow Up Titration Study (>19 years old)

- APAP previously unsuccessful
- To contribute titration when previous study did not reach optimal pressure
- Recurrence or worsening of symptoms during treatment with CPAP/BPAP
- To evaluate the outcomes of surgery (including removal of tonsils or oropharyngeal surgery)
- To evaluate the outcomes of the oral appliance/device
- Significant weight loss (defined as 10% of body weight) since the most recent sleep study

Contraindications to APAP Treatment (>19 years old)

- The patient is 18 years old or younger
- Congestive heart failure
- Chronic Obstructive Pulmonary Disease (COPD)
- Central sleep apnea
- Neuromuscular disorders (e.g. muscular dystrophy, myasthenia gravis)
- Oxygen dependent for any reason
- APAP previously unsuccessful

Adenotonsillectomy History (>19 years old)

- Adenotonsillectomy has been unsuccessful in treating OSA
- Minimal Adenotonsillar tissue is present
- Adenotonsillectomy is not appropriate because OSA is attributable to another condition
- Adenotonsillectomy is contraindicated

