

# Ordering to Diagnosing Sleep Apnea

*In your practice!*

## Ordering a Home Sleep Test

Simply write a prescription for a Home Sleep Test to be completed on Room Air with the applicable diagnosis codes. We also provide a simple HST prescription and a complex HST prescription that includes valuable data that is needed from the patient prior to ordering a sleep test. Once the script is signed, fax this along with the patient demographics and a copy of their last office visit notes. We will then call and schedule the patient for their in-home testing once verified.

- ❖ Order Home Sleep Test through Advanced Diagnostic Solutions Inc (ADSI)
- ❖ Fax prescription, clinical notes and patient demographics to (727) 264-2117

## Sleep Results & Interpretation

Once we receive the test equipment from the patient it is downloaded and scored by our sleep technicians which then process it to our panel of board-certified sleep physicians. They will interpret the test results to meet insurance qualifications and then make recommendations based on the patient's sleep data. This final report will then be sent to your office for review which at this point, you will determine if you would like to set the patient up with therapy.

- ❖ Read sleep results and determine if patient qualifies
- ❖ Arrange a F/U visit with patient to discuss treatment options

## Auto-titration & Compliance

Once a patient is determined that they need therapy/treatment, you will then order an auto-titrating CPAP, also known as an APAP, to begin the auto-titration and compliance study. This should be completed over a 30-day period to ensure compliance and proper PAP settings before setting their patient up with permanent equipment through their preferred home medical equipment provider. Before the next patient appointment, the preferred medical equipment provider should download the APAP data and forward it to your office for review. At the end of the thirty days your patient should come back into the office for a follow-up appointment to review their APAP usage and determine the next course of action.

- ❖ Refer patient with APAP prescription to preferred Home Medical Equipment supplier  
*Suggested APAP settings are a range of 4 to 20 to successfully auto-titrate the patient.*
- ❖ Receive 30 Day compliance download from APAP device to determine the new CPAP settings.
- ❖ Arrange F/U visit for patient to discuss progress or non-compliance
- ❖ Discuss options with patient to successfully treat sleep apnea



*Your National HST Provider!*