Clinical Guidelines to Obstructive Sleep Apnea Screening & Diagnosis

**STEP 1**
- Routine Health Maintenance Exam
- Patient Complains of Symptoms

**Sleep Disorder Symptoms** (Check all that apply)
- Is the patient obese?
- Is the patient retrognathic?
- Does the patient have daytime sleepiness?
- Does the patient have hypertension?
- Does the patient have snore?

**STEP 2**
- Sleep Evaluation (Check all that apply)
  - Witnessed apneas
  - Snoring
  - Gasping/choking at night
  - Unexplained excessive sleepiness
  - Nonrefreshing sleep
  - Total sleep amount
  - Sleep fragmentation

Does patient display OSA Symptoms?

**STEP 3**
- Sleep Study
  - Polysomnography
  - Full night
  - Split night
  - Home Sleep Testing (HST)
  - Other sleep procedures

Results reviewed with sleep specialist

Test results positive for OSA?

**STEP 4**
- Discuss Treatment Options
- Patient Education
  - CPAP
  - Surgical
  - Behavioral
  - Adjunctive
  - Oral appliance
  - Alternative Therapy

High Risk Screenings
- Obesity, Congestive Heart Failure, Atrial Fibrillation, Treatment Refractory Hypertension, Type 2 Diabetes, Nocturnal Dysrhythmias, Stroke, Pulmonary Hypertension, High Risk Driving Populations, Preoperative for Bariatric Surgery

Evaluate for other sleep disorders or comorbidities
Patient presents for evaluation of suspected OSA

Does the patient have a high pretest probability of moderate to severe OSA? (Check all that apply)
- Obesity
- Congestive Heart Failure
- Atrial Fibrillation
- Treatment Refractory Hypertension
- Type 2 Diabetes
- Nocturnal Dysrhythmias
- Stroke
- Pulmonary Hypertension
- High Risk Driving Populations
- Preoperative for Bariatric Surgery

Evaluate for other sleep disorders. Consider in-lab sleep study.

Does patient have symptoms or signs of comorbid medical disorders?
(HST is not appropriate for patients with significant comorbid medical conditions including moderate to severe pulmonary disease, neuromuscular disease or congestive heart failure.)

In-lab Sleep Study (PSG)

No

Does patient have symptoms or signs of comorbid sleep disorders?
(HST is not appropriate in patients suspected of having other sleep disorders, including central sleep apnea, periodic limb movement disorder (PLMD), insomnia, parasomnias, circadian rhythm disorders or narcolepsy.)

Home Sleep Study (HST)

Yes

Sleep Study
What type of test does patient prefer? What type of test is covered by insurance?

See Step 4 in Clinical Guidelines for the Use of Unattended Portable Monitors in the Diagnosis of Obstructive Sleep Apnea in Adult Patients by Portable Monitoring Task Force of the American Academy of Sleep Medicine, as seen in JCSM Journal of Clinical Sleep Medicine, Vol. 3, No. 7, 2007

"Clinical Guidelines for the Evaluation, Management, and Long-term Care of Obstructive Sleep Apnea in Adult Patients" by Adult Obstructive Sleep Apnea Task Force of the American Academy of Sleep Medicine, as seen in JCSM Journal of Clinical Sleep Medicine, Vol. 5, No. 3, 2009