Patient management in-lab and home Name of Policy: sleep apnea testing (HSAT) THE UNIVERSITY OF TOLEDO MEDICAL CENTER **Policy Number:** 3364-171-04-03 **Department:** Sleep Disorders **Approving Officer:** Senior Hospital Administrator Director, Sleep Disorders **Responsible Agent:** Effective Date: 03/17/2023 Scope: The University of Toledo Medical Center Initial Effective Date: 03/17/2023 Pulmonary Services Department Minor/technical revision of existing policy New policy proposal Major revision of existing policy Reaffirmation of existing policy

(A) Policy Statement

All qualified and trained Polysomnographic Technologists are responsible for patient management and education following an in-lab or HSAT.

(B) Purpose of Policy

UTMC Sleep Disorders Center will provide in-lab Positive Airway Pressure (PAP) therapy following an in-lab Polysomnogram and Home Sleep Apnea Testing (HSAT) when ordered by a provider.

(C) Procedure

UTMC Sleep Disorders Center will maintain a record the patient's Electronic Health Record (EHR) following an in-lab or HSAT options for treatment for Obstructive Sleep Apnea (OSA) as indicated by the interpreting physician.

Patients are given verbal and written instructions to follow-up with their ordering provider regarding text results and treatment options.

Possible options for retesting or treatment include,

- Referral for PAP titration or Split study.
- Auto-titrating (APAP) home trial
- Oral appliance
- Hypoglossal nerve stimulator (e.g., Inspire device)
- Determination of an alternative to PAP therapy
- Technical failure due to equipment malfunction
- In-Lab Polysomnography in cases where adequately performed HSAT does not establish the diagnosis of OSA in patients with a high pre-test probability.
- 1. Patients are instructed to follow-up with their ordering provider or the Sleep Clinic within 90 days after their PAP titration and no more than 30 days following an APAP set-up.
- 2. Patient's EHR contain the interpretation and recommendations.
- 3. Patient face-face follow-up visits are kept in the patient's chart maintained in the ordering provider's office. These charts will incorporate the following:
 - a. Measurement of therapy adherence and clinical response to therapy. This shall be documented by device download, subjective questionnaire, or face-face encounter.

Note: Patients are not seen by physicians in the Sleep Disorders Center for office visits. Patient follow-ups are completed in the UTMC Sleep Disorders Clinic which is staffed by the Medical Director and staff.

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| Approved by: | | Review/Revision Date: 03/23 |
|---|--------------------|-----------------------------|
| Michael Taylor Director, Pulmonary Services | 03/20/2023 Date | |
| Andre Aguillon, M.D. Medical Director | 03/19/2023 Date | |
| /s/ Russell Smith Senior Hospital Administrator | 03/20/2023 Date | |
| Review/Revision Completed By: Director, Sleep Disorders Center Policies Superseded by This Policy: | | Next Review Date: 03/26 |

It is the responsibility of the reader to verify with the responsible agent that this is the most current version of the policy.