

Sleep Investigation Laboratory

Centre for Sleep Health and Research
Royal North Shore Hospital



Minimum standards for referrals

You must complete and return BOTH the following forms for each patient:

1. **SLEEP STUDY REQUEST**
2. **MEDICARE CHANGES – Eligibility for Laboratory Sleep Studies**

Referrals must include a good medical history (including comorbidity details), either written on Request itself, or attached as formal correspondence from the referring Physician. This ensures Patient's medical background is known in case of an emergency, and that the appropriate technical And staffing arrangements are in place. The following Patient details must be provided on the Referral:

- Full name (& maiden name if applicable)
- Title (Miss, Mr, Mrs, Dr)
- Date of birth
- Contact telephone numbers (mobile preferred), email and home address
- Enough background clinical information to allow the clinical acuity and priority of the referral To be assessed. If the clinical information is insufficient you may be contacted by the Sleep Laboratory for clarification. The following details assist in triaging:

- Height, weight, BMI
- Priority / Urgency (ensures processing meets our guidelines & timelines).
- Past medical history including:
 - o presenting symptoms
 - o physical findings
 - o duration and details of any associated medical conditions
 - o details of previous treatment(s)
 - o investigations (e.g. radiology or pathology) and/or procedures
 - o details of current medications and any known allergies
 - o any other relevant results

Additional details required:

- Date of referral
- Details of referring practitioner and provider number (required to ensure validity and to register the practitioner with Medicare)
- Full contact details of referring practitioner including fax number (required to send Sleep Study reports and to contact practitioner if required)
- Specialty of the referring physician
- Signature of the referring physician

For Specialist who are not Sleep and Respiratory Physician

IMPORTANT INFORMATION

Eligibility for a Medicare-funded sleep study changed on 01 Nov 2018. All referrals for a diagnostic

Sleep study from non-Sleep & Respiratory physicians must now be accompanied by two completed,

Mandatory screening questionnaires:

(1) Epworth Sleepiness Scale: total score ≥ 8 (a pass on this questionnaire is compulsory)

Plus one the following for a high probability for symptomatic, moderate to severe OSA:

(2) STOP-BANG score ≥ 4 or OSA-50 score ≥ 5 or Berlin Questionnaire - high risk

In the event a patient fails the mandatory questionnaire(s), Medicare requires the necessity for a

Sleep study to be determined during a face-to-face consultation with a qualified adult sleep Medicine practitioner or consultant respiratory physician. The Northern Specialist Centre (Suite 9,

Level 4 North Shore Private Hospital, Tel 9463 1966 / Fax 9463-2097) can assist in arranging a Sleep

Specialist appointment if necessary. Alternatively, private consultations can be arranged with a

Respiratory and Sleep Medicine specialist of your choice.

Kind regards

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