



First Floor, 9 Caledonian Road, Christchurch  
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## Sleep Assessment Referral Form

Sleep apnoea and other sleep disorders testing and treatment  
Christchurch, New Zealand

Please fax your patient's referral to **03 379 5061**



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<b>PATIENT DETAILS</b> Name: _____ Address: _____ _____ D.o.B: _____ Phone: _____ NHI No: _____	Referring Practitioner Stamp / Name    Phone: _____ Fax No: _____
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Service required (see over for details of services provided)

- Sleep Disorders Screening Clinic Consultation +/- Sleep Study if indicated
- Specialist Physician Consultation +/- Sleep Study if indicated
- Level IV Sleep Study (oximetry and pulse rate)
- Compass Level IVa Sleep Study (oximetry, nasal flow, snoring, airflow limitation)
- Embletta Level III Sleep Study (oximetry, pulse, nasal flow, body position and thoraco-abdominal band data, snoring, actigraphy and ECG, PLM)
- CPAP trial

Please provide clinical information or attach referral letter
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Signature: \_\_\_\_\_ Date: \_\_\_\_\_



**Details of services provided (Please contact us on 03 3795060 for more information):**

**Sleep Disorders Screening Clinic Consultation**

This new service provides a rapid affordable diagnostic and treatment pathway for your patients with suspected sleep disorders. Patients will be assessed by a specialist-trained nurse or sleep scientist, with a questionnaire designed to indicate risk of sleep disorders, including OSA, central sleep apnoea, insomnia, narcolepsy and nocturnal movement disorders. Following discussion with the Sleep Specialist, appropriate testing will be undertaken if required, and treatment initiated. All patients identified with sleep disorders will subsequently see a sleep specialist once treatment has been initiated. A full report including results of sleep studies will be sent to you, and provided for your patient. You may wish to use this clinic for screening of your patients with diabetes (up to 58% of patients with Type II diabetes have OSA), or heart failure (50% of stable heart failure out-patients in NZ have OSA).

**Specialist Physician Consultation**

A full sleep consultation with a Specialist Sleep Physician, including Sleep Study if clinically indicated.

**Level IV Sleep Study (oximetry and pulse rate)**

This test screens for the diagnosis of OSA in those with high index of suspicion. It cannot exclude less severe disease, and underestimates OSA incidence and severity by approximately 30%. Unable to distinguish between central and obstructive sleep apnoea.

**Compass Level IVa Sleep Study (oximetry, nasal flow, snoring, airflow limitation)**

More sensitive for the diagnosis of OSA. Cannot discriminate between central and obstructive apnoea. Provides other information such as snoring, flow limitation. Cannot assess limb movements or ECG.

**Embletta Level III Sleep Study (oximetry, pulse, nasal flow, body position and thoraco-abdominal band data, snoring, actigraphy and ECG, PLM)**

The most comprehensive of the home based tests for OSA. Can distinguish between central and obstructive events. Gives extra information about positional influence, flow limitation, limb movements, ECG.

**CPAP Trial**

Clinical trials have shown that initiation of CPAP by specialist sleep scientists, with careful mask fitting improves compliance with CPAP. Pressure requirements will be titrated using an Autoset device, which also measures compliance and monitors effectiveness of CPAP.

**Please contact us on 03 379 5060 to discuss your patient's needs**