

For All Appointments & Reports  
 Tel: 1300 570 700 Fax: (08) 9386 7844

www.sleepwa.com.au  
 Email: reception@sleepwa.com.au

### PATIENT DETAILS

Name: ..... DOB: .....  
 Address (or Hospital Ward): ..... Suburb: .....  
 Telephone: (H) ..... (M) ..... Email: .....

### SLEEP SERVICES CONSULTATION

- Respiratory/Sleep Physician  
 Nedlands  Telehealth  
 Rockingham

- Sleep Study\* (and treatment if indicated)  
\* Sleep study either in-lab or at home based on clinical history.  
 CPAP Trial  
 CPAP Support

### INSOMNIA MANAGEMENT CONSULTATION

This referral includes consultation with the Sleep Physician. Patients can consult privately with our Clinical Psychologist but please note that completion of a mental health care plan is required for the patient to receive the Medicare rebate.

### RESPIRATORY FUNCTION TESTS

- Spirometry  
 Comprehensive Lung Function Test  
 Oxygen Therapy Assessment (6 Min Walk Test)
- Nasal Resistance  
 Mannitol Challenge (for asthma)  
 Skin Tests To Common Aeroallergens  
 Flight Altitude Simulation Test
- Diving Medical Test  
 FENO Test (includes spirometry)

### SCREENING QUESTIONNAIRES

(to be completed in consultation with the referring Doctor)

**MEDICARE REBATE FOR HOME SLEEP STUDIES REQUIRES OSA50 SCORE OF ≥ 5 AND ESS OF ≥ 8 OTHERWISE SPECIALIST CONSULTATION IS REQUIRED PRIOR TO SLEEP STUDY**

#### OSA50

		Tick	Score
<b>Obese</b>	Is the waist circumference >102cm (males) or 88cm (females)?		3
<b>Snoring</b>	Is snoring disruptive to anyone?		3
<b>Apnoeas</b>	Has anyone witnessed pauses in breathing during sleep?		2
<b>50</b>	>50 years?		2
<b>Total Score</b>			/10

### EPWORTH SLEEPINESS SCORE:

In the following situations, please indicating how likely you are to doze off by putting a tick by the correct answer

#### Sitting and reading

0. Never doze  
 1. Slight chance of dozing  
 2. Moderate chance of dozing  
 3. High chance of dozing

#### Lying down to rest in the afternoon

0. Never doze  
 1. Slight chance of dozing  
 2. Moderate chance of dozing  
 3. High chance of dozing

#### Sitting quietly after lunch without alcohol

0. Never doze  
 1. Slight chance of dozing  
 2. Moderate chance of dozing  
 3. High chance of dozing

#### Sitting and talking to someone

0. Never doze  
 1. Slight chance of dozing  
 2. Moderate chance of dozing  
 3. High chance of dozing

#### Sitting quietly in a public place

0. Never doze  
 1. Slight chance of dozing  
 2. Moderate chance of dozing  
 3. High chance of dozing

#### Watching TV

0. Never doze  
 1. Slight chance of dozing  
 2. Moderate chance of dozing  
 3. High chance of dozing

#### As a passenger in a car for an hour without a break

0. Never doze  
 1. Slight chance of dozing  
 2. Moderate chance of dozing  
 3. High chance of dozing

#### In a car stopped in traffic

0. Never doze  
 1. Slight chance of dozing  
 2. Moderate chance of dozing  
 3. High chance of dozing

### CLINICAL DETAILS - PLEASE COMPLETE IN FULL

- Diabetes  
 Hypertension  
 Atrial Fibrillation  
 Heart Failure
- Daytime Somnolence  
 Restless Sleep  
 Morning Headaches  
 Commercial Driver
- Heavy Machine Operator  
 Morbid Obesity (BMI >40 or >150kg)  
 Mobility Impairment (may need hoist)

**acp sleep clinic**

AT-HOME & CLINIC BASED SLEEP STUDIES  
 CPAP SALES : HIRE: ADVICE : ACCESSORIES  
 Located Inside Atwell Community Pharmacy  
 Sh12/129 Lydon Blvd Atwell WA 6164  
 T: 08 9414 6000 E: mail@acpsleepclinic.net

REFERRING DOCTOR:

Signature: .....

Date: .....

Copy to: .....