

# Information for ADHBSleep Referrers

The Sleep Service at ADHB provides diagnostic services and sleep therapy for adults with sleep disordered breathing, and limited diagnostics for non-respiratory sleep disorders. This document will guide you as you consider referral of your patient to our service.

## Eligibility

Patients may be referred to our service if they reside within the ADHB catchment area, and are eligible for publically funded care. If your patient resides in outside the ADHB catchment area please refer them to their domicile DHB. They may be referred on to our service for additional testing or ongoing therapy provision later if appropriate.

## Referral Criteria

### We do accept referrals for

- Commercial drivers and heavy machinery operators with suspected sleep disordered breathing and ESS  $\geq 10$ . Please elaborate on high risk occupations in your referral, and note if employment is at risk
- Any driver with a sleep related motor vehicle accident or near miss during the last two years
- High pre-test probability of significant Obstructive Sleep Apnoea (BMI  $\geq 35$  kg/m<sup>2</sup>, loud snoring, witnessed apnoea or choking arousals, retrognathia, ESS  $\geq 10$  or perceives sleepiness as a problem)
- Non-respiratory sleep disorders (such as narcolepsy, parasomnias) excluding insomnia
- Elective surgical patients if STOP BANG  $\geq 5$  and ESS  $\geq 10$  and patient perceives sleepiness as a problem

### We do not accept referrals for

- Insomnia (unless concurrent with symptoms of sleep disordered breathing and ESS  $\geq 16/24$ )
- Sleep restriction / shift workers with no suspicion of sleep disordered breathing and sleep time less than 7 hours
- Non-sleepy patients with cardiovascular co-morbidity
- Snorers – *please see below for our snorer patient info*
- Elective surgical patients if STOP BANG  $< 5$  and ESS  $< 10$ , or without patient perception of sleepiness as a problem
- We will also return referrals with insufficient clinical information – *you will be invited to re-refer with additional data*

#### EPWORTH SLEEPINESS SCORE (ESS)

The ESS is a self-administered questionnaire used to measure subjective daytime sleepiness, or average sleep propensity. See [www.epworthsleepinessscale.com](http://www.epworthsleepinessscale.com) for more information.

#### STOP BANG

This is a screening tool used to identify patients at elevated risk of OSA in a perioperative environment. See [www.stopbang.ca](http://www.stopbang.ca) for more information.

## How to refer

- **All external referrals** must be made as an e-referral, effective November 2015
- **Internal ADHB or other DHB referrals** can be made using an internal referral form and should be sent to central referrals fax 09-6380402 (extension 26424)
- **Request to transfer** from private providers must be accompanied by a sleep study report, and both a CPAP prescription and  $\geq 6$  weeks adherence data ( $\geq 4$  hours average) if on CPAP therapy

## Other Useful Information

To find resources covering a wide range of sleep related topics including **Healthy Sleep Hygiene**, **Drowsy Driver Tips**, **Snoring**, **Shift Work**, and **Insomnia** refer to the bottom of the **Auckland DHB Respiratory Services** page on [www.healthpoint.co.nz](http://www.healthpoint.co.nz), or scan the QR barcode to be taken directly to this page.

