

WatchPAT Home Sleep Studies



Primary Care Home Sleep Studies

- PCP can now order WatchPat home sleep study
- Piloted by several clinics starting April 2022
- Sleep Medicine Specialists will still be interpreting the study and providing the results report
- Helps to improve clinic access for Pulmonology/Sleep Clinic



Contraindications

- Age < 18
- Moderate to severe COPD or CHF
- Hypercarbic or Hypoxic respiratory failure
- Significant cognitive impairment
- Significant neuromuscular disease or severe impairments from CVA
- Chronic narcotic use
- Patients with Commercial Driver's Licence (CDL)



Home Sleep Study SmartSet

- SmartSet is easiest way to order
- Has reminder text for contraindications and documentation

GEN Home Sleep Study VMG [Manage User Versions](#)

- Use [.homesleepstudy](#) for justification documentation.
- Home Sleep Study Contraindications (order a Sleep Clinic Referral):
 - Age <18 years old
 - Moderate to severe COPD or CHF
 - Hypercarbic or hypoxic respiratory failure
 - Significant cognitive impairment
 - Significant neuromuscular disease or severe impairments from CVA
 - Chronic narcotic use
 - Patients with commercial driver's license

▼ Diagnoses

▼ Diagnoses

☒ Obstructive sleep apnea [G47.33]

▼ Orders

▼ Orders

☒ WatchPAT Home Sleep Study

[Routine, Hospital Performed](#)

▼ Patient Instructions

▼ Patient Instructions

☒ Home Sleep Study

▼ Follow-up

▼ Follow-up

☒ 1 month

▼ Additional SmartSet Orders

Search

You can search for an order by typing in the header of this section.

[Associate](#) [Edit Multiple](#) [Patient Estimate](#) [Remove](#) [Pend](#)

[Providers](#) [Sign](#)

Documentation

- Risk factors need to be documented for insurance approval
- Use .homesleepstudy within your note

Direct Referral Home Sleep Study Justification: *(at least 2 of the following must be documented)*

- ☐ Witnessed apnea
- ☐ Habitual snoring or gasping/choking episodes associated with awakenings
- ☐ Excessive daytime sleepiness
- ☐ Treatment resistant hypertension (>2 medications required)
- ☐ BMI ≥ 30
- ☐ History of stroke, TIA, CAD, cardiac arrhythmias

Results Management

- Epic In Basket Results message
- Referral to Sleep Medicine if appropriate
 - Initiation / Management of CPAP
 - Negative result but high suspicion



Questions?

