# WatchPAT Home Sleep Studies



## Primary Care Home Sleep Studies

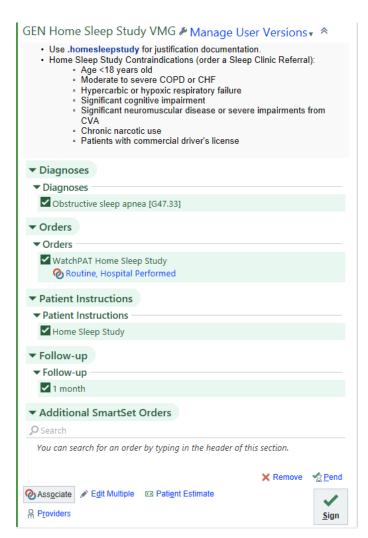
- PCP can now order WatchPat home sleep study
- Piloted by several clinics starting April 2022
- Sleep Medicine Specialists will still be interpreting the study and providing the results report
- Helps to improve clinic access for Pulmonology/Sleep Clinic

#### 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



#### 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)
☐ 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?

