

Referral Form

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Sleep studies

Sleep consultation



BREATHE WELL
INTEGRATED LUNG AND SLEEP CARE

Redlands Specialist Centre

Bayside Business Park
19/16 Weippin Street Cleveland QLD 4163
Email: admin@breathewell.com.au
www.breathewell.com.au

Patient Details

Surname _____ Date of Birth / /
Given Name _____ Sex M F
Address _____
_____ Postcode _____
Telephone _____ Mobile _____

Referred By

Name _____ Provider No _____
Clinic Name _____
Address _____
_____ Postcode _____
Telephone _____ Fax _____
Signature _____ Date _____

Sleep physician consultation
 Home Diagnostic Sleep Study
 In Lab Diagnostic Sleep Study*
 CPAP Titration*
Supplemental Oxygen Yes No Rate _____
Commercial Driver Yes No
Epworth Sleepiness score /24 BMI _____

CPAP Check*
 MAS Study*
 Provent Study*

Indication _____

Clinical Features

Snoring
 Witnessed Apnoeas
 Drowsy Driving
 Choking Arousals
 Nocturia
 Memory Loss
 Restless Legs

Comorbidities

Hypertension
 Ischaemic Heart Disease
 Arrhythmia
 Cerebrovascular Disease
 Diabetes
 Depression
 Epilepsy

Medications _____

Physician Enquiries

Dr Miriam Vassallo PH 07 3193 5400
Email: admin@breathewell.com.au

* Provided by Sleepcare. Locations: Greenslopes Private Hospital,
Sunnybank Private Hospital, St Andrews Sleep Centre.

EPWORTH SLEEPINESS SCALE

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired? This refers to your usual way of life in recent times. Even if you have not done some of these things recently try to work out how they would have affected you. Use the following scale to choose the most appropriate number for each situation:

SITUATION

0 = no chance of dozing

1 = slight chance of dozing

CHANCE OF DOZING

2 = moderate chance of dozing

3 = high chance of dozing

Sitting and reading
Watching TV
Sitting inactive in a public place (eg. Theatre or meeting)
As a passenger in a car for an hour without a break
Lying down to rest in the afternoon when circumstances permit
Sitting and talking to someone
Sitting quietly after a lunch without alcohol
In a car while stopped for a few minutes in traffic
TOTAL/24

0-8 No subjective sleepiness

9-11 Mild subjective sleepiness

12-15 Moderate subjective sleepiness

16-24 Severe subjective sleepiness*

* All patients with severe subjective sleepiness should be advised not to drive until properly investigated and treated. See www.austroads.com.au for driving guidelines.

HOME SLEEP STUDIES

Home sleep studies are indicated for the diagnosis of high probability obstructive sleep apnoea in the community.

The following patients need to be referred for an in lab sleep study:

- Patients with significant comorbid medical conditions (moderate to severe pulmonary disease, neuromuscular disease, congestive heart failure)
- Patients suspected to have other sleep disorders (central sleep apnoea, periodic limb movement disorder, insomnia, parasomnias, epilepsy circadian rhythm disorders, or narcolepsy)
- BMI greater than 50/ suspicion of sleep hypoventilation.
- Unsuitable home environment
- Severe physical disability with inadequate carer support
- Cognitive impairment.
- Child or adolescent
- Discretionary
 - symptoms or results of former testing do not equate with clinical impression.
 - patients seeking a second opinion where the original diagnosis is uncertain.
 - where "serious" medico legal consequences may be relevant.