

Fact sheet

Central Adelaide Respiratory and Sleep (Thoracic) Medicine Service

Clinical Information Sheet

Clinical Condition	Sleep Medicine and Ventilatory Failure Investigation and Treatment Service (VFITS)
Eligibility	<p>Symptoms suggestive of severe OSA or OSA in a high-risk patient: severe tiredness, inappropriately falling asleep, truck driver or heavy machine operator, extensive cardiovascular history or risk factors.</p> <p>Symptoms suggestive of complex sleep disorder: narcolepsy, parasomnia or insomnia.</p> <p>Patients with chronic neurological conditions, advanced pulmonary disease or morbid obesity requiring assessment for ventilatory support.</p>
Priority	Depends on clinical condition – see table of conditions by clinical urgency
Information required with referral	<p>History:</p> <ul style="list-style-type: none">• Duration and severity of symptoms: snoring, witnessed apnoeas, restless sleep, unrefreshing sleep, tiredness, inappropriate falling asleep• Driving history – risk of falling asleep while driving• Heavy vehicle licence or other safety-critical occupation or recreation <p>Other medical and allied health practitioners the patient has seen concerning this problem.</p>
Investigations required with referral	Blood: FBC, U&Es, TFTs Previous sleep study
Pre-Referral management strategies (include with referral)	<p>Avoid high risk activities such as driving if sleepy until treatment established</p> <p>Implement lifestyle changes if suspect OSA:</p> <ul style="list-style-type: none">- Smoking cessation- Weight loss if overweight- Reduction in alcohol intake and sedative use

For more information

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