

Sleep Apnoea

- Obstructive sleep apnoea (OSA)
 - repetitive collapse of the upper airway associated with oxygen desaturation
- Central sleep apnoea
 - repetitive breathing pauses without upper airway obstruction of 10 seconds or more associated with oxygen desaturation

CPAP provision is provided free of charge to pensioners and health care card holders who meet SA criteria for CPAP provision Guidelines. Advice re this program can be provided by the Adelaide Institute for Sleep Health at Repatriation General Hospital (RGH) CPAP Nurses at Ph: 8275 1187

Information Required

- History of snoring or choking
- Witnessed apnoeas
- Daytime tiredness and sleepiness
- Driving accidents due to sleepiness
- Cardiovascular and Neurological co-morbidities
- Respiratory conditions
- Other Sleep disorders (e.g. insomnia, parasomnias)
- BMI

Investigations Required

- [Epworth sleepiness score](#)
- Baseline Laboratory investigation including CBP, Thyroid Function Test, Electrolytes
- [OSA50 Screening Questionnaire](#)
- OSA 50 Screening Questionnaire. (MJA 2013; 199 S21-S26. [How to assess, refer and treat adult OSA](#))

Fax Referrals to

- Repatriation General Hospital (RGH) Fax: 8277 6890 Phone 82751187 or referrals at www.adelaidesleephealth.org.au Download referral forms [here](#)
- Flinders Medical Centre (FMC) Clinic B Fax: 8204 6105

Red Flags

- ☞ Motor vehicle or work place accident or near miss accident due to excessive sleepiness
- ☞ OSA with coexistent respiratory or cardiac failure
- ☞ Suspected OSA with significant unstable cardiovascular disease

Suggested GP Management

- The Adelaide Institute for Sleep Health service at RGH has a multidisciplinary team including an insomnia treatment program run by psychologists, psychiatrists, ENT surgeons, dentists, a Non-invasive ventilation program for MND and other disorders causing sleep hypoventilation, Nurse Practitioners and CPAP Nurses to deal with a wide variety of sleep disorders other than sleep apnoea such as
 - Insomnia, Restless legs syndrome, Narcolepsy, Parasomnias, Nocturnal seizures

Clinical Resources

- Usmani ZA, Chai-Coetzer CL, Antic NA, McEvoy RD. Obstructive Sleep Apnea in Adults: A Review. Postgraduate Med J. 2013;89(1049):148-56
- Obstructive Sleep Apnoea Australasian Sleep Association
<http://www.sleep.org.au/documents/item/78>
- <https://www.mja.com.au/journal/2013/199/8/supplement>

General Information to assist with referrals and the Referral templates for FMC and Noarlunga GP Plus are available to download from the SALHN Outpatient Services website www.sahealth.sa.gov.au/SALHNOutpatients.

Version	Date from	Date to	Amendment
2.0	August 2017	August 2019	Original