

### Obstructive Sleep Apnoea and Snoring Disorders

- This sleep clinic is a specialised clinic for adult patients with confirmed obstructive sleep apnoea (OSA) - polysomnogram / sleep study attached
- Symptoms include snoring and excessive daytime sleepiness
- Patient has trialled CPAP or Mandibular Advancement Splint and is unsuccessful with using CPAP or MAS

#### Information Required

- Polysomnogram (sleep study)
- Trial of CPAP with a respiratory (sleep) physician
- Patients occupation
- Medical comorbidities
- Body mass index

#### Investigations Required

- Polysomnogram (sleep study)

Approved by Prof Eng Ooi

Date:

#### Fax Referrals to

- ENT Clinic Fax: 8374 4928

### Red Flags

- Motor vehicle or workplace accidents suspected or attributed to patients with excessive sleepiness and untreated OSA

#### Suggested GP Management

- Weight loss (if BMI > 35)
- Treatment of rhinitis and chronic rhinosinusitis with medical therapy to improve patients nasal airway (see sinus and nasal disorders)
- Referral to respiratory sleep physician for trial of CPAP
- Referral to dentist for mandibular advancement splint

#### Clinical Resources

- How to assess, diagnose, refer and treat adult obstructive sleep apnoea. Medical Journal of Australia 2013; 199(8): 21-26
- Surgery for adult obstructive sleep apnoea. Medical Journal of Australia 2013; 199(7): 450-451

#### Patient Information

- <http://www.sleep.org.au/information/health-professionals-information/obstructive-sleep-apnoea>
- <http://www.sleephealthfoundation.org.au/>

General Information to assist with referrals and the and Referral templates for FMC and RGH are available to download from the SALHN Outpatient Services website [www.sahealth.sa.gov.au/SALHNoutpatients](http://www.sahealth.sa.gov.au/SALHNoutpatients)

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1.1	Nov 2016	Nov 2018	Review Nov 16