

Home Sleep Test Interpretation

The type of device used was Resmed Apnealink Level III testing device for Home Sleep Testing. Measurements obtained are A) Airflow obtained by nasal pressure transducer, B) Oxygen saturation and pulse measured by pulse oximeter, C) Respiratory Effort with Chest Belt

Reading ID: [REDACTED]

Session ID: [REDACTED]

Patient: [REDACTED]

Date of Birth: [REDACTED]

Medical Record Number:

Date of Study: 01/26/2017

Recording Duration: 4 hours 51 min 13 sec

Test Condition: Room Air with Nasal Cannula

Indications for study: Evaluation for Sleep Disordered Breathing **Oximetry:**

BMI:

Oxygen Desaturation Index:

48.9

Respiratory Events:

*(Patient qualifies for PAP with an RDI of greater than 5 and less than 14 with comorbidities)
(Patient qualifies for PAP with an RDI of 15 or greater)*

Total Respiratory Disturbance Index:	46
Total Apneas:	37
Total Obstructive Apneas:	32
Total Hypopneas:	177
Total Central Apneas:	5

Oximetry Less than Equal to 89%:

(Patient qualifies for O2 with an SaO2 ≤ 89% for 5 minutes or greater)

Lowest Desaturation:	82
Minutes of Oxygen Saturation ≤ 89%:	26 min

Heart Rate:

Minimum-Maximum:	41 - 87
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Impression / Diagnosis:

- Findings are consistent with Severe Obstructive Sleep Apnea (G47.33)

Recommendations:

- Recommend Auto PAP with pressure ranges 5-20 cmH2O with download, or facility based PAP Titration
- Recommend PAP interface mask fitted for patient comfort, Heated Humidification & PAP compliance monitoring (1 month, 3 months & 12 months after PAP initiation)
- Recommend treatment with mandibular advancement splint (MAS) or referral to an ENT surgeon for modification to the upper airway if the patient prefers an alternate therapy or the PAP trial is unsuccessful
- Recommend sleep hygiene measures
- Recommend advising patient against the use of alcohol or sedatives in so much as these substances can worsen excessive daytime sleepiness and respiratory disturbances of sleep
- Recommend advising patient against participating in potentially dangerous activities while drowsy such as operating a motor vehicle, heavy equipment or power tools as it can put them and others in danger
- Recommend advising patient of the long term consequences of OSA if left untreated, need for treatment and close follow up
- Clinical follow up as deemed necessary

HST cannot diagnose all sleep disturbances, therefore if this test is negative for Sleep Apnea and your clinical evaluation suggests otherwise please refer to facility study.

Digitally Signed January 05, 2017 by: [REDACTED] NPI: [REDACTED]

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