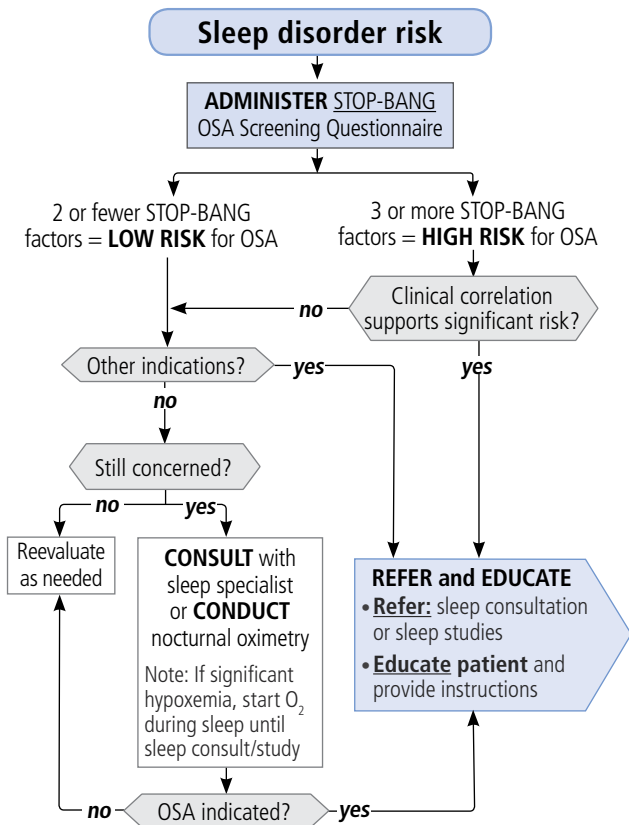


Sleep Apnea, Obstructive (OSA)

Reference
Link

SCREENING and REFERRAL



Sleep Apnea, Obstructive (OSA)

Reference
Link

DIAGNOSIS and TREATMENT

Sleep consult and/or sleep study

SELECT sleep study

- **In-lab full-night polysomnography (PSG):** First full night is diagnostic only; a subsequent full-night study is for CPAP titration
- **In-lab split-night PSG:** Acceptable if criteria met; diagnosis and CPAP titration in one night
- **Home sleep testing (HST):** Only ordered by a specialist. Generally not recommended unless required by insurance

Diagnosis of OSA?

no →

REFER for sleep
consultation
(if not already)

yes

EDUCATE patient

DISCUSS options and begin TREATMENT

- **CPAP:** Educate on proper equipment use, complications/troubleshooting, integration into daily life, long-term expectations
- **Behavioral modifications**
- **Surgery** to assess anatomical problems
- **Adjunctive therapies** such as oxygen, medication, bariatric surgery

ADJUST and FOLLOW UP

- Follow-up appointment within 1 month
- Adjust treatment as necessary
- Refer for speciality consultation if treatment unsuccessful after 2 visits