

Pathway:	Sleep Apnoea
Referral Criteria/Commissioning position:	
<p><i>All referrals and treatment for sleep apnoea must:</i></p> <ul style="list-style-type: none"> • comply with NICE TAG 139 • have an Epworth sleepiness scale of 10 or more <ul style="list-style-type: none"> ○ scores of less than 10 where sleep apnoea is strongly suspected are also included • identification of risk factors for sleep apnoea: <ul style="list-style-type: none"> ○ male patient ○ collar size 17.5 or over ○ obesity ○ snoring ○ excessive daytime somnolence ○ witnessed Apnoea <p>Investigations prior to referral</p> <ul style="list-style-type: none"> • completed Epworth score • consider TFT if suspected thyroid problem 	
Information to include in referral letter:	
<p><i>The GP referral letter should contain:</i></p> <ul style="list-style-type: none"> • Details of how the patient meets this requirement • Timeline, severity, impact on daily living • Known variation of intensity, triggers • Epworth score • Actions (medical and non-medical), treatments and interventions tried including the results • Patient's understanding and expectation regarding options in a specialist service setting • Drug history (prescribed and non-prescribed) • Relevant past medical/surgical history • Current regular medication • BMI • Smoking status • Alcohol consumption 	
References & Additional information:	
<p>References:</p> <p>Murray W. Johns – A New Method For Measuring Daytime Sleepiness: The Epworth Sleepiness Scale – Sleep 1991; 14:540-5</p> <p>Brietzke SE, Katz ES, Roberson DW., Can history and physical examination reliably diagnose the paediatric obstructive sleep apnoea/hypopnea syndrome? A Systematic review of the literature, 2004, Otolaryngology – Head and Neck Surgery, Elsevier http://www.ncbi.nlm.nih.gov/pubmed/15577775</p> <p>NICE Clinical Knowledge Summary – Sleep Apnoea http://cks.nice.org.uk/obstructive-sleep-apnoea-syndrome#!scenario</p>	
CCG GP sign off:	SRCCG Business Committee (Delegated to Dr Greg Black)
Review date:	2017