Diagnosis & Treatment of Obstructive Sleep Apnea Patient Care Pathway

Patient presents with signs or symptoms suspicious for OSAHS

Atypical or complicating symptoms present? Yes

Refer to Sleep Specialist or appropriate specialist

Sleep Study

Diagnosis of OSAHS?

Determination of severity

No

Yes

Treatment for mild, moderate or severe OSAHS

Mild OSAHS
- Positive airway pressure
- Oral appliances
- Upper airway evaluation
- Lifestyle modification ▲

Moderate to Severe OSAHS
- Positive airway pressure
- Upper airway evaluation
- Lifestyle modification ▲

One-month Follow-up
- Assess efficiency of CPAP
- Reinforce importance of participation in support group
- Assess & manage patient complaints/problems/sleep

Treatment successful?

No

Refer to Sleep Specialist

Ongoing Follow-up

Yes

Caution patient to minimize driving and operating heavy equipment until testing is completed

Lifestyle Modification
- Alcohol avoidance
- Sedative/hypnotic avoidance
- Antihistamine avoidance
- Weight reduction, if appropriate

Obstructive Sleep Apnea Hypopnea Syndrome (OSAHS)

History very important - MD has to make decision

Signs or Symptoms suspicious for OSAHS
- Observed apnea
- Daytime fatigue/sleeping
- Falling asleep while driving
- Snoring
- Movement disorder during sleep
- Obesity
- Non-restorative sleep
- Large neck circumference
- Sleep complaint
- If history is highly suggestive of OSAHS, may recommend split night study with CPAP titration

Diseases that may be associated with Sleep Apnea:
- CVD
- CAD
- HTN
- CHF
- Pulmonary HTN
- Diabetes
- Cardiac Dysrhythmia
- Heart failure
- Depression
- Endocrine Disorders [Hypothyroidism, Acromegaly, Cushing's syndrome, PCO]

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This Patient Care Pathway is intended to provide helpful & informative material for clinicians on the subject of Diagnosis & Treatment of Obstructive Sleep Apnea. The SSPHO Workgroup has reviewed the literature, discussed the topic & supports this Pathway. As an integrated delivery system, the SSPHO recommends the adoption of this Pathway. This Pathway is not intended to provide specific medical advice but rather is provided as a general algorithm. This Pathway does not purport to be a complete description of how all patients should be treated in all circumstances. This Pathway shall not relieve the clinician of his/her responsibility to determine what care is in the best interest of his/her particular patient and each clinician should provide or order whatever service the clinician believes is clinically appropriate for the particular patient.

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