

Fax Referral Form to:

Jardine's Pharmacy

1/72 Attfield Street, Maddington WA 6109

Ph: 9459 7877 Fax: 94934350

PO Box 115 Oakleigh, VIC 3166
 Ph: 1300 852 997 Fax: 1300 852 998
 Email: info@sleepdiagnostics.com.au

Sleep Test Referral Ambulatory Home Sleep Test

Patient Information

Surname	D.O.B.	<input type="checkbox"/> Male <input type="checkbox"/> Female	
Given Names			
Address		Postcode	
		Phone	
Medicare No	Private health insurance <input type="checkbox"/> Yes <input type="checkbox"/> No		

Indications, Symptoms and Health Comorbidities

In order to meet Medicare requirements, patients should have a high probability of moderate to severe OSA using approved assessment tools. Please tick or write the scores below from the eligible questionnaires (refer over page for details):

Epworth Sleepiness Score ≥ 8 **AND** OSA50 ≥ 5

OR

STOP-BANG ≥ 4

OR

BERLIN (tick if positive)

See over for the ESS, OSA50 and STOP-BANG questionnaires or visit www.sleepdiagnostics.com.au/sleepapnoea

Additional details: _____

Telehealth Consultation Yes No

Referring Doctor

Date	Provider No.		
Name			
Address			
		Postcode	
Phone	Fax		
Email	Signature		

Report Preference: Mail Fax Email HealthLink

Epworth Sleepiness Questionnaire

How likely are you to doze off or fall asleep in the following situations, in contrast to sitting and reading just feeling tired? This refers to your recent / current way of life. Even if you have not done some of these things recently, try to determine how they would affect you.

Circle the response that best describes you:	Never	Slight	Moderate	High
Sitting and reading	0	1	2	3
Watching television	0	1	2	3
Sitting inactive in a public place (e.g. theatre or meeting)	0	1	2	3
As a passenger in a car for an hour without a break	0	1	2	3
Lying down to rest in the afternoon when circumstances permit	0	1	2	3
Sitting and talking to someone	0	1	2	3
Sitting quietly after lunch without alcohol	0	1	2	3
In a car as a driver stopped for a few minutes in traffic	0	1	2	3
		Total =	_____ /24	

OSA50

Obesity: Waist circumference (male > 102cm, female > 88cm)	+3	
Snoring: Has your snoring ever bothered other people?	+3	
Apnoeas: Has anyone noticed that you stop breathing during your sleep?	+2	
50: Are you aged 50 years or over?	+2	
TOTAL (5 points or more indicates moderate to high risk)		_____ /10

STOP-BANG

Do you snore loudly? Louder than talking or loud enough to be heard through closed doors?	+1	
Do you often feel tired , fatigued, or sleepy during the daytime?	+1	
Has anyone observed you stop breathing or choking/gasping during sleep?	+1	
Do you have (or are you being treated for) high blood pressure ?	+1	
BMI > 35 kg/m ²	+1	
Age > 50 years	+1	
Neck circumference > 43 cm (M) Neck circumference > 41 cm (F)	+1	
Gender: Male?	+1	
TOTAL (4 points or more indicates moderate to high risk)		_____ /8

For the Berlin Questionnaire visit www.sleepdiagnostics.com.au/berlinquestionnaire