

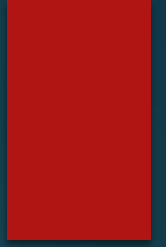


# Home Sleep Apnea Testing: A New Strategy to Improve Outcomes

KYSS 20<sup>TH</sup> ANNUAL SLEEP CONFERENCE

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**What is 95806/G0399?**



**Sleep study, unattended, simultaneous recording of heart rate, respiratory flow, and respiratory effort.**

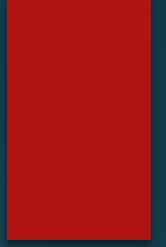
**For proper coding 95806 must include 6 hours of recording time. If less than 6 hours of recording data is obtained, modifier 52 should be appended to HST code.**

▶ **Sleep Review 4/19/2015**

# Set up an effective Policy & Procedure for conducting HST's

- ▶ How is procedure to be performed?
- ▶ Identify what criteria needs to be met for a valid study.
- ▶ What type of patient education will you provide?
- ▶ Proper use of the equipment explained.
- ▶ Any potential safety hazards with the equipment?
- ▶ Who is patient to contact with any questions during procedure?
- ▶ Who is patient to contact for problems, concerns or questions after procedure?

# Setting up an effective Performance Improvement program



# Description of what it takes to make a HST valid.

- ▶ **Minimum amount of data collected.**
- ▶ **Amount of fail time permissible**
  - ▶ **E.g. 10 hours of data, but only 4 is of good quality**

# Frequency of monitoring data collected.

- ▶ Monthly?
- ▶ Quarterly?
- ▶ Yearly?

# Designate someone responsible for collecting data

- ▶ **Director**
- ▶ **Supervisor**
- ▶ **Lead Technician**
- ▶ **HST Specialist**



# How is data collected

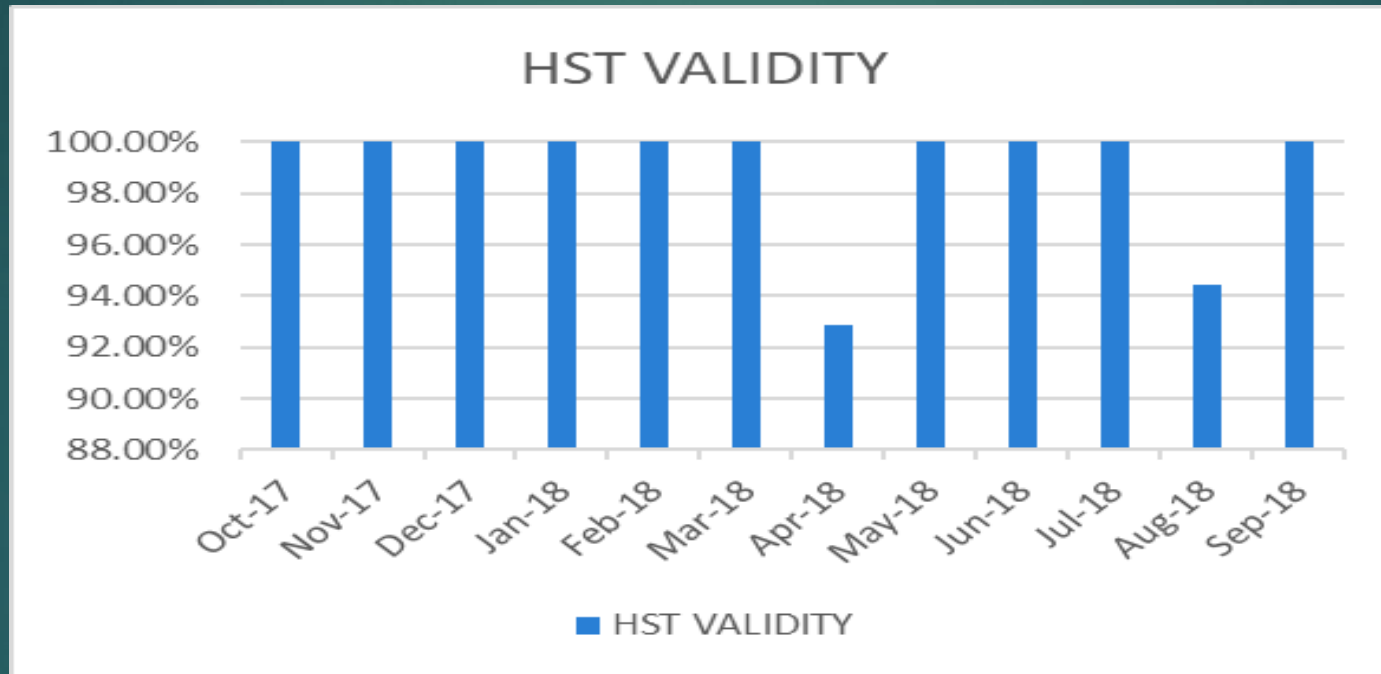
- ▶ **Counting all setups sent out?**
- ▶ **Some patients return equipment unused**
  - ▶ **Is that a failed study?**

# What is an acceptable threshold of percentage of validity?

- ▶ 70%?
- ▶ 80%?
- ▶ 90%?

137/139

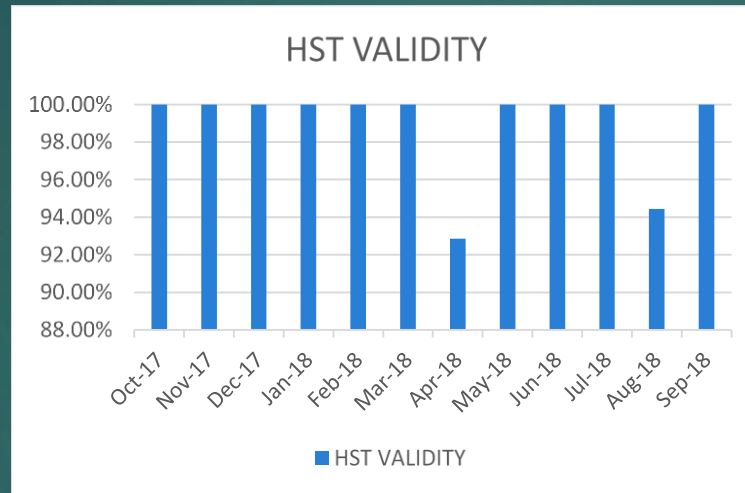
# Valid over past year



# Who is to receive your reports?

- ▶ **Medical Director?**
- ▶ **Department Director?**
- ▶ **Quality & Risk Management?**

# Sample Report



Twelve-month HST Validity reveals **98.56%** (137/139).

Goal: 90%

HST validity indicates that the study has been completed by the patient as instructed. Continue to monitor.

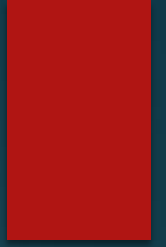
# Write a correction plan for when thresholds have not been met

- ▶ Track your failures
- ▶ What and how did something go wrong
  - ▶ Is particular parts of the study constantly failing?
  - ▶ Is it patient population related?
  - ▶ Is it technician specific related?

# Plan to re-evaluate if standards are not met

- ▶ **Are your failures continuing in same areas?**
  - ▶ Same parts of study continue to fail?
  - ▶ Same patient population failing?
  - ▶ Failures related to specific technician?
- ▶ **Initiate a change of practice to eliminate failures**
  - ▶ Seek alternatives to eliminate failures
  - ▶ Set new guidelines on patient population being tested
  - ▶ Staff re-education

# Tools to facilitate better patient outcomes





# Patient Education

- ▶ **Written Education**
  - ▶ Inserts showing procedure setup
- ▶ **Verbal Education**
  - ▶ Explaining setup to patient at appointment time
- ▶ **Visual Education**
  - ▶ Teach back and reverse demonstration
  - ▶ YouTube has some very good videos from manufacturers
  - ▶ If your teach back & reverse demonstration is successful, make your own YouTube channel.

# On Call Personnel

- ▶ **If staff is in lab with patients that night,**
  - ▶ designate technician for call
- ▶ **If no one is in lab,**
  - ▶ provide a mobile phone and
  - ▶ designate an on call person.

# Cannula Signal Loss

- ▶ **Redneck Mechanical Engineering!!!**
  - ▶ **If it moves and it's not supposed to, TAPE IT DOWN!!!**
    - ▶ **Send tape home with patients,**
      - ▶ **Can get messy**
    - ▶ **Latex free Band-Aids**
    - ▶ **Cannula Fixation Devices**

# Pulse Ox Signal Loss

- ▶ See aforementioned Redneck Mechanical Engineering.
- ▶ Warn patients about tucking hand with pulse oximeter on it under pillows

# Other topics to make HST more meaningful for patient.

## ▶ HST POST TEST QUESTIONNAIRE



▶ How long did it take you to fall asleep last night? \_\_\_\_\_ minutes/hours

▶ How does this compare with the length of time it usually takes to fall asleep?

▶ LONGER      SAME      SHORTER      COMMENTS \_\_\_\_\_

▶ 3. Did anything disturb your sleep last night?      YES      NO

▶ Comments: \_\_\_\_\_

▶ How many times do you remember waking up last night? \_\_\_\_\_ times

▶ How did you feel when you awakened?      Tired      Awake, but not alert      Rested      Other: \_\_\_\_\_

▶ Did you have any physical complaints this morning? YES      NO

▶ Overall, how did you sleep last night: same as usual      worse than usual      better than usual

▶ Patient awakened this morning by: (circle one) noise, discomfort, spontaneous

▶ Did you have any nightmares, tightness of chest, chest pains, other: \_\_\_\_\_?

# Post Sleep Questionnaires

- ▶ **Do the same post test questioning for HST as you complete with in lab studies.**
- ▶ **Puts data collected in better context (what does this mean – add some context)**

# Sleep Apnea Education

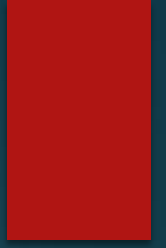
- ▶ Educate the HST patient the same as an in lab patient on sleep apnea and it's consequences.
- ▶ Let the patient know that their findings are as important as Billy Bob down the street who did an in lab study.
  - ▶ In other words Billy Bob must really have it bad, but since I'm doing this home test, even if I have it, I can probably get by without using one of those C-Pack machines.

# HST POST TEST QUESTIONNAIRE

1. How long did it take you to fall asleep last night? \_\_\_\_\_ minutes/hours
2. How does this compare with the length of time it usually takes to fall asleep?  
LONGER      SAME      SHORTER      COMMENTS \_\_\_\_\_
3. Did anything disturb your sleep last night?                      YES                      NO  
Comments: \_\_\_\_\_
4. How many times do you remember waking up last night? \_\_\_\_\_ times
5. How did you feel when you awakened?                      Tired      Awake, but not alert      Rested  
Other: \_\_\_\_\_
6. Did you have any physical complaints this morning? YES                      NO
7. Overall, how did you sleep last night: same as usual      worse than usual      better than usual
8. Patient awakened this morning by: (circle one) noise, discomfort, spontaneous
9. Did you have any nightmares, tightness of chest, chest pains, other:  
\_\_\_\_\_?



# Summary



# Questions

