

Obstructive Sleep Apnea Initial Clinical Evaluation Form

Treating Physician: NPI -

Patient Profile:

Last Name: _____ First: _____

Birth Date: _____ Age: _____ Male Female

Height (in): _____ Weight (lbs): _____ BMI: _____ Neck Circumference (in): _____

1. Patient Symptom Screening:

Review results from IDS Screening Form (or use STOP quiz at right).
Enter only the HIGHEST of the two blanks in the box at left

I. Symptom Score (0 - 4).
Only Highest of 2 scores at right

'S.T.O.P. Quiz' Screening Score
(Enter count of 'Yes' responses): _____

Epworth Sleepiness Score > 8 ?
(If yes, Enter 2 here): _____

The STOP Quiz

If not completed by patient on Self-Screening form.

- Snore Loudly**
- Tired, fatigued, or sleepy frequently during the daytime**
- Observed breathing pauses, choking or gasping during sleep**
- High Blood Pressure**

2. Physician Evaluation: (requires Symptom score of 1 or more from Section 1)

Examine patient and check all that are applicable. Enter total number of checked boxes in left column.

- Obe: (BMI > 30)**
- Large Neck Circumference (Typically > 15.75")**
- Upper-airway structural abnormalities (One or more of the following)**
- Small Mandible or 'Overbite' Enlarged Tonsils
 - Large Tongue Large Uvula
 - Small Posterior Oral Airway
- Male**
- Age - Over 40 years**

II. Enter Count of Checked Boxes
Score 0 - 5

BMI > 30 for the height/weight below

Height	Weight	Height	Weight
54	125	68	198
55	130	69	203
56	134	70	210
57	139	71	215
58	144	72	221
59	149	73	228
60	154	74	234
61	159	75	240
62	164	76	247
63	170	77	253
64	175	78	260
65	181	79	267
66	187	80	274
67	192	81	281

3. OSA RISK:

Either of the following suggests a high risk for OSA and strong consideration should be given for sleep testing:

Total Score
Sum of Section 1 + 2

Section 1 only: Score of 2 or more = Risk

Combined section 1 + 2: Total of 2 or more = Risk

4. Diagnostic Decision:

Home Sleep Test (HST):

- Intended for symptomatic patients (a Section 1 score greater than 0) with high pre-test risk for OSA (total score = 2 or more). *Not intended for asymptomatic patients or to diagnose disorders other than OSA.

Sleep Specialist / In-Lab PSG:

- Should be considered for patients with suspected secondary sleep disorders & cases with complex medical history that may cause home testing or treatment to be more difficult.