

**HACKETTSTOWN REGIONAL MEDICAL CENTER
CENTER FOR SLEEP RELATED DISORDERS
POLICY AND PROCEDURES
PHYSICIAN REFERRAL GUIDELINES**

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PURPOSE:

Explicit criteria for defining the patient population who are evaluated at the center assures HRMC that all patient evaluations are within the scope of the professional expertise and technical competence and capability of the staff and appropriate for the facility equipment and environment.

POLICY:

- Individuals starting at 13 years and greater are accepted as Sleep Center patients.
- Only medically stable outpatients are accepted into the Sleep Center.
- Patients are evaluated for Sleep-Related Breathing Disorders, Insomnia, Parasomnia, seizures and/or any other sleep related disorder.
- Individuals with medically unstable conditions (e.g., chronic renal failure, acute exacerbation of asthma) are not permitted to undergo testing in the Sleep Center.
- Individuals with acute psychiatric symptoms (e.g., alcohol or drug detoxification, acute schizophrenic episode, suicidal ideation) are not permitted to undergo testing in the Sleep Center. Any patient requiring a dosage of any medication during the hours of admittance to the Sleep Center must bring their own medications with them from home. Medications will not be administered in the Sleep Center.
- All patients require a physician referral.
- All patients referred for sleep studies must have a recent H&P or a recent consultation note in their chart at the time of study which was reviewed or performed by a sleep staff physician prior to study and that the studies ordered were found to be appropriate.
- All sleep study requests are completed by the referring physician and countersigned by the Medical Director of the Sleep Center. This ensures the review of H&P and approval of the sleep study request.