



Home Sleep Testing: What are the Guidelines?

Presenter: Gisèle Lavoie, RRT

October 7, 3:00 PM Eastern

Session Abstract

INTRODUCTION: Proper and accurate diagnosis of OSA is vital. A misdiagnosis can delay treatment.

OBJECTIVES: Review the latest guidelines of the American Association of Sleep Medicine and the Canadian Thoracic Society for the diagnosis of Obstructive Sleep Apnea home testing. Review the different forms to predict the probability of OSA.

CONCLUSION: Not all sleep home studies are done the same way and not all follow the guidelines. Make sure your patient was properly tested before initiating CPAP Therapy.

Session Objectives

1. To learn the importance of the AASM (American Academy of Sleep Medicine) and CTS (Canadian Thoracic Society) guidelines for proper Level 3 home sleep diagnosis of OSA (Obstructive Sleep Apnea).
2. When to refer for Level 1.
3. Quick overview of the recommendation for treatment of OSA.

Speaker Biography

Gisèle has been an RT for 31 years. She worked for 19 years at the Royal Victoria Hospital, Montreal in Adult and Neonatal ICU, and 13 years in Chronic Care at Ste-Anne's Veteran Hospital in Ste-Anne-de-Bellevue. Gisèle has been working in Sleep Apnea for 9 years and now resides in Nova Scotia.