



CRS

Cardiologist
Dr Philip Currie

Clinical Psychologist
Dr Henry Austin
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Respiratory & Sleep Physicians

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Outpatient clinics: [Bunbury](#) · [Inglewood](#) · [Joondalup](#) · [Murdoch](#) · [Mandurah](#) · [Midland](#) · [Nedlands](#)
Inpatient Sleep Labs: [The Park Private Hospital, Mt Lawley](#) · [Hollywood Private Hospital, Nedlands](#)
[Glengarry Private Hospital, Duncraig](#) · [St John of God Hospital, Bunbury](#)

Patient Name: _____ **Date of Birth:** _____

Phone: _____ **Email:** _____

RESPIRATORY FUNCTION TESTS

- Spirometry
- Nasal Resistance
- Mannitol Challenge
- Six Minute Walk Test
- FeNo (exhaled Nitric Oxide) Test
- Comprehensive Lung Function Test (includes spirometry, lung volume and gas transfer)
- Static lung volume (plethysmography)
- Gas transfer (DLCO)
- Respiratory pressures (MIP/MEP)
(select individual test if required)

CONSULTATION Respiratory Consultation Sleep Consultation
 Clinical Psychology Telehealth (requires GP Mental Health Care Plan in order to obtain MC rebate)

SLEEP SERVICES Please complete Epworth Sleepiness Scale and OSA-50 questionnaire overleaf to assess patient eligibility for Medicare subsidised study

- Sleep Study and Treatment*
- Sleep Study Only*
(Sleep Study will be either a Laboratory or a Comprehensive Home Based Sleep Study based on patient's clinical history)
- Introduction to CPAP*
- CPAP Troubleshooting*
- Mandibular Advancement Splint Therapy*
- Positional Therapy Trial*
(e.g. Night Shift Device)

*Includes sleep physician consultation if clinically indicated

CLINICAL DETAILS

Snoring Daytime Sleepiness High BMI Witnessed Apnoea Insomnia

Additional Details

REFERRING DOCTOR

Name: **Provider No:**

Address: **Phone:**

Signature: **Fax:**

Copy To: **Date:**

Your doctor has recommended that you use CRS. You may choose another provider but please discuss this with your doctor first.

Please remember: This referral must be presented at your appointment

SYMPTOMS (Please tick appropriate)

- Snoring Witnessed apneas / nocturnal gasping / choking Daytime lethargy / sleepiness
 Waking with headache High BMI Restless sleep Insomnia Cognitive impairment

RELEVANT MEDICAL CONDITIONS (Please tick appropriate)

- Hypertension Cardiac failure Stroke / TIA COPD Overweight Pacemaker
 Type II Diabetes Atrial Fibrillation Family history (OSA)
 Clinical history (optional, attach notes to this referral) Other _____

EPWORTH SLEEPINESS SCALE

Rate the chance that you would doze off during the following 8 routine daytime situations.

0 = Would never doze

1 = Slight chance of dozing

2 = Moderate chance of dozing

3 = High chance of dozing

Situation:

Sitting and reading

Watching TV

Sitting, inactive in a public place (e.g. a theatre or a meeting)

As a passenger in a car for an hour without a break

Lying down to rest in the afternoon when circumstances permit

Sitting and talking to someone

Sitting quietly after a lunch without alcohol

In a car, while stopped for a few minutes in traffic

Total Score:

/24 points

Analyse Your Score

Interpretation:
0 - 7

Unlikely you are abnormally sleepy

Above 8

You may be excessively sleepy depending on the situation

Reference: Johns MW. A new method for measuring daytime sleepiness: The Epworth Sleepiness Scale. Sleep 1991; 14(6):540-5.

OSA-50 SLEEP APNOEA RISK SCREENING QUESTIONNAIRE

Waist circumference (at belly button)

3 points

Males > 102cm

Females > 88cm

Has your snoring ever bothered other people?

3 points

Has anyone noticed that you stop breathing during your sleep?

2 points

Are you aged 50 or over?

2 points

Total Score:

/10 points

Analyse Your Score

Interpretation:
Score < 5

Low risk of OSA

Score ≥ 5

High risk of OSA

ELEGIBILITY FOR MEDICARE SUBSIDISED STUDY

- Yes** - Patient has qualified.
 No - Patient is NOT eligible. Please fax this referral to CRS for referral for Sleep Consultation

Why has your doctor chosen to refer you to CRS – Cardio Respiratory Sleep?

Because not all sleep and respiratory diagnostics are the same. Your doctor trusts CRS to give them the detailed, accurate information they need to achieve the best outcome for your health.

Our ethos is to provide clinical excellence and outstanding patient care. Clinicians know that specialised, experienced technicians are meticulous in their data gathering to ensure an accurate, highly informative result. Comprehensive reporting by our respected consultants provides a clear interpretation of the findings, to better guide your doctor in his or her decisions.

At CRS, patient care is not limited by either time or resources. The attention you are given is based on your individual needs rather than on a patient quota. In order to provide this level of care and exceptional service, some of our testing may attract a private fee.

Your doctor may already have told you what the cost of your tests will be and any Medicare rebate applicable, but If you would like further information on any aspect of your referral to CRS, please contact us on **1300 130 930** or email **reception@sleepcrs.net.au**

CRS

Cardio Respiratory
Sleep

No shortcuts. No compromises. Just exceptional patient care.

DIAGNOSTIC TEST	PREPARATION
<p>Laboratory (inpatient) sleep study</p> <p>The Gold Standard investigation for sleep disorders, especially in patients where there is likely to be mild to complex sleep apnoea, or a high likelihood of other sleep disorders, such as restless leg syndrome or sleep hyperventilation. Duration: Overnight</p>	<p>Overnight stay at either Hollywood Private Hospital, Nedlands, Glengarry Private Hospital, Duncraig, The Park Hospital, Mt Lawley or St John of God Hospital, Bunbury.</p>
<p>Comprehensive Home Based Sleep Study (HBSS)</p> <p>Similar measures to an inpatient sleep study, but in the patient's own home. The lack of supervision by a sleep technologist means there is a potential for suboptimal data collection. This is a useful investigation however, where there is moderate to high risk of obstructive sleep apnoea. Duration for equipment setup: Sixty minutes</p>	<p>Wear a comfortable and loose-fitting top.</p>
<p>Spirometry</p> <p>A non-invasive test to detect, quantify and monitor diseases that limit respiratory function. Includes measures of how effectively the lungs are emptied and filled, such as forced vital capacity (FVC), forced expired volume in one second (FEV1), from which is derived the index of airflow limitation. Duration: 30 minutes</p>	<p>Avoid large meals and strenuous exercise one hour before test. Antibiotics for chest infections should be commenced two weeks prior to test. Patients will be advised of medications to withhold on booking appointment.</p>
<p>Mannitol Challenge</p> <p>Assessment for patients with suspected asthma, including Defence Force personnel, elite athletes (IOC approval) and divers. Spirometry measures airway response to Mannitol. Duration: Sixty minutes</p>	<p>Avoid caffeine, large meals and strenuous exercise one hour before test. Patients will be advised of medications to withhold on booking appointment.</p>
<p>FeNo (expired Nitric Oxide)</p> <p>Expired Nitric Oxide increases with airway inflammation. The result outlines the degree of inflammation. Duration: 30 minutes</p>	<p>No smoking, alcohol or exercise for four hours prior.</p>
<p>Six Minute Walk Test</p> <p>Assessment of oxygen saturation and heart rate during a six-minute walk to determine the need for home oxygen therapy. May be used to assess response to drug treatments, oxygen therapy or exercise rehab programs. Duration: Up to sixty minutes</p>	<p>Avoid large meals one hour prior and wear comfortable walking shoes.</p>
<p>Comprehensive Lung Function Test (CLFT)</p> <p>Includes spirometry, DLCO-gas exchange and Plethysmography Total Lung function Capacity (TLC), Functional Residual Capacity (FRC) with Residual Volume (RV) and Forced Vital Capacity (FVC). CLFT assists in assessment of the airways and alveoli, to differentiate diagnosis, severity and progress of respiratory disease. Duration: Sixty minutes</p>	<p>Avoid smoking, caffeine, large meals and strenuous exercise one hour before CLFT. Patients will be advised of medications to withhold on booking appointment.</p>

Further information is available on the 'For Patients' pages of the website at sleepcrs.net.au or please call the CRS team on **1300 130 930** who will be happy to assist you with any queries.

Bunbury

Unit 2, 138 Spencer Street
Bunbury WA 6230

Inglewood

Ground Floor, Unit A
826 Beaufort Street
Inglewood WA 6052

Joondalup

Joondalup Health Campus
Specialist Medical Centre (West)
Suite 205, Level 2
Joondalup WA 6027

New Site

Murdoch

Suite 303/304, Tower C
(Medical Suites Building)
Murdoch Square
44 Barry Marshall Parade
Murdoch WA 6150

Mandurah

Peel Health Campus
Suite 3, South Consult Suites
110 Lakes Road
Mandurah WA 6210

Midland

Suites 10/11
Midland Specialist Center
81 Yelverton Drive
Midland WA 6056

CRS Monash

Level 1, 52-54 Monash Avenue
(Corner Hampden Rd)
Nedlands WA 6009
*for certain appointments only

Nedlands

Hollywood Specialist Centre
Suite 13, Ground Floor
95 Monash Avenue
Nedlands WA 6009

SLEEP LABS

Glengarry Private Hospital

53 Arnisdale Rd,
Duncraig WA 6023

Hollywood Private Hospital

115 Monash Avenue
Nedlands WA 6009

The Park Private Hospital

25 Alvan Street
Mount Lawley WA 6050

St John of God Hospital

(Bunbury) **New Site**
700 Robertson Drive
College Grove WA 6230

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