



TITLE	Sleep Testing Guidelines During COVID-19 Pandemic
TODAY'S DATE	June 1, 2020
SECTION	<input checked="" type="checkbox"/> Organization Wide <input type="checkbox"/> Emergency Department <input type="checkbox"/> Inpatient <input type="checkbox"/> Ambulatory <input type="checkbox"/> Nursing <input type="checkbox"/> Medical staff [physicians and advance care practitioners]

APPLICABLE LOCATIONS	<input type="checkbox"/> All Bozeman Health locations <input checked="" type="checkbox"/> Bozeman Health Deaconess Hospital <input type="checkbox"/> Big Sky Medical Center	<input type="checkbox"/> Belgrade Clinic + UrgentCare <input type="checkbox"/> Hillcrest Senior Living <input type="checkbox"/> b2 UrgentCare <input type="checkbox"/> b2 MicroCare
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APPROVED BY	Incident Command
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PURPOSE:

1. Develop a procedure to determine patient eligibility for sleep testing based upon the patient’s risk of infection and the Pandemic Phase.
2. Outline the appropriate PPE strategies for both patients and personnel involved in sleep testing.

POLICY/PROTOCOL:

Sleep Testing aka Polysomnography:

- All patients undergoing in-laboratory sleep studies will wear a cloth or surgical mask at all times during hook-up and when not otherwise either performing a test maneuver or sleeping (1).
- Patients who are scheduled to undergo polysomnography will have a COVID-19 test done within 72 hours of the scheduled test date and that test will be determined to be negative.
- Polysomnogram: All sleep testing personnel will follow *current PPE guidelines* for confirmed negative COVID-19 status patients.
 - Patients must remain asymptomatic with no exposure risk.
 - Staff will maintain proper hand hygiene regardless of the patient’s risk assessment and the Pandemic Phase Assessment (see Notes for additional comments).
- This Policy is meant to supplement the Diagnostic Sleep Center Phased Reopening Guideline.

Patient Eligibility for Sleep Testing Based on Risk Assessment and Pandemic Phase:

Polysomnography *without* CPAP

Bozeman Health Patient Risk Assessment (2)	American Academy of Sleep Medicine Pandemic Phase Safety Level (1)		
	Level 1*	Level 2	Level 3
Low risk/COVID neg.	Avoid testing	May perform	May perform
Low risk/asymptomatic	Avoid testing	May perform	May perform
Moderate risk*	Avoid testing	Avoid testing	Avoid testing
High risk*	Avoid testing	Avoid testing	Avoid testing

Polysomnography *with* CPAP

Bozeman Health Patient Risk Assessment (2)	American Academy of Sleep Medicine Pandemic Phase Safety Level (1)		
	Level 1*	Level 2*	Level 3*
Low risk/COVID neg.	Avoid testing	May perform	May perform
Low risk/asymptomatic	Avoid testing	Avoid testing	May perform
Moderate risk*	Avoid testing	Avoid testing	Avoid testing
High risk*	Avoid testing	Avoid testing	Avoid testing

Unattended Home Sleep Apnea Testing

Bozeman Health Patient Risk Assessment (2)	American Academy of Sleep Medicine Pandemic Phase Safety Level (1)		
	Level 1*	Level 2	Level 3
Low risk/COVID neg.	May perform	May perform	May perform
Low risk/asymptomatic	May perform	May perform	May perform
Moderate risk*	Avoid testing	Avoid testing	Avoid testing
High risk*	Avoid testing	Avoid testing	Avoid testing

* See Notes below

NOTES:

1. The American Academy of Sleep Medicine Pandemic Phase Safety Levels:
Level 1: Community transmission Substantial: Pandemic phase: Large scale community transmission, health care staffing significantly impacted, multiple cases within community settings.
Level 2: Low community transmission: Post-Peak phase: multiple cases of COVID-19 in the community
Level 3: Community transmission none or minimal: Post-Pandemic phase.
- 1A. Patients who are ill or who are at moderate or high risk of COVID-19 infection and under investigation should have their sleep testing delayed to improve the diagnostic certainty of testing.
2. Avoid polysomnography altogether in Level 1 situations.
- 2A. Polysomnography *without* CPAP may be resumed in Level 2 for children and adults who are not at risk of severe illness from COVID-19.
3. Avoid polysomnography *with* CPAP in all Level 1 and 2 situations.
4. Proceed with polysomnography *with* CPAP in Level 3 situations *only after* negative testing results for COVID-19 within 72 hours of sleep study has been confirmed.
5. Patients undergoing UHSAT in Level 1 situations will have the device mailed to them.
6. Patients who are brought to the sleep lab will wear a mask during hook-up and will be sequestered per Sleep Center Policy during their study.
7. Sleep technologists performing a polysomnogram in Level 2 and 3 situations will follow *current PPE guidelines* and wear a surgical mask and eye-protection. Staff will maintain proper hand hygiene throughout the study.

OTHER POLICIES/PROTOCOLS TO REFERENCE:

1. [Recommendation from the American Academy of Sleep Medicine](#): COVID-19 mitigation strategies for sleep clinics and sleep centers- REOPENING. April 27, 2020.
2. [Bozeman Health COVID-19 Response Guidelines](#)

SCOPE:

We anticipate these adjustments to be temporary and reserve the right to revise or discontinue these adjustments with or without notice depending on the current understanding and/or business needs of Bozeman Health relating to COVID-19.