



Care plan and order sheet

HealthySleepCare

Heal your night – Live your life

Date:

Patient name:

DOB:

- Sleep Diary for 8 weeks
- Sleep hygiene/Stimulus control print out
- Chip Download in Weeks by
- Echocardiogram
- Clinical referral
 - ENT
 - Cardiology
 - Psychologist
 - Psychiatrist
 - Neurologist
- In lab PSG with montage
- Home Sleep Study
- Split study / threshold for split is AHI ofper hour to start titration after 2 hours
- CPAP titration study
- Labs: CBC, BUN, Cr, Magnesium, TSH, T4, Ferritin, BUN, Cr, B12, Folic acid, Iron Sat, TIBC` `
- CPAP supply
 - Mask
 - Tubing
 - Filter
 - heated tubing
- CPAP machine
 - Regular setting
 - pressure: cm H₂O
 - C-Flex setting:
- Auto CPAP machine
 - Auto setting
 - Min pressure: cm H₂O
 - Max pressure: cm H₂O
- BiPAP machine
 - IPAP: cm H₂O
 - EPAP: cm H₂O
 - Bi-Flex:
- Auto BiPAP machine
 - Max IPAP: cm H₂O
 - Max EPAP: cm H₂O
 - Bi-Flex:
- Adaptive Servo Ventilation machine
 - EPAP:
 - IPAP:
 - Pressure Support:
- PAP mask:
 - DME to fit
 - Nasal mask
 - chin strap
 - Full face mask
 - Nasal pillows
- PAP machine Pressure change only :

AHI:

Epworth Score:

Diagnosis:

Comorbid diagnoses: HTN Stroke Ischemic heart disease EDS Insomnia

Other:

Return to Clinic:

Medical director: Parham Gharagozlu, MD FACP NPI: 1225059306

Signature:

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