Adult CPAP - Clinical Criteria

This criteria has been developed in consultation with expert clinicians and is based on available evidence at the time of development. This document is designed to specify the criteria to access assistance through EnableNSW for this equipment group, and provide a basis for consistent and transparent decision making.

Included Equipment

- Set-pressure CPAP equipment (pressure range 4-20cm. A basic ramp feature is available on all basic set pressure CPAP equipment issued by EnableNSW)
- Integrated humidification

Exclusions

- Circuit/tubing
- Masks/interface (e.g. Nasal, full face, nasal pillows)
- Filters (including bacterial/viral filters)
- Chinstraps
- Batteries and car adaptors
- Auto-titrating CPAP equipment

Contracts in Place

- 956 Electro-medical

Ineligible Groups

People who are eligible for services and equipment from any of the following will not be eligible to receive equipment through EnableNSW (see EnableNSW Policy).
- Australian Government Home Care Package 1-4
- ADHC owned and operated supported accommodation facility
- Respite or temporary care facilities
- Transitional Aged Care Package
- Lifetime Care and Support Authority
- Dust Disease Board
- Department of Veteran’s Affairs Gold Card holder
- Department of Veteran’s Affairs White Card holder if the requested assistive technology is for an injury/condition developed during/or as a result of time in service
- Third party/Worker’s Compensation/other compensation related to the injury/disease
- People in hospital whose respiratory condition has not stabilised and/or require the equipment for discharge

Eligible Prescribers

CPAP therapy must be prescribed by a qualified Sleep Medicine Practitioner or Respiratory Physician. All copies of the technical reports of sleep studies and final letter recommending therapy must be reported and authorised by the reviewing qualified Respiratory/Sleep Physician.

Recommended Review Timeline

It is recommended that the prescribing physician/team perform a clinical review within 3 months to assess initial compliance, then annually or as indicated by the requirements of the prescribing physician.

Other Considerations

- If the person is prescribed oxygen, a separate equipment request will need to be made for this equipment as per the Adult Home Oxygen Clinical Criteria.

EQUIPMENT ELIGIBILITY

This Clinical Criteria refers to persons ≥ 16 years of age, with a demonstrated need for long term (≥ 12 months) CPAP therapy.

To be assessed for eligibility, all technical reports of sleep studies, follow-up report recommending therapy and prescription settings submitted to EnableNSW must be reported and documented by a qualified respiratory/sleep physician. In addition, only recent (≤ 5 years old) studies/documents may be evaluated for eligibility. Please see the ADDITIONAL CONSIDERATIONS section for further information on how people who were previously established on CPAP therapy > 5 years ago may apply.

Split studies are acceptable on the basis that sufficient duration of sleep occurs (i.e. more than 60 minutes of sleep in the diagnostic component) and the below criteria are met.

CPAP may be provided on the treating physician’s request for a person who meets the following Diagnosis, Treatment, Compliance and Follow up criteria.
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### Diagnosis

Full technical and physician report of one of the following (1 – 4):

1. **Diagnostic polysomnography (PSG)** demonstrating total Apnea Hypopnea Index (AHI) ≥ 30/hr
2. **Diagnostic PSG** demonstrating total AHI ≥ 20/hr **AND**
   - a. Excessive daytime sleepiness (Epworth Sleepiness Scale ≥ 10) with documentation of: pulmonary arterial hypertension (pulmonary artery systolic pressure of greater than 35mmHg), congestive heart failure (CHF), drug resistant hypertension (≥ 3 anti hypertensives) or stroke **OR**
   - b. The study demonstrates Central Sleep Apnea or Cheyne Stokes Respiration, in which ≥ 50% of the events are central
3. **Diagnostic PSG** demonstrating hypoventilation i.e.
   - a. TcCO\(_2\) rising ≥ 8 mmHg from baseline **OR**
   - b. Awake PaCO\(_2\) ≥ 45mmHg on arterial blood gas (ABG) **OR**
   - c. A rise in PaCO\(_2\) of ≥ 8mmHg from paired evening-morning ABG
4. **Diagnostic overnight oximetry** demonstrating an Oxygen Desaturation Index (ODI) ≥ 30/hr (using a desaturation threshold of 3%)

### Treatment

Full technical and physician report of a CPAP pressure determination PSG demonstrating control of sleep disordered breathing at the determined pressure

### Compliance

The downloaded compliance report (preferably statistical and graphical summary) of the most recent 4 consecutive weeks, performed within 12 weeks prior to application lodgement, which demonstrates usage of CPAP ≥ 4 hours per night **for** ≥ 70% of nights on the prescribed pressure

### Follow up

Recent follow up report from Respiratory/Sleep Physician reporting benefits from CPAP treatment and the need for long-term CPAP

### ADDITIONAL CONSIDERATIONS

1. For people with severe (criteria 1; AHI ≥ 30/hr on diagnostic PSG) uncomplicated OSA, the full downloaded report from an auto titrating CPAP compliance trial ≥ 3 consecutive nights determining the fixed pressure (at 90th or 95th percentile pressure) with AHI reduced to ≤ 10/hr may be considered. Uncomplicated OSA is considered to be present where the person does not have any of the following (or it is not clinically indicated) as per the Australasian Sleep Association guidelines:
   - i. COPD (with FEV1/FVC < 70% and FEV1 < 50% predicted)
   - ii. Regular use of supplemental oxygen
   - iii. Waking oxygen level ≥ 92%
   - iv. Awake hypercapnia or hypoventilation syndrome (e.g. CO\(_2\) ≥ 45mmHg or SpO\(_2\) ≤ 90% for ≥ 30% of total sleep time on the diagnostic study)
   - v. Morbid obesity (BMI ≥ 45kg/m\(^2\))
   - vi. Heart failure
   - vii. Chronic opioid use
   - viii. Neuromuscular / chest wall deformity
   - ix. Alcohol abuse
   - x. Other significant sleep disorders (including Central Sleep Apnea)
   - xi. Uncontrolled psychological or psychiatric disorders

2. For a person previously established on CPAP therapy more than 5 years ago and has been using CPAP since, repeat diagnostic sleep studies are not required unless there has been a change in the person’s respiratory/sleep condition since original establishment onto CPAP. In these cases:
   - a. Documentation of the original diagnostic tests (e.g. full technical report and/or physician report/letter from the time of the original study) confirming severe sleep disordered breathing as per Diagnosis criteria 1 – 4 may be considered in these cases
   - b. The Treatment, Compliance and Follow up documentation must be recent as per above criteria e.g. Where the original AHI was ≥ 30/hr, meets Additional Considerations criteria 1 (uncomplicated OSA etc.) and there
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The responsibility of the prescribing/clinical team is to ensure that:

Social/carer criteria
- The person and/or relevant users (family/primary carer) are capable of using the equipment safely and appropriately, including basic equipment care and trouble shooting
- The person will comply with equipment usage as prescribed
- Information is provided to the person about their ongoing treatment plan, clinical review and assessment requirements in relation to CPAP. This may include information about regular follow-up as per the Recommended Review Timeline

Equipment factors
- Any change to the prescription is to be communicated to all relevant parties including EnableNSW
- EnableNSW is contacted if the equipment is no longer required. EnableNSW can be contacted to coordinate repairs and/or replacement within business hours (9am-5pm, Monday-Friday)
  NB: EnableNSW and contracted equipment suppliers do not provide a 24 hour equipment support contact line.
- The person and/or carer has an emergency plan in the event of respiratory equipment failure outside of business hours
- An electricity rebate application is completed. For more information see: http://www.energy.nsw.gov.au/customers/rebates

Environmental Factors
- The equipment prescribed is compatible with the persons’ home environment and is suitable for safe management of the person in the community

The responsibility of EnableNSW is to ensure that:

The equipment supplier arrangements include:
- Appropriate CPAP equipment that meets the person’s clinical and safety needs as per the prescription
- Delivery of the equipment to the person or Health Service
- The equipment provided complies with the Therapeutic Goods Act (TGA) and has a valid Australian Register of Therapeutic Goods (ARTG) number
- Equipment is arranged for repair/replacement within business hours. This may include provision of an equivalent loan unit if the equipment is to be removed for repair or testing
- The serial numbers of the equipment is collected

Bibliography