SLEEP TELEHEALTH During the COVID-19 pandemic "Telediagnostics, teleconsultation, teletherapy, and telemonitoring"



*TELEHEALTH: The practice of medicine using electronic communications, information technology, or other means between a licensee in one location and a patient in another location. *The Center for Medicare Services issued broad authorization to reimburse for telemedicine in response to COVID-19. Health-care providers may offer telehealth services to patients located in their homes and outside of designated rural areas. *Provider also able to provide services when at home.

OSA EVALUATION & DIAGNOSIS

Patient-physician teleconsultation

Establish symptoms, risk factors, and comorbidities

Home Sleep Testing (HST) If high pretest probability for OSA (and no disqualifying comorbidity), testing can be completed at home.

In-Lab study If HST negative, move to full polysomnogram.

CPAP vs Auto PAP

In laboratory titrations only for patients in whom an Auto-PAP would not be suitable (severe COPD, CHF, hypoxia).

Patient-physician teleconsultation Remote follow-up consultation after completing evaluation.



PAP TREATMENT

Video conferencing training

Telehealth visit providing instruction on why PAP is being recommended, demonstrate the different components of the device, and finally, how to operate the PAP device.

Automated Teledriven feedback

After being initiated on PAP therapy, the physician and patient both can monitor treatment success through a built-in sim card via wireless communication technology that automatically sends the data to a Cloud-based interface.

Web-based supporting tools

Adherence can be monitored and adjustments can be provided to the patient remotely through web-based technologies available. Adjustments to pressure, ramp, and humidifier can be made.

Video conference follow-up

Circle back with patient to check that treatment is comfortable and effective.



INSOMNIA TREATMENT

Teleconsultation

Patients can be seen and evaluated remotely for symptoms of insomnia.

Teletherapy

Introduction of cognitive behavioral therapies (CBT) remotely from the patients home. You help patients change actions or thoughts that hurt their ability to sleep well.

Stimulus Control, Sleep Restriction, Relaxation Training and Biofeedback, Cognitive Control, and Psychotherapy

Telemonitoring

Patients with insomnia benefit from frequent follow up to monitor success of intervention and therapy.

Video conference follow-up

Circle back with patient to check that treatment is effective and modify intervention as indicated.

Coverage of telemedicine services is payer-specific. Providers should contact private payers directly for information regarding coverage of telemedicine services. \checkmark

- 99201-205 (new patient) + 99211-215 (established patient): Telemedicine/Telehealth Codes for office/outpatient visits.
- \checkmark 99091 or 99457: Physiologic monitoring codes that cover reviewing PAP efficacy and compliance and assisting a patient in management in between their visits. 99457 requires live interactive communication with the patient for management in this time window, whereas 99091 requires any form of communication with the patient
- \checkmark G2010 or G2012: Communication technology-based service by health-care professional provided to an established patient, not originating from a related E/M service provided within the previous 7 days, nor leading to an E/M service or procedure within the next 24 hours or soonest available appointment; 5-10 minutes of medical discussion.

