Patient Hookup for Out of Center Sleep Testing (OCST) / Home Sleep Testing (HST)

Audience: All personnel in the Sleep Disorder Center.

Purpose: A protocol for the patient hookup for diagnostic OCST/HST by a trained clinician assures appropriateness and consistency of testing.

Intended Use: The NOX T3 device is intended for ambulatory recording of physiological signals during sleep. The T3 device is intended for patients greater than 2 years of age. The intended environments are hospitals, institutions, sleep centers, sleep clinics, or other test environments, including the patient’s home.

Policy: Upon referral for OCST/HST, patients will be scheduled for a face-to-face education session with one of the Sleep Disorder Center’s clinical staff members. During this education session, the staff member will:

- Greet the patient and introduce self by name
- Verify the patient identification prior to providing services
- Verify any previous studies the patient may have received at the UTMB Sleep Disorder Center or other facilities.
- Review patient information including history and physical, provisional diagnosis and sleep questionnaire, as well as the patient’s current list of medications.
- Review and identify the appropriateness of OCST/HST based on medical history or any patient specific needs that could impact testing (i.e. physical and mental limitations, current emotional and psychological status regarding the testing procedure, pertinent medical and social history, etc.). Questions regarding the appropriateness of OCST/HST will be directed to the Medical Director or his designee.
- Provide patient with a consent form and an equipment checklist to be signed prior to the release of equipment.
- Answer any questions the patient may have about the equipment or procedure.
- Provide the patient with contact information in the event of questions, concerns, or problems that arise once the patient leaves the Sleep Disorder Center.

Procedure: The staff member conducting the education session will explain the appropriate procedures to the patient in terms the patient can understand. The staff member will ensure that the patient has a thorough understanding of:

- The role and function of every sensor:
Belts are measuring movements of chest and abdomen during breathing
Nasal cannula and pressure sensor will measure movements of air during breathing.
Pulse oximeter will measure level of oxygen in the blood and heart rate during recording

- Equipment operation
- Duration of the Home Sleep Testing study
- Follow up procedure

In addition, the staff member will have the patient sign a checklist documenting that they understand how to properly use and maintain the equipment and that they will return all equipment in good condition on the agreed upon date. The agreement will list all of the items and available serial numbers of the equipment provided to patient. A copy of agreement will also be given to the patient.

**Patient Hookup Instructions**

1. Prior to initialization and patient set up, a new battery will be placed in the sleep monitor and pulse oximeter.
2. Attach both clips on the NOX-T3 portable sleep monitor to your clothing, on your chest at armpit height.

3. Snap a belt end onto the back of the device, wrap the belt around your torso and snap the other end in place.
4. Hold the cannula with the prongs curved down and toward the back of your throat. Place a prong in each nostril, and wrap the tubing over and behind each ear. Slide the fastener, located at the Y-site of the cannula, underneath your chin for a tight yet comfortable connection. If your nasal cannula was not pre-fitted into the NOX-T3 device, insert the other end of the cannula into the top hole on the side of the NOX-T3 device and push it in firmly.

5. Place the watch-like mechanism on the wrist of your non-dominant hand, and secure it in place using the Velcro® straps. Place the probe over the fingertip of your index finger. Make sure the tip of your finger does not protrude through the end of the probe and one of the squares is on top of your finger.
6. If your device was not configured to start automatically, press the center button, and then press and hold the middle button for three seconds to turn on the device.

7. At the end of testing, the recording device must be returned to the Sleep Disorder Center. Recorded data will be downloaded, scored and prepared for the physician interpretation. Scoring of clinical data will be completed within 2 working days of completion of procedure.

8. For any questions or concerns after leaving the Sleep Disorder Center, contact one of our sleep technologists by calling 832-505-2360 or 409-772-3869.

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