



MBS REVIEW RECOMMENDATIONS: ADULT LABORATORY-BASED (LEVEL 1) SLEEP STUDIES

Date of change 1 November 2018

Existing service **12203**

New services **12203** **12204** **12205**

Revised structure

- Proposed new items distinguish between diagnostic and other types of studies, enabling improved data collection.
- Revised structure provides a stronger link between testing and physician management of patients with proven sleep disorders.

Patient pathways

- New items are for patients with more complex obstructive sleep apnoea (OSA) while 'uncomplicated' patients will be more commonly triaged to home-based studies (item 12250).
- Revised pathways for OSA patients to receive the test are:
 - > referral directly where the approved assessment tool (administered by the referring practitioner) suggests a high pre-test probability for the diagnosis of symptomatic, moderate to severe OSA; or
 - > a professional attendance (face-to-face or video conference) with the adult sleep medicine practitioner or consultant respiratory physician to confirm the necessity for the test;
- New items have also been expanded to patients with other sleep disorders following personal consultation with a qualified adult sleep medicine practitioner or consultant respiratory sleep physician.

Existing item 12203

Item: Overnight investigation for sleep apnoea.

Indication: Sleep apnoea or suspected sleep apnoea (complicated and uncomplicated patients).

Pre-study requirement: Medical referral and the necessity for the investigation is determined by a qualified adult sleep medicine practitioner prior to the investigation.

Billing restriction: 3 services per patient in a 12-month period.

MBS Fee: \$588.00



New item 12203 – Diagnostic Assessment Sleep Study

Item: Overnight diagnostic sleep study to confirm the diagnosis of a sleep disorder.

Indication: High probability for symptomatic, moderate to severe OSA assessed as not suitable for a home-based study under item 12250; other sleep disorders specified in item descriptor.

Pre-study requirements: Medical referral to a qualified adult sleep medicine practitioner or consultant respiratory physician where approved assessment tools indicate a high probability for moderate to severe OSA (using STOP-BANG or OSA-50 or Berlin Questionnaire) and an elevated Epworth Sleepiness Scale ≥ 8); **or** professional attendance (face-to-face or via telehealth) with a qualified adult sleep medicine practitioner or consultant respiratory physician to confirm necessity for test, irrespective of questionnaire results.

Billing restriction: 1 service per patient in a 12-month period.

MBS Fee: \$588.00

New item 12204 – Treatment Initiation Sleep Study

Item: Overnight assessment of positive airway pressure.

Indication: Patients who require CPAP therapy.

Pre-study requirements: The necessity for the study has been determined by a qualified adult sleep medicine practitioner or consultant respiratory physician where a diagnosis of a sleep related breathing disorder has been made; patients have not undergone positive airway pressure therapy in the previous 6 months; and professional attendance (face-to-face or video conference) with a qualified adult sleep medicine practitioner or a consultant respiratory physician.

Billing restriction: 1 service per patient in a 12-month period.

MBS Fee: \$588.00

New item 12205 – Treatment Effectiveness Sleep Study

Item: Follow-up study for patients with a sleep-related breathing disorder.

Indication: Unexplained recurrence of symptoms (and other means of assessing treatment efficacy are unavailable/unhelpful) and either significant weight change or change in co-morbid conditions.

Pre-study requirements: Professional attendance with a qualified adult sleep medicine practitioner or consultant respiratory physician (face-to-face or video conference).

Billing restriction: 1 service per patient in a 12-month period.

MBS Fee: \$588.00

Co-claiming restriction

- The new items will have a restriction in place to prevent billing of 11000 to 11005, 11503, 11700 to 11709, 11713 on the same occasion of service (similar to current restriction for home-based sleep studies item 12250).

Note: Full item descriptors will be available on the MBS Online website at: www.mbsonline.gov.au