

### How we are addressing COVID-19

We are open for Overnight Sleep Studies for most patients and have been doing some Home Sleep Apnea Tests. We are not conducting overnight sleep studies at this time for patients with CHF (congestive heart failure), COPD (chronic obstructive pulmonary disease) or recent respiratory failure.

Having a sleep study can be an important step towards better quality of life and better health, and sleep apnea, one of the most common types of sleep disorder, is correlated with significant health conditions including heart disease, hypertension, stroke and diabetes. A sleep study however is not an emergency service and we encourage caution in the current environment, particularly for individuals who may be at greater risk for COVID-19 including older people and people with severe chronic health conditions, such as heart disease, lung disease, and diabetes. *If you have questions about the potential risks of COVID-19 or whether to postpone your sleep study, please consult your physician.*

*Please reschedule your appointment if you have had any of the following symptoms in the past two weeks: runny nose, headache, cough, sputum production, fever, or chest/lung pain or if you have traveled outside the United States.* If these conditions do not apply to you and you are ready to move forward with your study, we would be happy to schedule your appointment and complete your study. If you would like to postpone or reschedule your study, we do ask that you give us at least 48 hours' notice.

We will be doing COVID-19 testing on every scheduled patient within 48 hours of your test. This test will not be charged, or if it is, insurance covers the test due to it being a pandemic.

Upon your arrival at the Sleep Center, we ask that you wear a mask or other face covering and we will take your temperature using a non-contact forehead thermometer and will ask you to reschedule your study if the temperature reads 99.5 degrees or higher. *You will not need to wear a mask during your sleep study, but we do ask that you wear it while the technologist is preparing you for the sleep study.*

Patient care – your care and safety – is our top priority. As a health care provider, we always strive to provide a clean, safe environment for our patients and staff. We have policies and procedures in place as standard practice designed to minimize risk. In addition to these “universal precautions” we have reviewed the latest guidelines to combat the COVID-19 virus. All together these steps include but are not limited to:

- **Staff training.** The patient care staff at CentraCare Sleep Center are credentialed and highly trained professionals. Our team has extensive training in creating and maintaining a safe and clean environment for the provision of care as well as ensuring that all equipment and supplies are thoroughly cleaned and sanitized prior to patient use. Training includes hand washing, the use of gloves and masks and many other steps taken to reduce risks.
- **Private rooms.** Each patient has his or her own private room. You will not be sharing a room with any other patient. The technologists work in a separate room and monitor the sleep study remotely. The technologist may need to enter the room to adjust equipment.
- **Clean locations.** We utilize a professional housekeeping service with all rooms being cleaned after each patient use including sanitizing high touch surfaces.
- **Fresh, clean linen.** We utilize the hospital linen service and provide freshly laundered linen including sheets, pillowcases, blankets and bedspreads for each patient.

- *Patient screening.* We screen patients for travel outside the United States and for any symptoms of a cold, flu or similar condition. We advise patients that have recently traveled outside the US or have any symptoms of a cold, flu or similar condition to schedule their test for at least two weeks after the travel or the end of the symptoms.
- We are conductive PSG (polysomnography) studies only, with no CPAP titration. Conducting PSG test only reduces the risk of airborne virus transmission.
- *Equipment sanitation.* We have specific, detailed policies and procedures for cleaning all medical equipment. The information is based on the manufacturer's instructions for each piece of equipment and generally includes the use of high-level disinfecting agents.

Physicians order sleep studies and related services as a step towards improving your quality of life and your health. Diagnosing and treating sleep apnea can help reduce the risk of correlated health conditions such as heart disease, stroke, hypertension and diabetes.

We schedule technologists for each patient visit, and if you hold an appointment it means another patient is not able to schedule for that time slot. If you choose to delay or cancel your appointment, please let us know as soon as possible, at least 48 hours in advance, so that we can minimize disruption for our technologists and other patients. You can contact us at 320-251-0726.