

## Oregon Health Plan Prioritized List Changes Treatment of Sleep Apnea in Adults

The Health Evidence Review Commission approved the following changes to the Prioritized List of Health Services on January 9, 2014, based on the approved coverage guidance, "Treatment of Sleep Apnea in Adults." The changes will take effect for the Oregon Health Plan on April 1, 2014.

**New guideline note:**

### **GUIDELINE NOTE: SLEEP APNEA IN ADULTS**

*Line 210*

CPAP is covered initially when all of the following conditions are met:

- 12 week 'trial' period to determine benefit. This period is covered if apnea-hypopnea index (AHI) or respiratory disturbance index (RDI) is greater than or equal to 15 events per hour; or if between 5 and 14 events with additional symptoms including one or more of the following:
  - excessive daytime sleepiness (Epworth Sleepiness Scale score > 10), or
  - documented hypertension, or
  - ischemic heart disease, or
  - history of stroke;
- Providers must provide education to patients and caregivers prior to use of CPAP machine to ensure proper use; and
- Positive diagnosis through polysomnogram (PSG) or Home Sleep Test (HST).

CPAP coverage subsequent to the initial 12 weeks is based on documented patient tolerance, compliance, and clinical benefit. Compliance (adherence to therapy) is defined as use of CPAP for at least four hours per night on 70% of the nights during a consecutive 30 day period.

Mandibular advancement devices (oral appliances) are covered for those for whom CPAP fails or is contraindicated.

Surgery for sleep apnea in adults is not covered.

**Add coding specification** to Line 210

*42299 Unlisted procedure, palate, uvula (use for laser assisted uvulopalatoplasty (LAUP), somnoplasty, palatal implants) does not pair on Line 210 with obstructive sleep apnea in adults.*

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