

Sleep Medicine Specialist Assessment

1. Check **criteria** of the relevant service from the table below.
2. Prepare the required information

Standard referral information

- History and comorbidities
- BMI – essential if obstetric or surgical referral
- Examination findings
- Investigations carried out and results
- Options already pursued
- Current medications
- Allergies
- Other important information e.g., social factors, other services involved

Reasons for referral

- Diagnosis
- Second opinion
- Review of treatment or care plan
- Specialist management
- Shared management with general practitioner
- Diagnostic procedure

Patients referred to specialist clinics are assigned to a priority category based on their clinical need and related psychosocial factors. The examples given are indicative only. The clinician reviewing the referral will use their clinical judgement to determine the best service response for the patient.

Urgent (seen within 30 days)

Conditions that have potential to deteriorate quickly, with significant consequences for health and quality of life, if not managed promptly. Examples:

- Rapidly progressing OSA
- Epworth Sleepiness Score ≥ 16
- Commercial driver or other high risk occupation
- OSA with ≥ 3 co-morbidities, in particular hypertension, unstable angina, or recent TIA

Routine

The patient's condition is unlikely to deteriorate quickly or significantly affect the patient's health and quality of life if specialist assessment is delayed beyond one month.

3. Refer to the service - If a clinic-specific form is not provided, send [a General Practice Referral template](#) via email or fax.

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4. If appropriate and with patient consent, contact the relevant **Aboriginal Hospital Liaison Officer** for the service from the list below.
5. Refer to the service

Alfred Health – Alfred Hospital - Outpatients Sleep Clinic	
REFERRAL OPTIONS Phone (03) 9076-3770 Fax (03) 9076-3601 Referral Form Download referral form Website Alfred Hospital – Sleep Clinic	Service-specific criteria Pre-referral guidelines Information for referrer Referral advice: Phone outpatient sleep clinic on (03) 9076-3770 Clinical advice: Phone switchboard on (03) 9076-2000 and fax a comprehensive referral to (03) 9076-3601. Administrative advice: Phone outpatients sleep clinic (03) 9076-3770 Director: Prof Trevor Williams and Prof Matthew Naughton
Specialist Consulting Clinics Alfred Health - Alfred Hospital 55 Commercial Road Melbourne VIC 3004	Hospital contact details Phone (03) 9076-2000 (switchboard) Fax (03) 9076-6063 Email outpatient@alfred.org.au Website The Alfred Hospital

Monash Health – Monash Medical Centre Clayton – Sleep Medicine Clinic

REFERRAL OPTIONS Phone (03) 9594-2428 Fax (03) 9594-6556 Referral Download referral form Form Website Monash Lung and Sleep Clinic	Service-specific criteria Nil Information for referrer Nil Hospitals may charge fees for patients who are not covered by Medicare, including overseas patients.
Monash Health – Monash Medical Centre Clayton Sleep Medicine Clinic 246 Clayton Road Clayton VIC 3168	Hospital contact details Phone (03) 9594-6666 Fax (03) 9594-6111 Email Outpatient_enquiries@monashhealth.org Website Monash Medical Centre Clayton

Peninsula Health – Frankston Hospital – The Sleep Laboratory

REFERRAL OPTIONS Phone (03) 9784-1705 Fax (03) 9788-1875 Referral Download referral form Form Website Peninsula Health Respiratory Services	Service-specific criteria Nil Information for referrer The sleep laboratory aids in the diagnosis and treatment of people with sleep disordered breathing, such as obstructive sleep apnoea (OSA).
The Sleep Laboratory Frankston Integrated Health Centre Hastings Road Frankston VIC 3199	Hospital contact details Phone (03) 9784-1705 Fax (03) 9788-1875 Website Peninsula Health

Alfred Health-Aboriginal Health Liaison Officer(s)	
Sharon Bolger Aboriginal Health Liaison Officer: Phone: (03) 9076-5387 Mobile: 0419-592-207 Email: s.bolger@alfred.org.au	Alicia Morris Aboriginal Health Liaison Officer: Phone: (03) 9076-5387 Mobile: 0409-930-152
Monash Health-Aboriginal Hospital Liaison Officer(s)	
Lesley Gardner Aboriginal Hospital Liaison Officer: Phone: (03) 9594-2290 Email- lesley.gardener@monashhealth.org.au	
Peninsula Health-Aboriginal Health Liaison Officer(s)	
Dwayne Pearce Aboriginal Health Liaison Officer Phone – 0466-863-538 Email- DwaynePearce@phcn.vic.gov.au	Lisa Coppe Aboriginal Health Liaison Officer Phone- 0481-901-324 Email- LCoppe@phcn.vic.gov.au