

WWW.SLEEPAPNEASISTER.CO.ZA

About Us:

HomeHealth Solutions (HHS) specialize in obstructive sleep apnoea and its **treatment** with CPAP (Continuous Positive Air Pressure)

We are a group of healthcare professionals that are working as a team with your doctor, specialist, and your medical aid, to ensure excellence in services rendered. An all in one service from clinical consultations by our Private Nurse Practitioners, sleep studies and titrations assessed and interpreted by Neurophysiologists; and CPAP treatment, after care and compliance monitoring. HHS are contracted in with most Medical Funds, and will assist in the application for a CPAP device from your Medical Fund. We have partnered with major medical equipment suppliers, contracted in with specific Medical Aids, in order to ensure continuous care of our patients.

What to Expect:



Step 1

You need to make an appointment for a **consultation** to assess presence of sleep apnoea and other related problems. Initial consultation lasts about 45min – 1hour.

Consultation

Medical Aid Rates are charged directly to fund OR an amount of **R385** are payable by private patients(as per NHRPL guidelines), and includes

1. Consultation
2. Vital signs measurement
2. Assessment for presence of sleep apnoea
3. Education on
 - sleep apnoea
 - treatment options
 - complications if not treated

If consultation positive for sleep apnoea, a **Sleep Study** will be done to confirm findings.



Step 2

Home Sleep study

Can be done in the convenience of your home if permitted by your Medical Aid and are charged according to **medical aid rates**.

Rates include rental of the equipment, cost of disposables and interpretation of the sleep study by our neurophysiologist, Dr Bax Ngcemu.

Special rates are available for private/self-funding patients.

Step 3

Referral back to GP/ENT specialist if diagnosis of sleep apnoea not clear or complicated by other disease or obstruction in nasal passages.



Step 4

1 – 3 day **Titration** to establish prescribed pressure for CPAP treatment. Rates include rental of the equipment, cost of disposables and interpretation of the study by our neurophysiologist Dr Bax Ngcemu. *Special rates are available for private/self-funding patients.*

Please note that **consultations** are charged for separately.

Step 5

Feedback reports and study results are sent to the referring doctor.



Step 6

Application for **funding** from your medical aid.

Step 7

CPAP device according to severity of disease, health status, designated service provider agreements with your Medical Aid and financial constraints.

Optional humidifiers are available with most brands of CPAP machines.

On occasion, HHS makes use of other equipment providers with special arrangements with your Medical Aid. Pricing may vary as per agreement with your medical aid, and are not determined by HHS.



Step 8

Follow-up on treatment as arranged with client.

Download service to monitor compliance and effectiveness of treatment. Consultation fees are dependent on time and resources used.

Step 9

Repeat **Titration** (usually every 1 – 2 years for patients with entry CPAP devices where device does not record any data or if symptoms returns at 15% discount if previously done by HHS.

Please Note: An admission into hospital may be required under physician or our

neurophysiologist for funding by your Medical Aid. Please note that not all Medical Aids cover sleep and titration studies. Payment can come from your savings or in-hospital benefit, depending on which option you are. You are still liable for payment of any fees, if your medical aid does not do so.



Offices

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**Prices are subject to change. Terms and conditions apply

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