

OSA Screening Algorithm

Physical Exam

Hx

- Excessive Sleepiness while driving
- Hx of Accident associated with falling asleep
- Observed sleeping behind the wheel while operating the vehicle
- Non-Compliant OSA DX, Requiring treatment
- Extremely High Risk of OSA

Yes

Immediate Disqualification

To Return To Driving

No to All

33<

BMI

≥ 33

≥ 40

Yes to 3 or more

- Hypertension Arrhythmia, CVD, Stroke
- Class 3-4 Mallampati Type 2 Diabetes
- Male 42/PostMen Female Witnessed Apnea
- UnTx Hypothyroidism Retrognathism
- Loud Snoring (thru a wall) Neck M17", F15.5"

Less than 3
Yes

3 mth Cert
Refer for sleep Study

Sleep Test

No DX of OSA

DX of OSA

1 Yr Cert

Treatment Required?

No

Yes

1 Yr Cert When Compliant

Certify up to 2 yrs

Drivers w/o a previous Dx of OSA must be tested and evaluated.

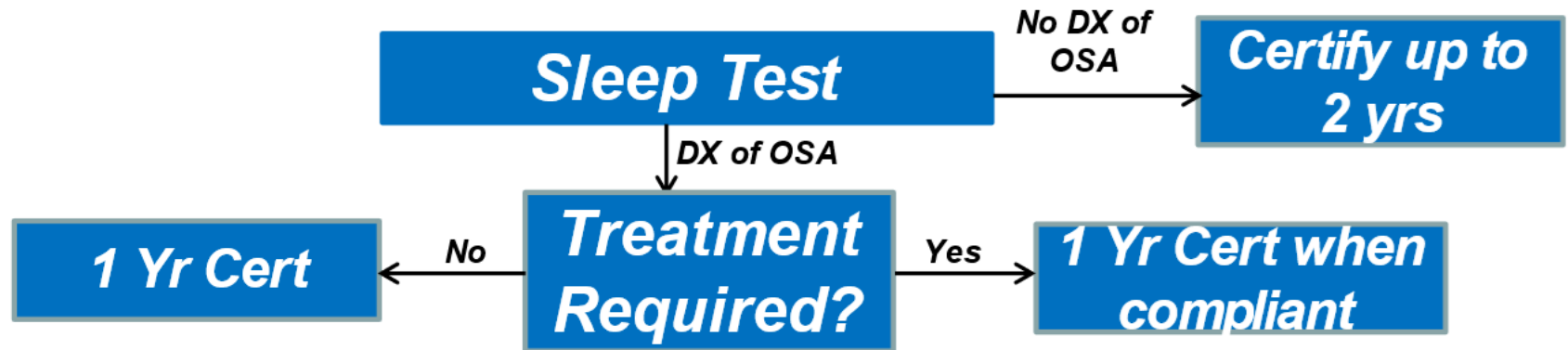
If Dx w/ OSA & requiring Tx, they must be compliant for 30 days before being certified for up to 1 year.

If Dx w/ OSA but not requiring Tx, can be certified for 1 year.

After testing, driver without OSA can be certified for up to 2 years.

Drivers w/ previous Dx of OSA requiring Tx but are Non-compliant must have CPAP use records for ME review before being eligible for a one-month certificate. Then follow the certification procedure for non-compliant drivers.

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Treatment Not Required

Treatment is not required if the driver's AHI is less than 15 unless the driver has a comorbidity such as type 2 diabetes, hypertension, untreated hypothyroidism, CVD or arrhythmia.

When comorbidity is present, and the driver's AHI is less than 15 but equal to or greater than 5, the driver should be considered for required Tx as a commercial driver. CMEs should consult with the sleep specialist.

Treatment Required

Treatment is required whenever the OSA Test Results indicates an AHI of 15 or more.

If driver is compliant for 30 days of use at least 4 hours per night for 70% of nights, no excessive sleepiness, treatment is effective (AHI resolved below 15 with tx), driver can be issued 1-year certificate.