



## Caring for You Safely in the Sleep Center

We understand that you may have limited your healthcare appointments due to COVID-19, and that you may have questions about returning to a healthcare location for sleep testing services.

We have added new cleaning procedures to our already high standards to ensure your safety. These procedures meet or exceed guidelines issued by the Centers for Disease Control and Prevention (CDC) and the New Hampshire Division of Public Health with respect to patient safety, workforce safety, personal protective equipment (PPE) and infection control, and the American Academy of Sleep Medicine (AASM).

Here are some of the steps we are taking to protect our patients. Please contact the Sleep Center at **617-796-7766** if you have additional questions.

### No COVID Patients



The Sleep Center is located in the medical office building, away from other patient care areas, and is only used for sleep testing.

### Triple Screening for Symptoms



We check with every patient three times before any appointment to confirm they are not experiencing, or have been in contact with anyone experiencing symptoms of COVID-19. This includes at the time of scheduling, 24-72 hours before the appointment and again upon arrival.

### COVID Testing Prior to Sleep Study Appointments



Patients referred for some procedures (Split or PAP titration studies) must be tested for COVID-19 3 days prior to their procedure and are requested to self-quarantine at home between the COVID test and their sleep testing appointment. Anyone that tests positive for COVID-19 must postpone their visit for 14 days from the date of the COVID test.

### Enhanced Cleaning and Disinfection



We have always had high cleaning standards and use disinfectants approved for removing coronaviruses to clean and disinfect patient rooms, high-touch areas and common spaces like lobbies, hallways and waiting rooms. We have increased the frequency of cleaning common areas and removed reading materials and other non-essential items that are frequently handled and may be difficult to clean. As always, medical equipment and exam rooms are cleaned before and after every use. We have added single use/disposable equipment to replace equipment that touches the face and nose. In addition, we can make disinfecting wipes available for patients to use, for added peace of mind.

### Hand Hygiene



Hand hygiene is the most essential part of our safety program. Staff members will wash their hands with soap and water or use an alcohol-based hand sanitizer before and after any interaction with you. Hand hygiene products are also readily accessible for everyone to use throughout our facility.

### Ensuring Staff Safety



All staff members will have daily screening to ensure they do not have any signs or symptoms associated with COVID-19. If a staff member reports any symptoms, they cannot return to work until they are evaluated by their physician and fully recovered. To protect themselves and patients, staff members wear full Personal Protection Equipment (PPE) including masks, gloves, eye protection and other personal protective equipment when interacting with any patient.

### Masks for Everyone



Anyone entering the Sleep Center, including patients and essential patient escorts must wear a mask at all times. Patients will be able to remove their mask when they are ready to go to sleep. A mask will be provided to anyone entering the facility.

### Visitor Restrictions



Visitors are currently not permitted, unless an essential escort for a patient under the age of 18. Essential escorts (and visitors, when allowed) will be checked for symptoms of COVID-19 upon arrival. Masks or cloth face coverings must be worn at all times. Visitors who have symptoms of a recent diagnosis or exposure to someone who was recently diagnosed with COVID-19 will be asked to postpone their visit and may not enter the facility.

### Secure Entrances and Exits



We have one door to enter to our Sleep Center to ensure anyone entering, including patients, staff, approved visitors (when allowed), and essential escorts, are checked for symptoms and wearing masks.

### Facility Changes



Our facilities have been carefully adapted with safety precautions in mind to accommodate and monitor appropriate physical distancing and pedestrian traffic flow.

### Touch-Free Check-in and Check-out



Our processes enable pre-registration to be done by phone in advance of your appointment to minimize sharing objects like pens and clipboards.

### Waiting Room Alternatives



We have implemented a procedure to bypass the waiting rooms. Upon arrival at the building, the patient calls the Sleep Center from the parking area. The technologist meets the patient at the door to the Sleep Center, and immediately escorts them to his/her sanitized bedroom. In addition, appointment arrival times are staggered, to avoid more than one patient arriving in the center at the same time.



**You are scheduled for a sleep test at Parkland Medical Center located at:**  
**Nutfield Professional Building**  
**44 Birch Street Building A**  
**Suite 303 Derry, NH 03038**

### **COVID TESTING PRIOR TO YOUR SLEEP STUDY**

If you've been informed that a COVID test will be required before your procedure (SPLIT or CPAP STUDIES), you will be contacted by Parkland Medical Center with an appointment date and time at the drive-through testing program 3 days prior to your sleep study.

### **INSURANCE INFORMATION**

Check directly with your insurance carrier regarding any out of pocket expenses related to your test. Your insurance may not pay for 100% of your sleep study. Even if we have obtained precertification, or your if the sleep study is determined to be "authorized" or "covered", you may still be responsible for paying your co-pay, any non-covered portions, and any deductible as determined by your insurance.

### **PRE-REGISTRATION**

You must register in order for the test to be performed. Please call **603.421.2280** to register.

### **WHAT TO BRING TO THE SLEEP TESTING CENTER:**

- Comfortable clothing/pajamas
- Small snacks (Please bring a cooler if necessary for any food, drinks, or snacks that need refrigeration)
- Personal toiletry items (toothpaste, soap, etc.) If desired
- Anything that will make you feel comfortable on the evening of your study (e.g. pillow, book, magazine, etc.). TVs are provided in each patient room.
- Take/bring all regular and emergency medications that you need for the evening and following morning as prescribed, unless otherwise directed by your physician. Please bring a list of all current medications.

**Please note: the sleep testing center technologists cannot provide/administer any medications.**

**To take extra precaution due to COVID-19, any belongings left at the lab will be disposed of. To avoid this, please be sure to take all belongings when you leave**

### **DIRECTIONS TO SLEEP TESTING CENTER:**

The Sleep Testing Center is located in the Nutfield Professional Building on 44 Birch Street Suite 303. Please park in the parking lot located right outside the Nutfield Professional Building and **call the technologist at 603-421-2098 once you have parked**. The technologist will provide you with instruction and escort you directly to your room. You will be provided with hand sanitizer and a mask if you do not have one.

### **AFTER YOUR SLEEP TEST:**

If you are excessively sleepy upon waking, please arrange for someone to either drop you off or pick you up outside the building. If you are being dropped off, please remain in the car until you receive instruction from the technologist that can be reached at the number listed in the directions. Visitors will NOT be allowed to enter the building.

### **OBTAINING YOUR TEST RESULTS:**

**Contact your referring physician for sleep study results. Study results will not be sent directly to patients.**

### **FREQUENTLY ASKED QUESTIONS:**

#### **1. Do I have to go to sleep right away?**

No, but the technologists will ask you to be in bed by 11pm to begin running the study. The study will conclude at 6am, unless otherwise directed by your referring physician.

#### **2. Can I use the restroom?**

Yes, it will be easy to disconnect from the wires to use the restroom.

#### **3. Will someone be in the room with me?**

No, you will have a private room. There will be a small camera so the technologists can see sleep positions.

Please Note: Technicians will be placing sensors on you that let them monitor your heart, limb movements, snoring, breathing, and brain waves throughout the night. The sensors used to monitor your brain waves are placed on your scalp with conductivity paste. This is not glue and can easily be washed out of your hair when you shower at home. Most of the other sensors are placed with hypoallergenic tape or with an EMG pads. All these sensors are important and will help your physician make the proper diagnosis.