

PHOENIX METROPOLITAN SLEEP CLINIC

Sleep Medicine & Pulmonology Associates
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Patient:	Johnson, Robert Michael	MRN:	PM-195847
DOB:	02/28/1955	Insurance:	Medicare
Age:	69 years	Policy:	1AB-55-195847
Sex:	Male	Date:	11/27/2024

PRE-AUTHORIZATION REQUEST

Procedure: Hypoglossal Nerve Stimulation
CPT Code: 64568
ICD-10: G47.33
Provider: David Chen, MD (NPI: 2468013579)

CLINICAL PRESENTATION

69-year-old male with severe obstructive sleep apnea diagnosed in 2018. Patient reports excessive daytime somnolence, witnessed apneas, and has documented CPAP intolerance. Spouse reports patient stops breathing "hundreds of times" per night. Patient has fallen asleep while driving on two occasions in past year.

POLYSOMNOGRAPHY (11/08/2024)

Parameter	Value
AHI	52.3 events/hour
ODI	48.7 events/hour
Nadir SpO2	74%
Central Apnea Index	3.8 (7.3%)
Non-supine AHI	35.6 events/hour
REM AHI	67.2 events/hour
Time <90% O2	24.3%

CPAP HISTORY

Three documented trials totaling 36 months:
- Trial 1: 2018-2019 (14 months) - Nasal mask, avg use <1 hr/night
- Trial 2: 2020-2021 (12 months) - Full face mask, claustrophobia
- Trial 3: 2023-2024 (10 months) - Nasal pillows, persistent intolerance

All trials showed <2 hours average nightly use. Patient attempted desensitization therapy without success.

DISE RESULTS (11/15/2024)

Performed by: Dr. Michael Torres, ENT

Findings:

- No complete retropalatal collapse observed
- Multilevel collapse at velum and tongue base
- Lateral pharyngeal walls: Moderate collapse
- Tonsils: Grade 1
- Epiglottis: No obstruction

PHYSICAL EXAMINATION

Height: 5'9" (175 cm)

Weight: 268 lbs (121.6 kg)

BMI: 39.6 kg/m²

Neck circumference: 19 inches

Blood pressure: 148/92 (on triple therapy)

Mallampati: Class IV

MEDICAL HISTORY

- Morbid obesity
- Hypertension (poorly controlled)
- Type 2 diabetes (A1C 8.9%)
- Coronary artery disease
- Chronic kidney disease stage 2
- Osteoarthritis

CURRENT MEDICATIONS

Medication	Dose
Lisinopril	20 mg daily
Amlodipine	10 mg daily
Hydrochlorothiazide	25 mg daily
Metformin	1000 mg BID
Insulin glargine	40 units QHS
Atorvastatin	80 mg daily

PHYSICIAN ASSESSMENT**Plan:**

1. Refer to bariatric surgery for evaluation
2. Aggressive weight management program enrollment
3. Consider oral appliance therapy as bridge
4. Re-evaluate for HNS if BMI reduced to <35.6. Continue efforts with CPAP - consider different interface David Chen, MD

Sleep Medicine

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