



2941 OAK PARK CIRCLE, SUITE 200 • FORT WORTH, TEXAS 76109
(817) 332-7433 • FAX (817) 394-6282

1201 FAIRMOUNT AVENUE • FORT WORTH, TEXAS 76104
(817) 335-5288 • FAX (817) 338-0927

6100 HARRIS PKWY, STE. 285 • FORT WORTH, TEXAS 76132
(817) 263-5864 • FAX (817) 263-3791

*Comprehensive Care for People with Sleep Disorders
Diagnosis, Treatment, Follow-up, Education, Research*

Sleep Laboratory – 2941 Oak Park Circle, Ste. 200, Fort Worth, TX 76109
Email: Information@SleepConsultants.com
Internet: <http://www.SleepConsultants.com>

_____ has an appointment with _____ on _____ at _____ with a check-in time of _____. This is your initial appointment only, which takes about an hour. If testing is needed, it will be scheduled for a later date.

We want to take this opportunity to welcome you to the practice and thank you for choosing us to provide your health care. We appreciate your trust in us and look forward to keeping you healthy.

Please complete the enclosed information BEFORE your scheduled appointment and bring the completed forms with requested information including current insurance card(s), all your medications (including inhalers, over-the-counter medications, herbs) and your CPAP or BiPAP machine if you are using one.

The Sleep and Health questionnaires are used to conduct this appointment so it is very important that this is completely filled out ahead of time. **If this is not filled out before you arrive, you may be asked to reschedule.** It would be helpful to bring someone with you who is familiar with your sleep habits.

Many patients seen in our offices have sensitive respiratory conditions. Please avoid use of scented body spray, perfume, cologne, aftershave, or anything with a heavy scent.

If a referral is required, you will need to bring your referral and/or referral information to the office at the time of your visit. If we do not have this referral, you will not be seen by the doctor. The referral needs to be made out to the doctor named above. Any sleep testing is done in one of our sleep laboratories and is billed by Texas Pulmonary & Critical Care Consultants. If you have any questions concerning your benefits, please call your insurance company.

If you need to reschedule your appointment, please call us at 817-263-5864 as early as possible. Please help us serve you better by keeping scheduled appointments.

Sincerely,

Sleep Consultants, Inc.



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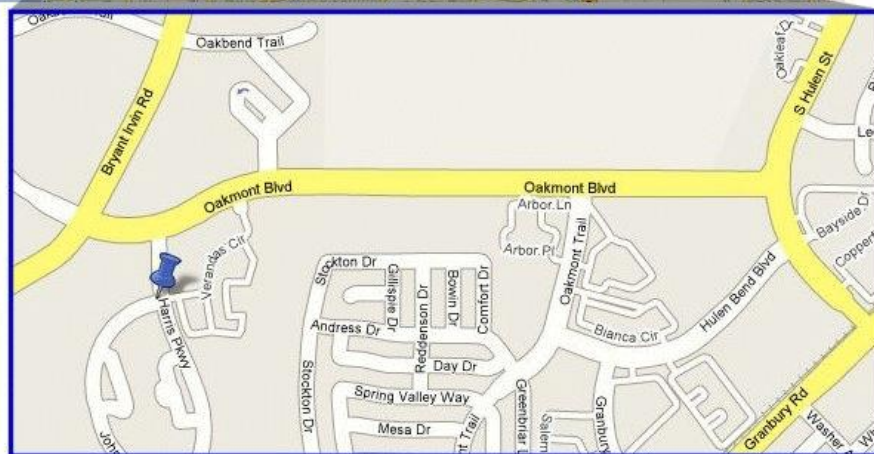
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From Burleson or Waco :

Proceed to I-35W north driving toward Fort Worth. Take exit (45A) to merge into I-20/820W toward Abilene. Take the Bryant Irvin Road exit. Turn left onto Bryant Irvin Rd. Go south on Bryant Irvin Rd. Turn left onto Oakmont Blvd. Turn right onto Harris Parkway. Go one block and the hospital will be on your right. Pull into the main parking lot. Follow signs to the Plaza section of the hospital. (This will be the north side of the hospital.) When you enter the plaza, the bank of elevators will be to your left. Take the elevator to the second floor. From the elevator, go right to suite 285. We are located on the left side at the end of the hall.

From Abilene:

Proceed to I-20E/ US80-E driving east toward Fort Worth. Continue to follow I-20 E. Take the Bryant Irvin Road exit. Turn left onto Bryant Irvin Rd. Go south on Bryant Irvin Rd. Turn left onto Oakmont Blvd. Turn right onto Harris Parkway. Go one block and the hospital will be on your right. Pull into the main parking lot. Follow signs to the Plaza section of the hospital. (This will be the north side of the hospital). When you enter the plaza, the bank of elevators will be to your left. Take the elevator to the second floor. From the elevator, go right to suite 285. We are located on the left side at the end of the hall.

SLEEP CONSULTANTS PATIENT QUESTIONNAIRE

Thank you for completing this questionnaire. Your answers enable us to provide a thorough evaluation. If you have any of the following symptoms or medical problems, or if you take medications or therapy for the symptom/problem, please circle items or fill in blanks as appropriate:

Feeling poorly, ill	Double vision	Blurred vision	Wear glasses
Wear contact lenses	Sleep with contacts in? yes no	Glaucoma	Headaches
Migraine	Insomnia	Dizziness	Fainting
Epilepsy / seizures	Neuropathy	Restless legs syndrome	Memory problems
Dementia	Stroke / TIA	Depression	Anxiety
ADD / ADHD	Autism	Short temper	Claustrophobia
PTSD	Other mood disorder / mental illness: _____		Runny nose
Stuffy nose	Post-nasal drainage	Sinus trouble	Nosebleeds
Sore throat	Hoarseness	Dental problems: _____	
Wear dentures: upper lower both	Sleep with dentures in? yes no		Rapid weight gain or loss
Change in appetite	Indigestion/Heartburn	Reflux	Abdominal pain
Difficulty swallowing	Nausea	Vomiting	Constipation
Diarrhea	Bloody stools	High blood pressure	Ankle swelling
Racing heart	Irregular heartbeat / palpitations		Atrial fibrillation
Chest pain	Coronary artery disease	Congestive heart failure	Cough
Wheezing	Shortness of breath at rest	Shortness of breath with activity	Asthma
COPD	Emphysema	Coughing up blood	Sleep apnea
Previous sleep studies (when/where): _____		Inactive / sedentary	Obese
Diabetes: type 1 or 2	Hypoglycemia	Cold / heat intolerance	Thyroid disease
Other hormone abnormalities: _____			General weakness
Localized muscle weakness	Chronic fatigue syndrome	Osteoporosis	Renal failure
On dialysis	Difficulty urinating	Prostate enlargement	
Frequent urinary tract infections	Incontinence	Disinterest in sex	
Erectile dysfunction	Other sexual dysfunction _____		
Cancer: type / location? _____		In remission? yes no	Muscle aches
Low back pain	Fibromyalgia	Other chronic pain: _____	
Rash	Fever	Hepatitis	
Tuberculosis or positive PPD test	HIV-positive	AIDS	
Other infectious disease(s): _____		Mental disability	Physical disability

Surgical History – Please list all surgeries and the year they were performed:

Hospitalizations and Emergency room visits – Please include reason and year:

Dental/orthodontic history – Please include procedure and year:

Do you have regular physical activity or exercise? **Yes No** If yes, please describe type of activity, frequency, etc.: _____

List hobbies and social activities you enjoy:

<u>Age</u>	<u>Weight</u>	<u>Age</u>	<u>Weight</u>
20	_____	50	_____
30	_____	60	_____
40	_____	70	_____

Have you ever considered or attempted suicide? **Yes No**

Do you feel you are living with unusual stress at this time? **Yes No**

If yes, please explain: _____

WOMEN: Do you have complaints that vary with the stage of your menstrual cycle? **Yes No**

Are your menstrual periods in any way abnormal or irregular? **Yes No**

Are you pregnant? **Yes No**

Are you past menopause, or are you having menopausal symptoms now? **Yes No**

Use space below for any additional comments about your health or medical history:

Family Medical History (please list all known medical problems, including sleep and psychiatric problems):

Mother _____

Father _____

Siblings _____

(Note if _____

sister or _____

brother) _____

Children _____

(Note if _____

daughter _____

or son) _____

Other _____

SLEEP QUESTIONNAIRE:

Date: _____

Please complete this questionnaire as it will help the doctor help you. As some questions are personal, you may choose to leave the answers blank and discuss them with your doctor if you wish.

Patient Name _____ Occupation _____ Age _____

Please briefly describe your sleep complaints, including when they started.

-
-
1. **Yes No** Did you have a problem with your sleep as a child? If yes, please describe: _____
 2. **Yes No** Are you unable to fall asleep at night?
 3. **Yes No** Are you unable to remain asleep at night, or do you often wake up earlier than you would like?
 4. **Yes No** Do you take, or have you ever taken, any medications or other substances to help you sleep? If yes, please list, and describe how well they work: _____
-
5. **Yes No** Do you toss and turn a lot, or have difficulty getting comfortable in bed?
 6. **Yes No** Do you sleep with a TV or radio on?
 7. **Yes No** Do you use a computer, cell phone, or other electronic device before bed or during the night?
 8. **Yes No** Do you lie awake at night with thoughts racing through your mind?
 9. **Yes No** Are you afraid of the dark or of going to sleep?
 10. **Yes No** Do you get an uncomfortable, hard-to-describe feeling in your legs or elsewhere accompanied by a strong urge to move?
 11. **Yes No** Do these symptoms begin or worsen when sitting or lying down?
 12. **Yes No** Does movement (stretching, bending, walking) temporarily relieve the symptoms?
 13. When do the symptoms occur (circle which)? morning afternoon evening night
 14. **Yes No** Do you itch at night?
 15. **Yes No** Do you ever wake up with chest pain or palpitations?
 16. **Yes No** Does other pain disturb your sleep? If yes, please describe:
 17. **Yes No** Do you grind or clench your teeth during sleep?
 18. **Yes No** Do you wake up with jaw pain?
 19. **Yes No** Do you feel you get too much or not enough sleep? (If yes, please circle which.)
 20. **Yes No** Do you feel your sleep quality is poor? (That is, no matter how much sleep you get, you do not wake up feeling rested).
 21. **Yes No** Do you commonly breathe through your mouth, especially at night?
 22. **Yes No** Have you ever been told you snore?
 23. **Yes No** Does your snoring disturb others?
 24. **Yes No** Has anyone ever told you that you stop breathing during sleep?
 25. **Yes No** Do you sometimes wake up choking, breathing hard, coughing, or gasping for breath?
 26. **Yes No** Have you dreamed of drowning or being suffocated?
 27. **Yes No** Do you wake up at night with heartburn?
 28. **Yes No** Do you sweat excessively during sleep?
 29. **Yes No** Do you commonly wake up in the morning with a sore throat or hoarseness?
 30. **Yes No** Do you wake up in the morning with a headache?
 31. **Yes No** Have you wet the bed during sleep as an adult?
 32. **Yes No** Do you often have frightening dreams or nightmares?

33. **Yes No** Do you ever wake up screaming?
34. **Yes No** Have you ever been told that you make rolling/rocking movements in sleep?
35. **Yes No** Have you ever been told that you act out dreams?
36. **Yes No** Do you awaken during the night or in the morning with feelings of sadness, fear, anxiety, worry, irritability, anger, disorientation, or confusion? (Please circle all that apply.)
37. **Yes No** Do you sleep walk or engage in other activity while asleep?
38. **Yes No** Do you talk in your sleep?
39. **Yes No** Do you fall out of bed?
40. **Yes No** Do you eat a meal within two hours of going to bed?
41. **Yes No** Do you eat or drink anything, or take any medications *during* the night (*after* going to bed)? If so, what? _____
42. **Yes No** Do you usually sleep with someone?
43. **Yes No** Are you awake at night because of your bed partner's noise or movement?
44. **Yes No** Do you think your bed partner may have a sleep disorder?
45. **Yes No** Are you awake at night to assist a person or animal?
46. **Yes No** Are you awake at night because of noise, heat, cold, or light? (Circle which)
47. **Yes No** Do you have hallucinations or dream-like states as you fall asleep or wake up? If yes, circle which.
48. **Yes No** Do you ever feel paralyzed when falling asleep or waking up? If yes, circle which.
49. **Yes No** Do you use an alarm clock to wake up?
50. **Yes No** MEN: Do you wake up with penile erections?
51. **Yes No** Is it easy for you to get out of bed in the morning?
52. **Yes No** Do you rely on caffeine (coffee, tea, etc. the) to stay awake during the day?
53. **Yes No** Do you have sudden attacks of physical weakness or paralysis during the day?
54. **Yes No** If so, do laughing, anger, or other emotional factors trigger the attacks?
55. **Yes No** Do you feel tired or physically fatigued during the day even when you are not sleepy?
56. **Yes No** Is your daytime performance in work or recreation less efficient than you would like?
57. **Yes No** Do you yawn frequently during the day?
58. **Yes No** Do your eyes burn or tear during the day?
59. **Yes No** Do you feel distracted and unable to concentrate?
60. **Yes No** Do you frequently feel depressed, fearful, anxious, worried, irritable, angry, disoriented or confused during the day? (Please circle all that apply.)
61. **Yes No** Have you ever "come to" and discovered that you have performed a complex activity (i. e. driving a car) without remembering it (blackouts)?
62. Rate your chance of dozing in the following situations, with 0 = never, 1 = slight, 2 = moderate, and 3 = high:
- _____ Sitting and reading
- _____ Watching TV
- _____ Sitting inactive in a public place (e.g. a theater or meeting)
- _____ As a passenger in a car for an hour without a break
- _____ Lying down to rest in the afternoon when circumstances permit
- _____ Sitting and talking to someone
- _____ Sitting quietly after a lunch without alcohol
- _____ In a car, while stopped for a few minutes in traffic
63. **Yes No** Do you have uncontrollable urges to sleep during the day or fall asleep unintentionally?
64. **Yes No** Have you had accidents or close calls while driving because you were sleepy or "foggy"?
65. **Yes No** Does your occupation involve shift-work, night-work or travel across time zones? If yes,

please describe, including whether or not you keep the same schedule on days off from work:

66. **Yes No** Do your sleep problems occur in cycles or only at certain times? (Examples: every 10 days, only when away from home, women: during your period, etc.) If yes, please explain:

67. **Yes No** Do you commonly sleep in locations other than a bed in a bedroom? If yes, please indicate where: couch recliner floor elsewhere _____
68. Do you function most poorly in the morning, afternoon, or evening? (Please circle which.)
69. List things that make daytime or nighttime symptoms and complaints worse.

70. List things that make daytime or nighttime symptoms and complaints better.

71. In what position(s) do you prefer to sleep? Circle:
supine (on back) right side left side prone (on stomach) in recliner
72. Usual bedtime: _____ AM / PM If different on days off: _____ AM / PM
73. How long does it take you to go to sleep? _____
74. Usual wake time: _____ AM / PM If different on days off: _____ AM / PM
75. How much sleep do you feel you get each night? _____ hours
76. Number of awakenings per night: _____ How long do you stay awake? _____
77. Number of bathroom trips per night: _____
78. How long does it take you to become fully alert and functional in the morning? _____
79. If you take naps, how long are they (include even brief dozing while watching TV, reading, etc.)? _____
What time of day? _____ How many naps per week? _____
80. Describe anything about your sleep/wake schedule that you dislike? _____

81. Is there a sleep/wake schedule you would prefer to your present schedule, but have difficulty achieving?

82. Do you have any other daytime symptoms or complaints which you feel may be related to sleep? If yes, please explain: _____

I certify that all information is correct and complete. If any information changes, I will notify Sleep Consultants, Inc.

Signature _____ Date _____

If not filled out by patient, please print name and relationship to patient:

SLEEP CONSULTANTS, Inc.
6100 Harris Parkway, Suite 285
Fort Worth, TX 76132
(817) 263-5864

ASSESSMENT OF PATIENT'S BEHAVIOR BY BED PARTNER

Please answer the following questions about your bed partner's behavior over the past *six months* by circling the word that reflects your opinion.

1. Snores loudlynever rarely sometimes often always
2. Keeps you awake by loudly snoring.....never rarely sometimes often always
3. Snores loudly in all positionsnever rarely sometimes often always
4. Snoring results in you sleeping separatelynever rarely sometimes often always
5. Breathing pauses and/or snorts are heardnever rarely sometimes often always
6. Body movements (e.g. legs, arms, body jerks, etc.).....never rarely sometimes often always
7. Grinding teeth.....never rarely sometimes often always
8. Acting out dreamsnever rarely sometimes often always
9. Sleep onset within 5 minutes or lessnever rarely sometimes often always
10. Poor concentration and/or short term memorynever rarely sometimes often always
11. Increased irritability and quick temper.....never rarely sometimes often always

Please estimate the likelihood of your bed partner falling asleep in the following common situations.

0 = never 1 = slight 2 = moderate 3 = high N/A = no chance to observe or form an opinion

12. _____ Sitting and reading.
13. _____ Watching television.
14. _____ Sitting inactive in a public place (e.g. a theater or meeting).
15. _____ As a passenger in a car for an hour without a break.
16. _____ Lying down to rest in the afternoon when circumstances permit.
17. _____ Sitting and talking to someone.
18. _____ Sitting quietly after a lunch without alcohol.
19. _____ In a car while stopped for a few minutes in traffic.

_____ Total of 12-19

Patient's Name: _____

Date: _____

Name of Person Completing Questionnaire: _____

Relationship: _____

PATIENT REGISTRATION FORM

Date: _____

SSN _____

Sex _____

Employment Status Employed Disabled
 Self Employed Retired
 Unemployed Student

Name:

First _____

Employer _____

Middle _____

Employer phone _____

Last _____

Birth Date _____

Preferred Name _____ Suffix _____ Marital Status _____

Race _____ Ethnicity: Latino/Hispanic Not Hispanic or Latino Other Decline to Answer

Language _____ Email _____

Address _____ City _____ Home Phone _____

State _____ Mobile Phone _____

Zip _____ Work Phone _____

Preferred phone for **voice** calls Home Mobile Work

Preferred contact method for automated appointment reminders (select one or more)
 Voice (preferred phone selected above)
 Text (enter mobile phone above)
 Email (enter email address above)
 Do Not Remind Me

Patient Portal Access (please select one):

Please email an invitation to the patient portal (email address above) I decline access to the patient portal

Referred By _____ Phone _____ Fax _____

Address _____
Street City State Zip+4

Primary Care Physician _____ Phone _____ Fax _____

Address _____
Street City State Zip+4

List other physicians you are currently seeing _____

Are you currently residing in a skilled nursing facility? Yes No If yes, name of facility _____

Notify in case of emergency:

Name _____ Phone _____ Relationship _____

Address _____
Street City State Zip+4

Pharmacy _____ Phone _____

Have you signed a: Living Will: Yes No DNR (Do Not Resuscitate): Yes No (Please provide a copy)

Durable Power of Attorney: Yes No Date signed: _____ (Please provide a copy)

Are you currently using a DME (Durable Medical Equipment) company? Yes No

If yes, which one? _____

If no, who does your insurance company require you to use? _____

Who does your insurance company require you to use for: Lab _____ X-ray _____

Is this a work-related illness/injury? Yes No Date of illness/injury _____ Date last worked _____

Cause of accident, if any _____

I hereby authorize release of my medical records from _____ to Texas Pulmonary & Critical Care Consultants, PA. This authorization expires upon written notice from patient/patient representative.

Signature of Patient or Responsible Party

Date

FINANCIAL POLICY

PRIMARY INSURANCE POLICY:

Insurance Co. _____ ID No. _____ Group No. _____
Name of Insured _____ Insured's DOB _____ Ins Start Date _____
Relationship to Patient _____ SSN _____ Sex _____

SECONDARY INSURANCE POLICY:

Insurance Co. _____ ID No. _____ Group No. _____
Name of Insured _____ Insured's DOB _____ Ins Start Date _____
Relationship to Patient _____ SSN _____ Sex _____

Responsible Party Name _____ Phone _____ Relationship _____
Address _____
Street City State Zip+4

Please understand that payment of your bill is considered a part of your treatment. The following is a statement of our Financial Policy, which we require you read and sign prior to any treatment. Full payment or copayment (if applicable) is due at the time of service. We accept cash, check, Visa, MasterCard, Discover or American Express. We are not responsible for misinformation given by your insurance company. You will be refunded any over-payments or billed for any balance after the claim processes.

Regarding Insurance – We cannot bill your insurance company unless you give us your insurance information. If we are nonparticipating with your insurance, and they have not paid the balance within 90 days, the balance will be transferred to you. Please be aware that some, and perhaps all, of the services provided may be non-covered services and/or not considered reasonable and necessary under the Medicare Program and/or other medical insurance. These charges will be your responsibility. Our office makes every effort to obtain referral authorizations from the Primary Care offices for patients on HMOs. Should we not be able to obtain a referral, charges will be your responsibility.

Appeals – You appoint Texas Pulmonary & Critical Care Consultants, P.A. and/or Sleep Consultants, Inc. to act as your authorized representative in requesting an appeal from your insurance plan in the event of denial of services/denial of payment. You agree that if the payment denial is overturned on appeal, the plan's payment should be paid directly to Texas Pulmonary/Sleep Consultants, and you direct the plan to do so in that event.

Out of Network Billing – The physicians may not be participating providers with your insurance plan and, if not, benefits may be reduced and/or your portion may be applied to your out-of-network deductible.

Signature of Patient or Responsible Party

Date

Acknowledgment of Review of Notice of Privacy Practices

I have reviewed this office's Notice of Privacy Practices, which explains how my medical information will be used and disclosed. I understand that I am entitled to receive a copy of this document.

Signature of Patient or Personal Representative

Date

A copy of our Notice of Privacy Practices will be provided at your request.

Texas Pulmonary & Critical Care Consultants, PA

Consent to release Protected Health Information (PHI)

I understand that in order to disclose my PHI, Texas Pulmonary & Critical Care Consultants, PA, must have my consent, therefore I authorize Texas Pulmonary & Critical Care Consultants, PA to disclose my PHI as described in the provided forms to the recipients listed below:

Description of the information to be disclosed (check all that apply):

All Procedures Test Results Appointments Other Surgeries Billing/Account information

Name(s) of the person(s) authorized to obtain the above-mentioned information (e.g. family members and other specified person(s), physician other than your referring doctor).

Name: _____ Relationship: _____

Name: _____ Relationship: _____

Patient's Contact Information:

I authorize Texas Pulmonary & Critical Care Consultants, PA to contact me at the following number with results or questions:

Home _____ Cell _____ Work _____

May we leave a detailed message on your answering machine or voicemail?

Yes No Failure to check one of these boxes may delay results

By Patient: (printed name) _____ DOB: _____

Patient Signature: _____ Date: _____

Or Patient's Representative (print name, sign and describe authority)

_____ Date: _____

By signing this HIPAA Patient Acknowledgement form, you acknowledge and authorize that you hold harmless this Healthcare Facility, its employees and agents for any and all liability (including but not limited to negligence) arising out of or occurring from this authorization. You understand that your records may be subject to re-disclosure by recipient(s) and unprotected by federal or state law; that this authorization remains effective until this Healthcare Facility is in actual receipt of a signed revocation or until the records retention period required under federal and state law has expired and the records have been destroyed; that you have the right to revoke this authorization at any time, provided you do so in writing; that you have been given the opportunity to ask questions; that you have received a copy of the signed authorization; that you may inspect a copy of your PHI to be used or disclosed under this authorization; that this Healthcare Facility has not conditioned provision of services to you or your treatment upon receipt of this signed authorization; and that you may refuse to sign this authorization. A copy of this signed, dated Authorization shall be as effective as the original.



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Advanced Practice Provider Consent

This facility has on staff advanced practice providers to assist in the delivery of pulmonary care.

These advanced practice providers are not physicians. They have received advanced education and training in the provision of health care. Each can diagnose, treat, and monitor common acute and chronic diseases as well as provide health maintenance care.

I have read the above and hereby consent to the services of an advanced practice provider for my health care needs.

I understand that at any time I can refuse to see the advanced practice provider and request to see a physician.

Name

Date

Signature