

Patient Initiated Review (PIR) Information for patients from the Sleep Clinic

What is patient initiated review?

You've completed your treatment in the sleep clinic and your symptoms are now stable. Instead of scheduling regular follow-up appointments, you will now move to a Patient-Initiated Review (PIR) arrangement. This means you can contact the clinic if you need help again, rather than attending routine appointments when you're doing well. PIR gives you more control over your care, while ensuring you can still access specialist support if your symptoms return or change.

Initiating an appointment:

You can contact us if your sleep problems return or if you're worried your condition is getting worse. Examples of reasons to contact us are:

Triggers for appointment
<ul style="list-style-type: none"> • If your condition has been stable but suddenly gets worse • If your sleep apnoea symptoms seem to be coming back • If you're having problems with your CPAP mask (e.g. sores, leaks, discomfort) • Your insomnia symptoms return or worsen and last for more than 4 weeks. • You're finding it hard to function during the day because of tiredness, poor concentration, or mood changes. • You're concerned about your sleep medication or side effects. • You notice new sleep problems, such as loud snoring, choking in sleep, or unusual movements. • You experience a significant change in mental health, such as increased anxiety, low mood, or suicidal thoughts.

How do I book my appointment?	When should I not use this service?
<ol style="list-style-type: none"> 1. If you need an appointment, please phone us on 0497 585 632 or email sleepcnc@alfred.org.au 2. Explain that you are on the Patient Initiated Review pathway 3. When you contact us, a member of the clinical team will review your situation; <ol style="list-style-type: none"> a. Offer advice, or b. Arrange a review appointment if needed 	<ul style="list-style-type: none"> • If your concern is related to a different condition or symptoms. • If the time period stated has lapsed, please see your GP for a new referral. • If you need urgent medical advice, you should contact your GP or visit the nearest emergency department

If you have not contacted the service within your PIR period, you will be formally discharged to your GP for ongoing care.