



# Geneva General Hospital Sleep Laboratory

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## Changes expected in medical standards for Commercial Motor Vehicle (CMV) drivers

Due to the current regulatory climate and panel recommendations, strict standards in screening of commercial drivers and a national registry of Physicians may soon be required by the government for Commercial Drivers Licenses. The current medical standards set for commercial drivers were put into effect in 1971. Revisions of those regulations have been under consideration and reviewed since a formal request was made in 1991 by the Office of Motor Carriers (OMC). In January of 2008, a medical expert panel working under direction of the U.S. Department of Transportation's (DOT's) Federal Motor Carrier Safety Administration (FMCSA) submitted formal recommendations on "Obstructive Sleep Apnea and Commercial Motor Vehicle Driver Safety".

The following is a quote from the FMCSA in a "Notice For Proposed Rule-making" : " The FMCSA proposes to establish and maintain a National Registry of Certified Medical Examiners (NRCME) and to require that all medical examiners who conduct medical examinations for interstate commercial motor vehicle drivers complete certain training concerning FMCSA physical qualification standards, pass a test to verify an understanding of those standards, and maintain competence by periodic training and testing."



There may be new physical criteria for pre-screening patients for sleep studies. One of the suggested parameters requires that CMV drivers with a BMI greater than 33 be required to have a full overnight sleep study. If you have questions on how this legislation will effect the treatment of your patients or would like an in-service on this topic, please call us @ (607) 737-2687, or email us at [sleeprite@sleepriteonline.com](mailto:sleeprite@sleepriteonline.com).

### Meet Our President



Linda Schaar, RRT, RPSGT has grown steadily over the past 12 years. Today SleepRite operates 3 hospital based sleep labs and has 10 employees. Linda and David continue to grow their business in the sleep industry. Linda began her career in sleep by setting a standard of quality and excellence in patient care. This standard has been carried throughout the business for the patient, physician, hospital and the employees.

Linda Schaar, RRT, RPSGT started SleepRite in 1997. She graduated from Elmira College in 1983 and began a career in Respiratory Therapy at St. Joseph's Hospital in Elmira. Linda began her sleep career in 1990 when the hospital opened up it's sleep lab. In 1997, Linda, along with her husband David, began their own business performing sleep studies. Initially in-home studies were performed, then the business branched into the hospital. The business

#### To schedule your patient for a sleep study at Geneva General Hospital :

- Fill out a referral form and fax it to 315-787-4865
- Or call the scheduling department at 315-787-4555

#### For inquiries about polysomnogram results, testing or to request an in-service:

- Call SleepRite at 607-737-2687



## *Geneva General Hospital*

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Mailing Address Line 1

Mailing Address Line 2

Mailing Address Line 3

Mailing Address Line 4

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*When you lie down, your sleep shall be sweet*

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[www.sleepriteonline.com](http://www.sleepriteonline.com)

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## **Sleep apnea therapy improves golf game**

November 2, 2009

Golfers who undergo treatment for sleep apnea may improve their golf game as well as their overall health, shows new research. A new study presented at CHEST 2009, the 75th annual international scientific assembly of the American College of Chest Physicians (ACCP), found that golfers with obstructive sleep apnea (OSA) who received nasal positive airway pressure (NPAP) for their disorder improved their daytime sleepiness scores and lowered their golf handicap by as much as three strokes. Researchers suggest that the possibility of improving your golf game may be a significant motivator to improve NPAP compliance rates among golfers. "Compliance with CPAP therapy is an ongoing issue in the treatment of patients with sleep apnea," said Kalpalatha Guntupalli, MD, FCCP, President of the American College of Chest Physicians. "Finding new and more effective ways to increase CPAP compliance based on individual motivations is definitely encouraged."

**Source: American College of Chest Physicians**