**CCMP Guidelines for CPP: Sleep Apnea**

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| **GOALS** | | 1. Maximize employability and optimize health by efficiently treating sleep apnea so that the student experiences few or no symptoms. 2. Encourage student to participate in and follow prescribed treatment plan. 3. Educate student regarding self-management and reporting of symptoms. 4. Encourage student enrollment in Weight Improvement Program, if indicated. |
| **Yes** | **No** | **Career Preparation Period** |
|  |  | Establish a sleep apnea action plan |
|  |  | Review treatment protocol and medication(s) or device(s) (CPAP machine, oxygen) |
|  |  | Assess vocational training match |
|  |  | Mandatory TUPP/smoking cessation enrollment (if applicable) |
|  |  | Annual influenza vaccination in October or November (or upon entry) |
|  |  | Mandatory enrollment in a weight management program if indicated (on or off center) |
|  |  | Educate student about potential obesity complications associated with sleep apnea:Cardiovascular (hypertension, hyperlipidemia, cor pulmonale)  * Stroke  Diabetes mellitus, type 2Liver (steatohepatitis)Gallbladder (gallstones)Reproductive (PCOS)Orthopedic (SCFE)Skin (acanthosis nigricans, striae)CNS (pseudotumor cerebri)  * Psychosocial/quality-of-life issues |
|  |  | Educate student about lifestyle choices:Weight managementEncourage fruits, vegetables, low fat milk, increased fiberAvoid soda and fruit juicesEncourage aerobic physical activity (30 minutes per day, 5 days per week)Avoid sedentary lifestyle (limit TV and other screen time)Avoid smokingLimit alcohol use |
|  |  | Educate student on weight management as it relates to employment |