

# Utilizing Telemedicine for Your Patients With Narcolepsy

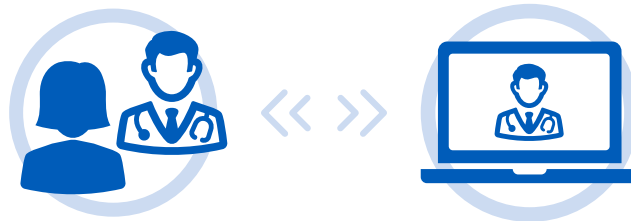


## American Academy of Sleep Medicine (AASM) Recommendations for Telemedicine Best Practices

- Consult state regulations regarding telemedicine practice<sup>1</sup>, including:
  - Provider-patient encounters
  - Informed consent
  - Out-of-state practice and licensure
  - Internet prescribing
- Ensure that both the provider and the patient are situated in quiet, private, Health Insurance Portability and Accountability Act (HIPAA)-compliant environments<sup>1,2</sup>

## Applying AASM Clinical Recommendations to Telemedicine

Mirror clinical care standards for telemedicine services to those of in-office visits.<sup>2-4</sup>



Assess excessive daytime sleepiness (EDS) and cataplexy using:

- Clinical interview<sup>4</sup>
- Validated scales (e.g., the Epworth Sleepiness Scale [ESS])<sup>3,4</sup>

Continue to the following page for insight on assessing EDS and cataplexy in narcolepsy

Find more resources [here](#)

# Regularly Assess for EDS and Cataplexy in All Patients With Narcolepsy<sup>4-6</sup>

## Identifying EDS can be challenging in clinical practice<sup>5,6</sup>

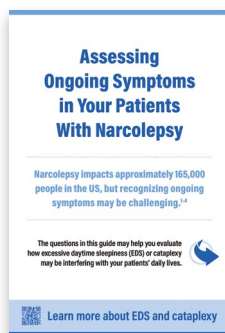
To understand how EDS may be interfering with your patients' daily lives...

- Consider asking questions like:
  - Do you fight to stay awake and alert throughout the day?<sup>7</sup>
  - Do you find you can't do certain activities because of your EDS?<sup>7,8</sup>
- Use validated scales like the ESS at every visit and document any change from baseline<sup>3,4</sup>

## Recognizing cataplexy is not always easy<sup>9-11</sup>

To understand how cataplexy may be interfering with your patients' daily lives...

- Consider asking questions like:
  - Do you experience sudden periods of muscle weakness with strong emotions or in certain situations?<sup>7,12</sup>
  - Do you notice weakness in your face or neck, like mouth opening or droopy eyelids?<sup>7,10</sup>
  - Do you avoid emotions or certain situations because of your cataplexy?<sup>10,13</sup>



Find more questions and insight on evaluating EDS and cataplexy in the [Ongoing Symptoms Guide](#)

EDS, excessive daytime sleepiness; ESS, Epworth Sleepiness Scale.

**References:** 1. American Academy of Sleep Medicine Telemedicine Implementation Task Force. *Sleep Telemedicine Implementation Guide*. Darien, IL: American Academy of Sleep Medicine; 2017. 2. Singh J et al. *J Clin Sleep Med*. 2015;11(10):1187-1198. 3. Morgenthaler TI et al. *J Clin Sleep Med*. 2015;11(3):279-291. 4. Krahn LE et al. *J Clin Sleep Med*. 2015;11(3):335-355. 5. Morse AM. *Med Sci*. 2019;7(12):106. 6. Thorpy M, Morse AM. *Sleep Med Clin*. 2017;12(1):61-71. 7. American Academy of Sleep Medicine. *International Classification of Sleep Disorders*. 3rd ed. Darien, IL: American Academy of Sleep Medicine; 2014. 8. Maski K et al. *J Clin Sleep Med*. 2017;13(3):419-425. 9. Pizza F et al. *Sleep*. 2018;41(5). doi: 10.1093/sleep/zsy026. 10. Pillen S et al. *Curr Treat Options Neurol*. 2017;19:23. 11. National Institutes of Health. Narcolepsy. U.S. Department of Health and Human Services. May 2017. Accessed December 7, 2021. 12. Overeem S. In: Baumann CR et al, eds. *Narcolepsy: Pathophysiology, Diagnosis, and Treatment*. Springer-Verlag New York; 2011:283-290. 13. de Zambotti M et al. *J Sleep Res*. 2014;23(4):432-440.



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