

Inspire Therapy or Hypoglossal Nerve Stimulation

<p>Candidate Who can be referred?</p>	<p>18 + years BMI less than 40 Moderate to Server OSA with an AHI between 15-100 Less than 25% central/mixed apnea Unable to tolerate CPAP</p>
<p>Work-up What is required?</p>	<p>Referral to MultiCare Capital ENT (Dr. Jordan Mulder or Dr. Alan Cowan)</p>
<p>Location Where will the patient be seen?</p>	<p>MultiCare Capital Ear, Nose & Throat 3920 Capital Mall Dr., Suite 100A Olympia, WA 98502 Phone: 360-706-6250 Fax: 360-704-4746</p>
<p>Services What clinical services and procedures are offered?</p>	<ul style="list-style-type: none"> • We'd like to inform you of a new treatment option we are offering at MultiCare Capital for patients looking for an alternative to CPAP – Inspire Therapy or Hypoglossal nerve stimulation. • It's a mask-free solution for people with obstructive sleep apnea who have tried and struggled with CPAP. • In contrast to CPAP, Inspire or hypoglossal nerve stimulation works inside the body with the natural breathing process. It's a small device, inserted just under the skin during an outpatient procedure. It delivers gentle stimulation to key airway muscles to keep the airway open during sleep.
<p>Collaboration How will we coordinate care for the patient?</p>	<p>Our team uses the Epic electronic health record (EHR).</p> <ul style="list-style-type: none"> • For physicians and professional providers using Epic, you'll be copied on all notes related to the patient. For physicians and professional providers outside Epic, notes will be faxed to you. • Dr. Jordan Mulder and Dr. Alan Cowan are committed to providing innovative healthcare options to our community. They will coordinate any necessary follow up care with Dr. Patrick Smith from Pulmonary/Sleep Medicine.
<p>Referral How do we refer?</p>	<ul style="list-style-type: none"> • Epic users may refer to MultiCare Capital ENT using Epic ID REF010. • Outside referrals, fax 360-704-4746. <p>Check with your insurance to see if prior authorization is needed. In 2025, these Medicare Advantage plans will no longer be available or accepted at MultiCare:</p> <ul style="list-style-type: none"> • Health Alliance Medicare Advantage — Yakima • Humana Choice PPO Medicare Advantage and HMO Medicare Advantage • PacificSource MyCare Medicare Advantage, Medicare Advantage, Medicare Advantage PPO and Medicare Advantage HMO • Premera Medicare Advantage and Blue Card Medicare Advantage

Meet our
specialists



Jordan Mulder, DO - Otolaryngology, Osteopathy

Professional school: Des Moines University - College of Osteopathic Medicine

Residency: Des Peres Hospital

Fellowship: Portland State University



Alan Cowan, MD - Otolaryngology

Certification: American Board of Otolaryngology - Head and Neck Surgery

Professional school: Texas A&M University - College of Medicine

Residency: University of Texas Medical Branch



Patrick Smith, DO, FCCP - Pulmonology/Sleep Medicine

Certification: American Board of Internal Medicine - Internal Medicine, Pulmonary Disease, Critical Care, and Sleep Medicine

Professional school: Touro University Nevada (Henderson, NV)

Residency: Madigan Army Medical Center (Tacoma, WA)

Fellowships: Pulmonary and Critical Care - Medicine Walter Reed National Military Medical Center (Bethesda, MD), Sleep Medicine - Walter Reed National Military Medical Center (Bethesda, MD)