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Title: Utility of a nurse-led visit program for patients with obstructive sleep apnea syndrome treated with CPAP

Dr. Amaia Atenea 12594 Iridoy Zulet pila473@telefonica.net MD ¹, Dr. Sonia 12600 Herrero Marín pila473@telefonica.net MD ¹, Dr. Jose Antonio 15569 Cascante Rodrigo pila473@telefonica.net MD ¹, Dr. Pilar 15570 Cebollero Rivas pila473@telefonica.net MD ¹, Dr. Victor Manuel 15571 Eguía Astibia pila473@telefonica.net MD ¹, Dr. Javier 15583 Hueto Pérez de Herdia pila473@telefonica.net MD ¹ and Dr. Isabel 15587 Andrade Vela pila473@telefonica.net MD ¹. ¹ Respiratory Department B, Complejo Hospitalario de Navarra, Pamplona, Navarra, Spain, 31008 .

Body: Obstructive Sleep Apnea Syndrome (OSAS) is a frequent cause of visit in our clinical practice. In order to diminish its impact in the physician's agenda we created a specific nurse-led individual consultation for their follow-up visits. Aim: We want to analyze the characteristics of patients and changes made in terms of treatment or even medical discharge. Methods: We have analyzed IAH, BMI, Epworth sleepiness scale (ESS), CPAP compliance and satisfaction grade in patients attended from June to December 2010. Results: We attended 243 patients, 88% of them were men, the age average was 56.6 ± 11.6 years. At the moment of diagnose the IMC was 33.2, the IAH 52.2 ± 4.4 and the ESS 10.3 ± 4.9 . At nurse-led visit IMC was 33.3 ± 5.6 and ESS 5.9 ± 4.2 . We found an average of use of 6.03 ± 2.2 hours per night and 6.4 ± 1.6 days per week. We detected a good level of compliance in 78% of them, quite good in 8.5% and bad in 13.5%. They fulfilled a satisfaction test (scale 0-10) and the mean value obtained was 7.2 ± 2.4 . We needed to change the Mask model because of bad tolerance in 20% of patients. Because of good follow up, we could discharge from medical control 37,9% of the cases, they are followed now only in the Nurse unit and almost 60% remained control by both medical and nurse but medical one are their regular follow-up visit. We only give definitive discharge because of low compliance in 1.2%. Conclusions: -Our patients showed a good level of satisfaction -We have found a good level of CPAP compliance -We had to change mask model in a substantial number of cases -We could discharge from medical follow up an important number of patients, optimizing the use of health care resources.