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Title: Usefulness of a medical support assistance on CPAP compliance

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Body: Continuous positive airway pressure therapy (CPAP) is the treatment of choice for obstructive sleep apnea syndrome (OSAS). Device handling often gives rise to difficulties and its acceptance can be influenced by cultural and psychological factors. The aim of the study was to assess the adherence to CPAP therapy with and without early medical support assistance, consisting of motivational reinforcement and emotional support in the first month of therapy. Forty patients undergoing counseling and a one year follow-up on a quarterly basis were included in the study. Of the 40 study patients, 20 (group 1) underwent medical support with telephone interviews for the first month of therapy, and 20 (group 2, the control group) remained without medical support assistance. During the telephone contacts, medical staff helped the patient in the process of acceptance of chronic therapy and to overcome any problem, with the assistance of the Home Care Provider Company "Vivisol". The two populations were homogeneous for age, severity of illness and BMI. Average treatment adherence in the first month (days of therapy with at least 4 hours per night on the total number of days of activation) was 77.5% for group 1 and 55.7% for group 2 ($p=0.022$). Therapy adherence decreased in the following months in group 1. At second trimester compliance was 66.7% for group 1 and 58.3% for group 2 ($p=NS$), and at fourth trimester compliance was 54.3% for group 1 and 56.3% for group 2 ($p=NS$). A medical support assistance is able to determine an improvement in CPAP therapy compliance, but it is necessary maintain it over time.