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Title: CPAP therapy in idiopathic pulmonary fibrosis (IPF) patients with obstructive sleep apnea (OSA)

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Body: Background: Recent literature shows an increased incidence of OSA in patients with IPF. However, there are no published studies related to CPAP treatment in these patients. Aims and objectives: We aimed to assess CPAP effectiveness and adherence in sleep and overall quality of life parameters in IPF patients with OSA. Methods: Twelve patients with newly diagnosed IPF and moderate to severe OSA were included and CPAP therapy was initiated. The patients completed the Epworth Sleepiness Scale (ESS), the Pittsburgh Sleep Quality Index (PSQI), the Functional Outcomes in Sleep Questionnaire (FOSQ), the Fatigue Severity Scale (FSS), the SF-36 quality of life questionnaire and the Beck Depression scale (BDS) before and 1, 3, 6 months after CPAP therapy. Results: Statistical significant improvement was observed in the FOSQ at CPAP initiation and after 1, 3 and 6 months (p: 0.02). Improvement, although not statistical significant, was noted in ESS score (p: 0.65), PSQI (p: 0.41), FSS (p: 0.43), SF-36 (p: 0.31) and BDS (p: 0.53). All patients had intense follow up by our CPAP Clinic. Two patients experienced difficulties in CPAP acceptance and stopped usage after the first month. Heated humidification was added in all patients in order to improve compliance. Conclusion: Effective CPAP treatment, with intense follow up by the CPAP clinic, in IPF patients with OSA, results in a significant improvement in daily living activities based on the FOSQ namely an OSA specific follow up questionnaire. Improvement, though not statistical significant, was also noted based on other questionnaires, probably related to the multifactorial influences of IPF in physical and mental health.