

# European Respiratory Society Annual Congress 2013

**Abstract Number:** 2540

**Publication Number:** P4039

**Abstract Group:** 4.2. Sleep and Control of Breathing

**Keyword 1:** Sleep disorders **Keyword 2:** Sleep studies **Keyword 3:** Chronic disease

**Title:** Audit of partnered management of auto-CPAP therapy

Dr. Heather 3696 Engleman heather.engleman@philips.com<sup>1</sup>, Mrs. Neena 3697 Mehta neena.mehta@philips.com<sup>1</sup>, Mr. Jonathan 3698 Leahy jonathan.leahy@philips.com<sup>1</sup> and Mrs. Anwen 3699 Evans anwen.evans@philips.com<sup>1</sup>. <sup>1</sup> Home Healthcare Solutions, Philips Respironics UK, Chichester, United Kingdom, PO20 2FT .

**Body:** Aims: To quantify patient (pt) and service outcomes from the Management of Specialist Therapies (MOST) program, an auto-CPAP (APAP) homecare service offering telephone and postal therapy management services delivered by trained Helpline staff and clinical specialists, working in partnership with clinics. Methods: Audit sample comprised a random 20% of all pts commencing APAP at two large sleep centres in the year from Nov 2009, with outcomes collected over 18 months. Postal therapy downloads were requested from pts at 1, 3, 6, 12 and 18 m, providing objective APAP usage, pressures, maskleaks, and residual apnoea+hypopnoea indices (AHI). First and last Epworth scores were compared by Wilcoxon test. Database notes provided a count of pt interactions and masks supplied. Results: 98 pts (27F) were eligible for inclusion, of which 78 (80%) were still receiving APAP at 18m.

Usage and Efficacy of APAP therapy (mean  $\pm$  SE) by Time

	1m	3m	6m	12m	18m
	n=91	n=87	n=79	n=73	n=65
APAP use (hrs/nt)	4.4 $\pm$ 0.3	4.4 $\pm$ 0.3	4.5 $\pm$ 0.3	4.7 $\pm$ 0.3	4.8 $\pm$ 0.3
90th centile pressure (cmH <sub>2</sub> O)	11.2 $\pm$ 0.4	11.0 $\pm$ 0.4	10.3 $\pm$ 0.5	10.6 $\pm$ 0.4	10.5 $\pm$ 0.3
Time in large leak (mins)	11 $\pm$ 2	9 $\pm$ 2	9 $\pm$ 2	12 $\pm$ 3	12 $\pm$ 3
Residual AHI (per hr)	5.8 $\pm$ 0.6	4.9 $\pm$ 0.5	4.8 $\pm$ 0.7	6.0 $\pm$ 1.2	5.6 $\pm$ 1.2

Epworth score fell from 10 $\pm$ 1 to 6 $\pm$ 1 (n=73, p<0.001). During the first year of therapy, MOST recorded an average 33 $\pm$ 1 interactions per pt, half of these in the first 3 m. Additional mask(s) were supplied to 12%, 11% and 11% of pts respectively at 1, 3 and 6 m timepoints. Conclusions: The audit provides evidence of successful patient outcomes from MOST in good objective usage and efficacy, and normalised sleepiness ratings. Service outcomes suggested high levels of pt engagement and responsiveness from MOST.