

Does a clinic visit at 6 weeks improve compliance with CPAP therapy?

Introduction

The Bradford Sleep Service started in the independent sector then set up in our NHS Trust. The two services run alongside each other with the same anaesthetic consultants, diagnostic equipment, and the same time allocation for each patient. The independent hospital practice is almost entirely NHS. The CPAP service in both is provided by Philips Respironics through their Sleep Support Service.

The services are exactly the same, except that, because of pressure on anaesthetic services, the follow up clinics in the NHS Trust decreased. Consequently patients waited up to 1 year to be seen after starting CPAP. Those in the independent sector were seen at 6 weeks.

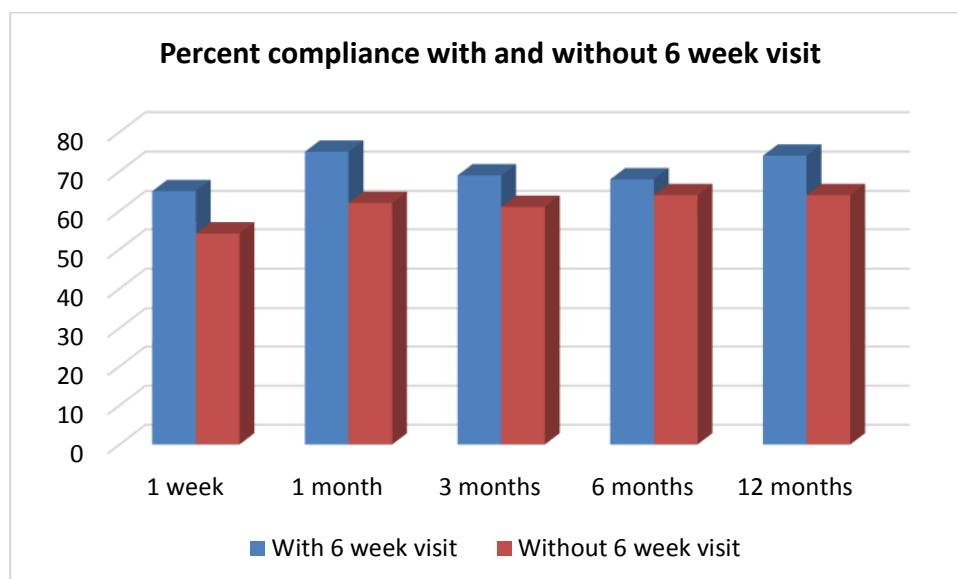
We examined the compliance figures at 1 week, 4 weeks, 3 months, 6 months and 1 year to see if there is any difference between the services.

Although the Trust patients were not seen in clinic, all patients received the same telephone support and remote monitoring from Philips Respironics

Results

We expected a significant difference in compliance. This is not the case. Patients seen in the independent setting had an initial higher compliance. There may be a socio-economic factor involved but the difference was less at 3 months, a point when any benefit of the 6 week visit should be most pronounced.

Percent using CPAP for > 4hrs per night					
	1 week	1 month	3 months	6 months	12 months
With 6 week visit	65	75	69	68	74
Without 6 week visit	54	62	61	64	64



Discussion

We feel it is good practice to see patients at 6 weeks, dealing with problems and explaining how CPAP works. The lack of impact is disappointing but demonstrates that by using a service monitoring patients remotely and providing telephone support, our patients were doing well despite the problems in the Trust