Improving CPAP compliance to reduce patient cardiovascular risk

Plan-Do-Study-Act Activity

General Practitioners are able to apply for RACGP QI & CPD points through completing this Plan, Do, Study, Act (PDSA) activity developed by Genesis SleepCare. This PDSA is a Quality Improvement activity with the RACGP attracting 40 Category 1 points. Activity ID 96608.

Chronic Disease and SleepCare Update - The Importance of CPAP Compliance

CPAP compliance is the key factor required to gain the health benefits associated with treating obstructive sleep apnoea.

State-of-the-Art Review

Published February 2017
Journal of The American College of Cardiology¹:
Obstructive Sleep Apnoea (OSA) is a modifiable CV risk factor associated with:
- Increased risk of stroke, HF, AF and CHD
- Increased all-cause and CV mortality

To reduce patient risk
- Refer patients with chronic diseases for a sleep study
- Review patients’ CPAP compliance

“CPAP is not effective unless it is used for > 4 hours of sleep”¹

Plan-Do-Study-Act Activity

Identified Quality Improvement (QI) Activity - Improve practice identification of patients at risk of obstructive sleep apnoea.

Cycle 1
The initial PDSA is designed to assist General Practices to identify patients at risk of Obstructive Sleep Apnoea.

**PLAN**
Identify patients at risk of Obstructive Sleep Apnoea (OSA).
It is recommended that this screening is introduced as part of consultations with relevant patient groups.

**DO**
Identify patient suitability for a sleep study.
It is recommended that OSA be considered as a contributing factor to:
- Chronic respiratory issues
- Neurological disease
- Cardiac disease including hypertension
- Diabetic patients

**STUDY**
At patient’s next appointment, complete the Stop Bang questionnaires with patient.

**ACT**
Based on results from Stop Bang Questionnaire, send patients for a sleep study.

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**Patient Information** - Patient literature is available on the Genesis SleepCare QLD website at [http://www.genesissleepcare.com.au/qld/for-patients](http://www.genesissleepcare.com.au/qld/for-patients) and can be made available to your practice on request.

Cycle 2

The second PDSA is designed to assist General Practice to optimize CPAP compliance in those with OSA. This PDSA is designed as a tool to measure patient compliance with CPAP once CPAP has been prescribed.

Cycle 2 is suitable for two patient groups.

**Cycle 2 - Patient Group 1 - Patients already on CPAP**

**PLAN**
Identify patients on CPAP therapy who require review.
It is recommended that patients who are established on CPAP and haven’t undergone review by their sleep care service provider for a period of time may require review as a preventative measure. Also be aware of patients whose circumstances have changed and a review appointment may be required (loss/gain weight, new heart related diagnoses, medication changes).

**DO**
Conduct patient review.

**STUDY**
Review patient CPAP compliance.
Discuss CPAP compliance with patient. Confirm whether the patient is using CPAP daily and for how many hours per day. Where the patient is not using daily for four hours this is considered sub-optimal and a referral to a sleep therapist/physician is recommended. Also consider referral if there are persistent symptoms or machine data suggests inadequate disease control.

**ACT**
Refer for CPAP therapist/physician review.

**Cycle 2 - Patient Group 2 - Patients where sleep study indicated OSA of sufficient severity to initiate CPAP**

**PLAN**
Identify patients whose sleep study results have indicated OSA and where CPAP therapy can be considered.

**DO**
Provide results to patient (available from sleep care service provider).
Discuss patient information and treatment options. Arrange for patient to be placed on CPAP therapy via a referral to your sleep care service provider.

**STUDY**
Review compliance and tolerability of new CPAP therapy.

**ACT**
Refer for CPAP therapist/physician review where compliance is sub-optimal or patient requires assistance with their CPAP.

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Sleep physician consultations & patient CPAP use

Genesis SleepCare provides access to the most experienced team of sleep specialists in Queensland.

Patient attendance at Sleep physician consultations demonstrate:

- improved patient education
- better awareness about OSA and its implications
- an emphasis on the importance of CPAP therapy
- increased patient CPAP use.


Genesis SleepCare QLD CPAP Clinic Locations

Patients are seen under the guidance of specialist therapists, scientists and physicians.

**Brisbane**
RiverCity Private Hospital, Level 4, 401 Milton Road, Auchenflower
Wesley Medical Centre, Suite 46, Level 4, Chasely Street

**Bundaberg**
Genesis SleepCare, Entrance 1, 72 Barolin St, Bundaberg

**Hervey Bay**
Suite 5, 156 Urraween Road, Urraween

**Toowoomba**
St Andrew’s Hospital, 280 North Street, Toowoomba
St. Vincent’s Private Hospital, Scott Street, Toowoomba

Completing the PDSA Activity

Please complete two PDSA cycles, evaluation form and QI Form for this activity. These forms are available on the Genesis SleepCare QLD website at www.genesissleepcare.com.au/qld/medical-professionals/education-and-events.
Alternatively these forms can be emailed to you if you email your request to marketing@genesissleepcare.com.au

Further Information


Contact Genesis SleepCare at marketing@genesissleepcare.com.au for further information in regards this PDSA activity.