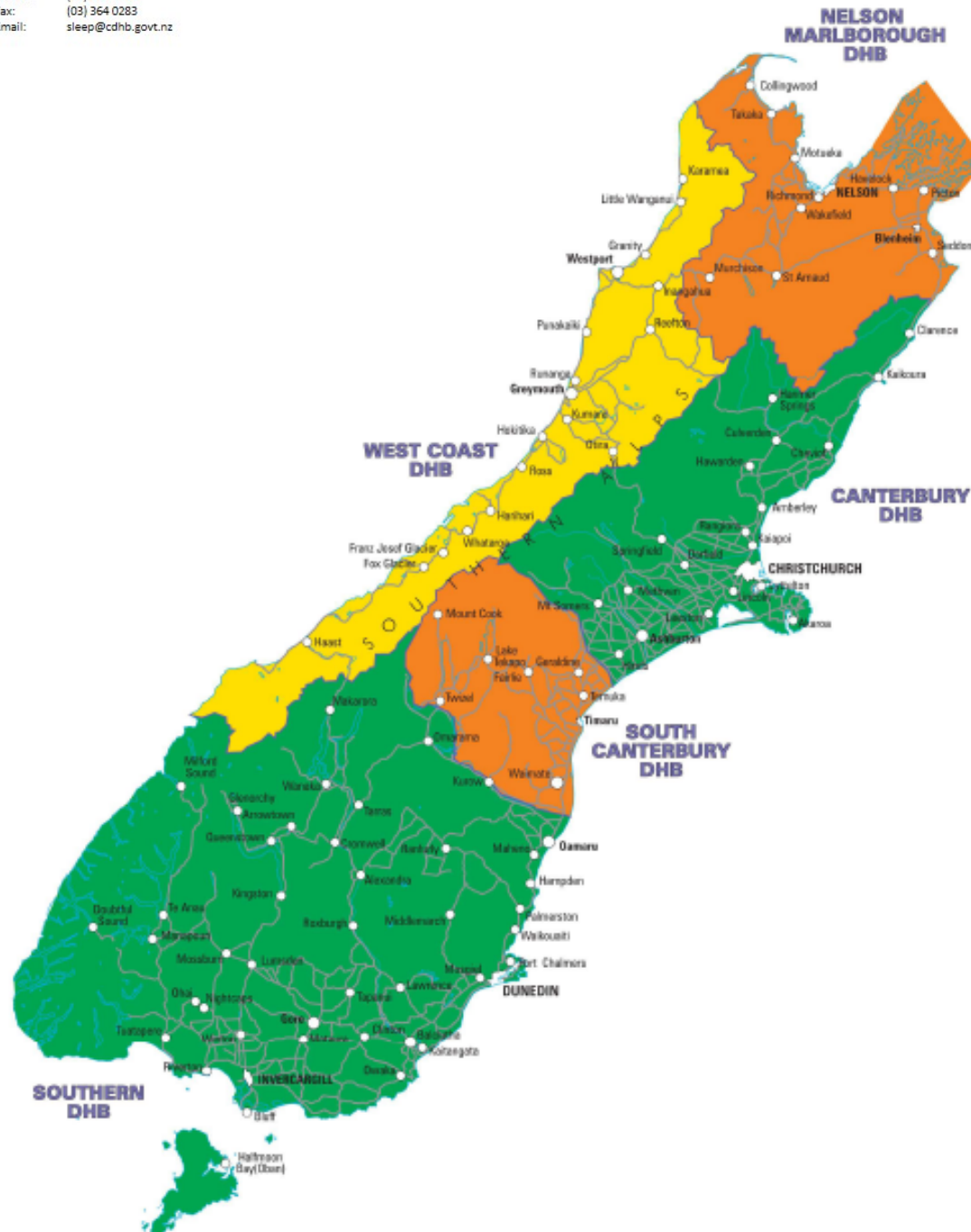




THE CDHB SLEEP SERVICE



CHRISTCHURCH HOSPITAL

- 1 Manager
- 2 Sleep Nurse Specialists
- 3 Sleep Doctors
- 6 Sleep Physiologists
- 2 Administration

BURWOOD HOSPITAL

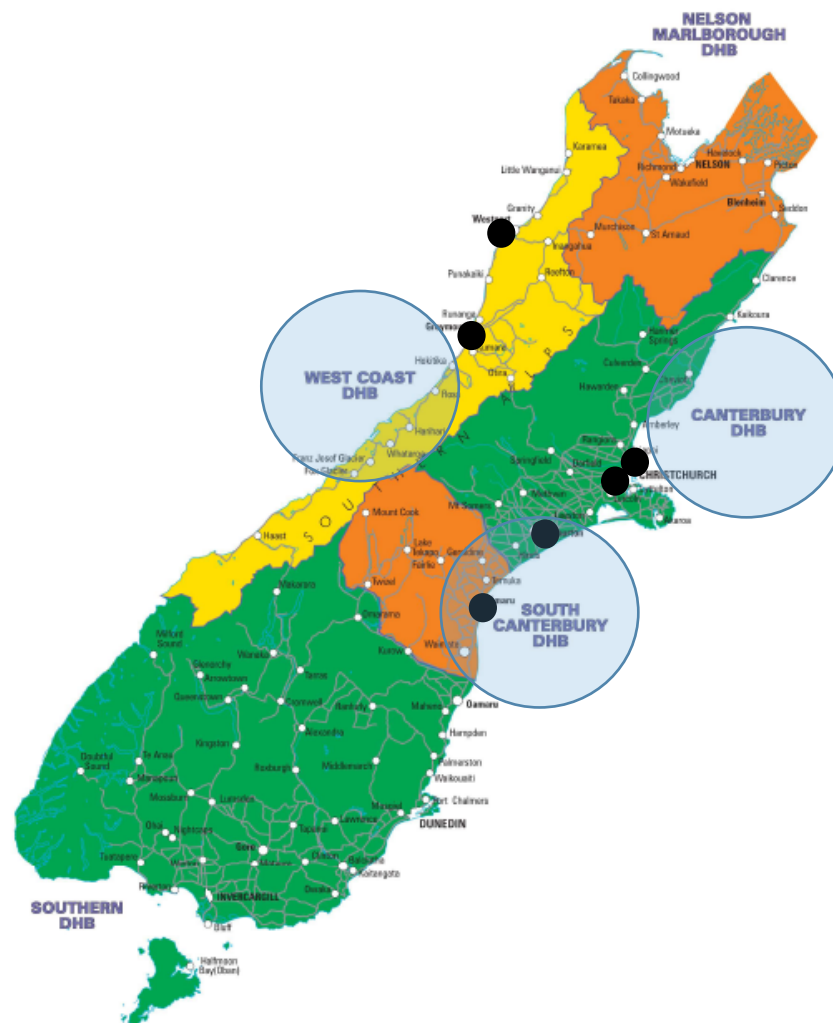
- Spinal Nurse Specialist
- Doctors (Spinal, Brain Injury)

ASHBURTON HOSPITAL

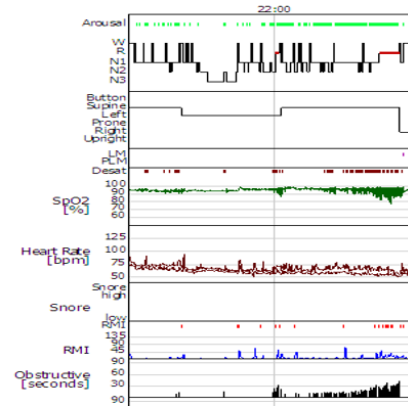
- Sleep Doctor
- Registered Nurse
- Clinical Physiologist

COMMUNITY SERVICES

- Approved practices (practice nurse + GP)
- 3 Nurse facilitators
- 3 Clinical Nurse Specialists (WC)
- 2 Clinical Nurse Specialists (SC)



What do the Sleep Unit do?



Diagnostic Tests

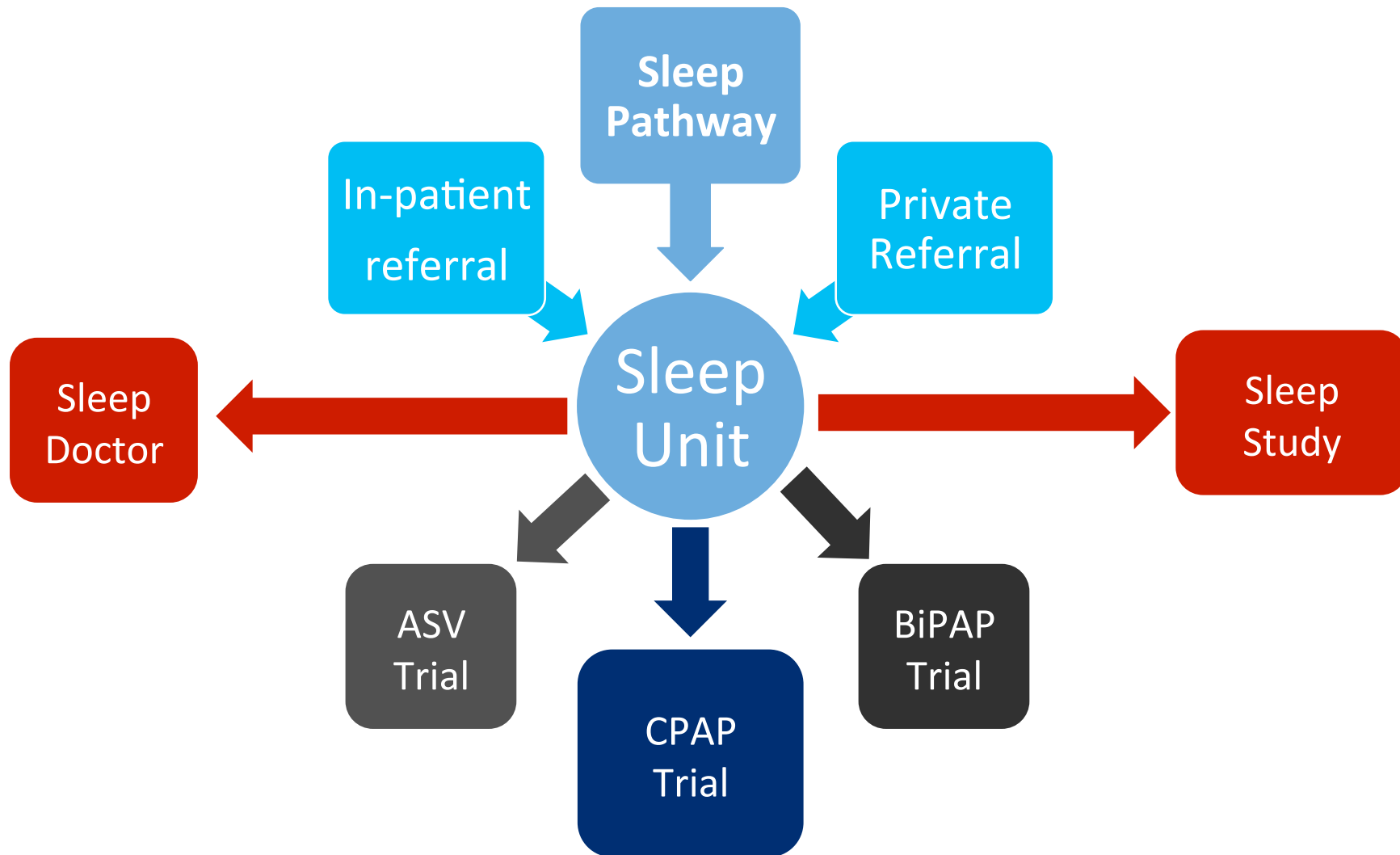
Treatment

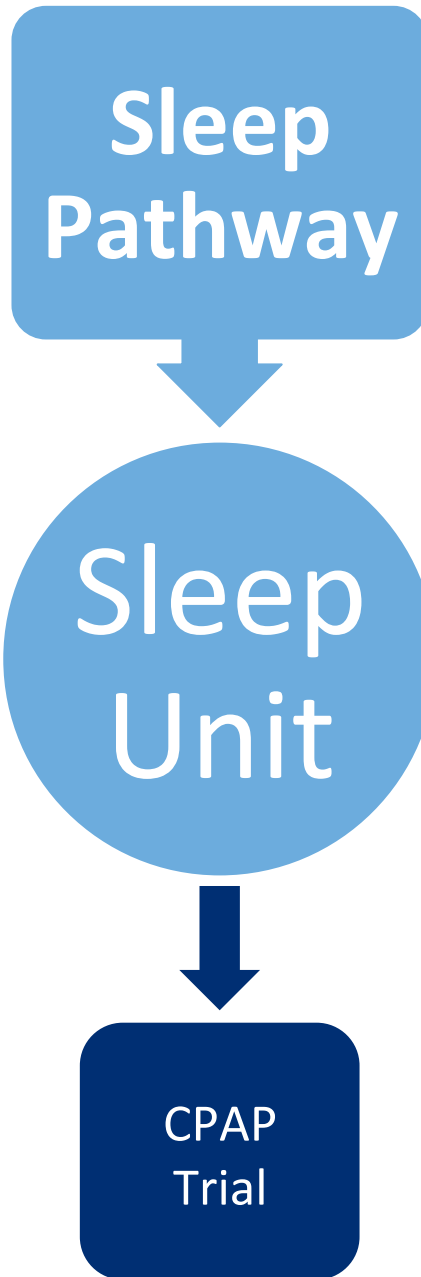
Sleep Unit

Education

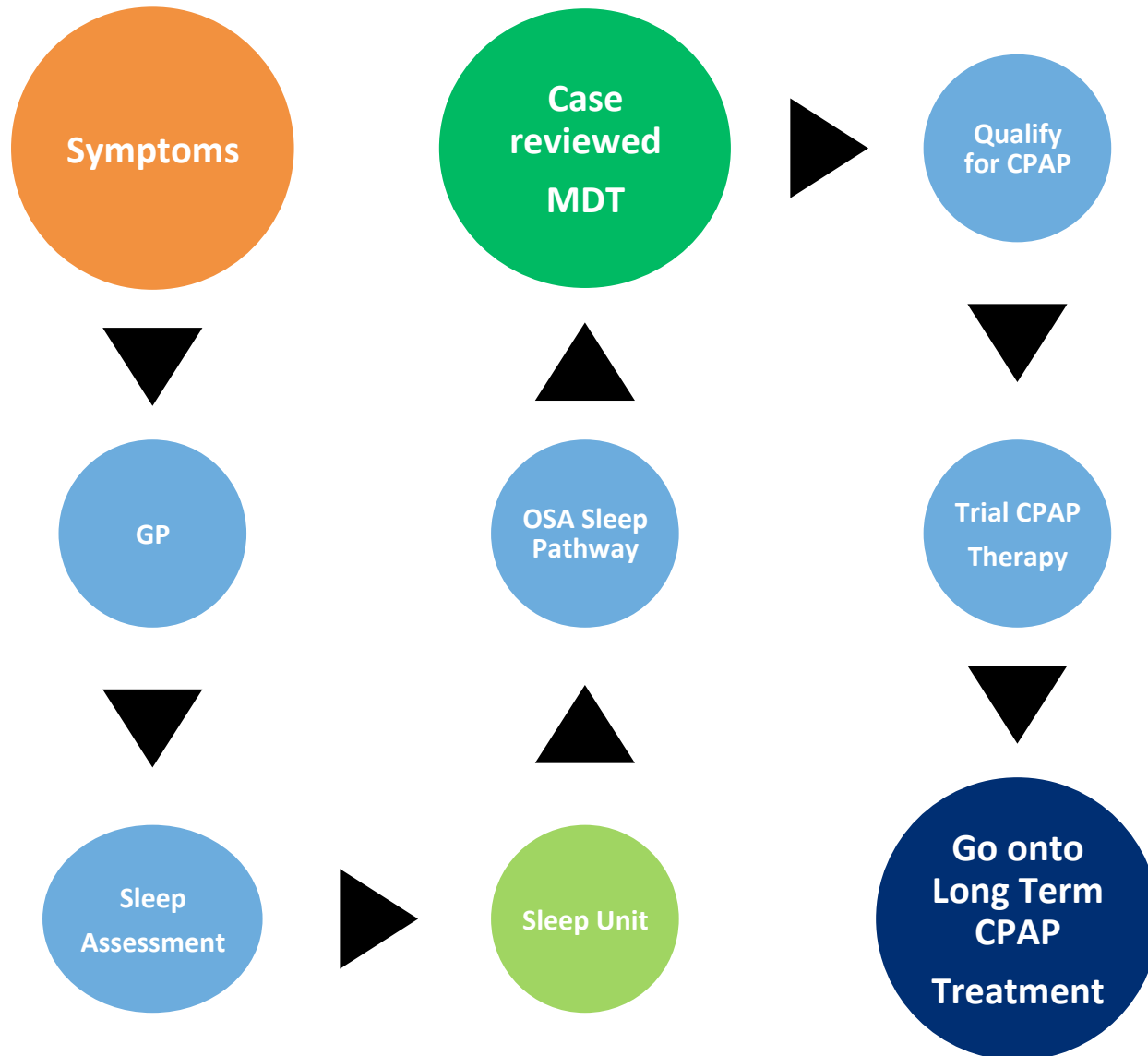
Clinical Review



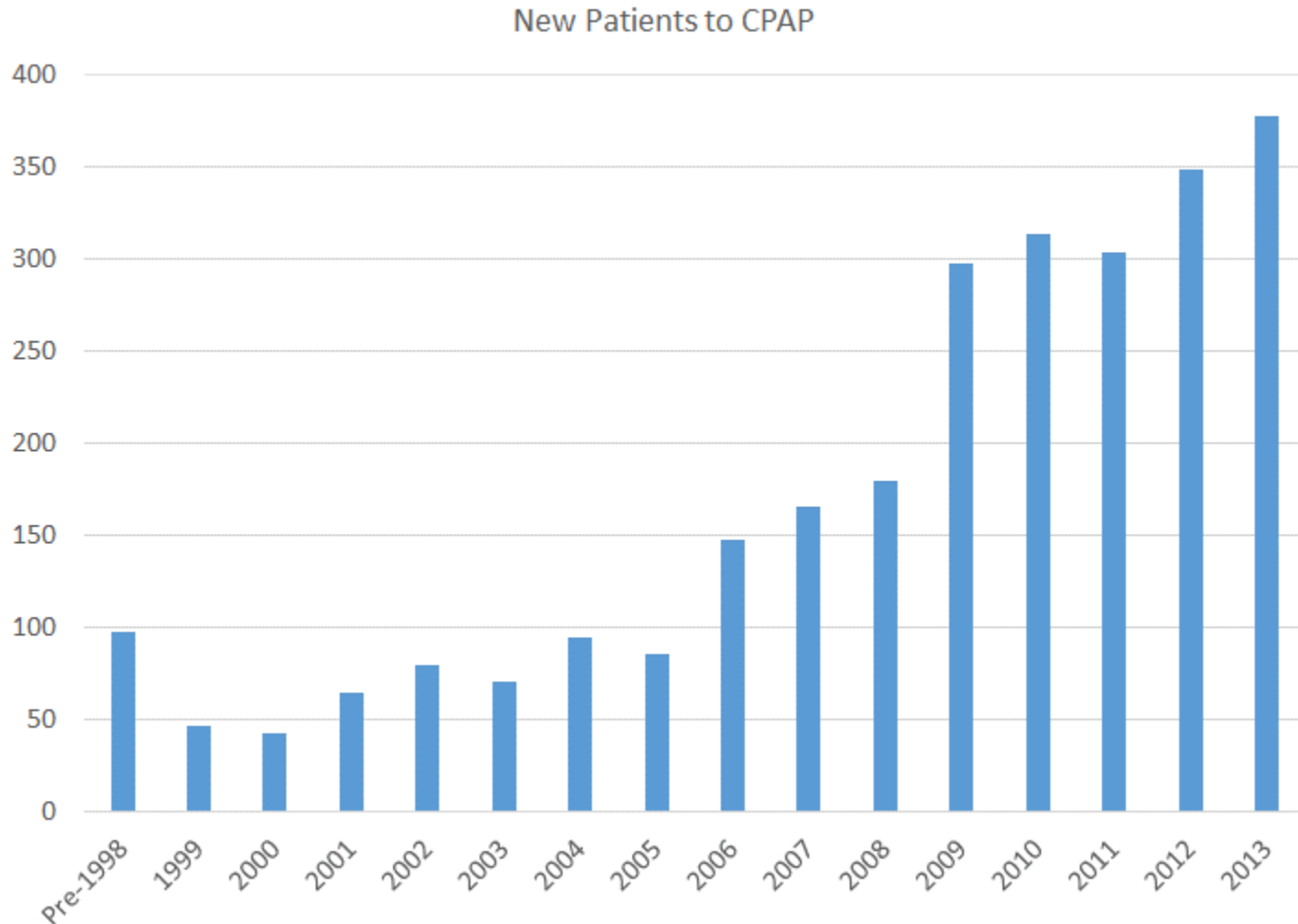




Community Pathway for Hospital CPAP Care



CDHB CPAP GROWTH (new patients to CPAP)



WHY DO WE TREAT OSA?

- Contributing Co-morbidities
- Motor vehicle accidents
- Work related accidents
- Impaired work performance
- Social embarrassment
- Marital problems
- Memory and concentration difficulties
- Depression
- Impaired quality of life

1. Are Patients Using Therapy? (n=70)

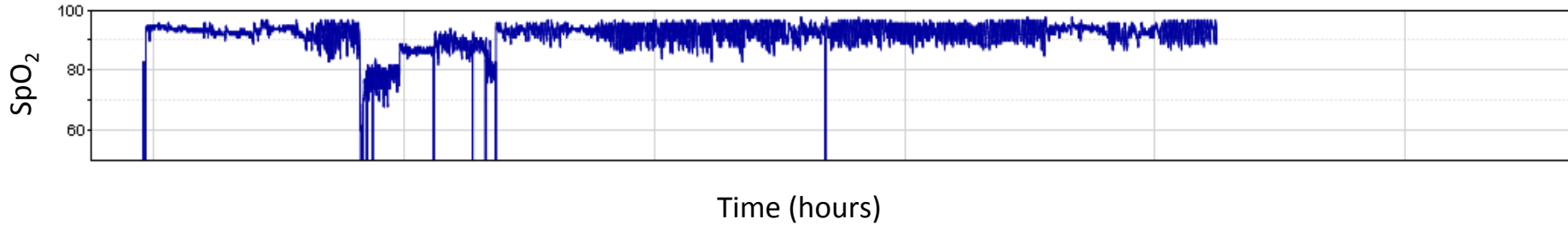
- Mean Objective Compliance:
 - 5 ± 2 days per week
 - $5:40 \pm 2:04$ hours per used day
- 70% met criteria of 5/7, 5/24
- 20% sub-optimal
- 10% not using



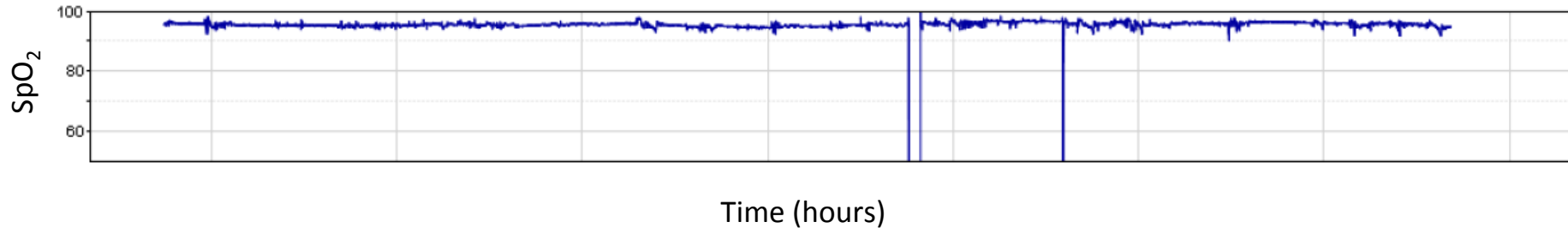
2. Does CPAP Work? (Objective)

Mr EE
75 YO

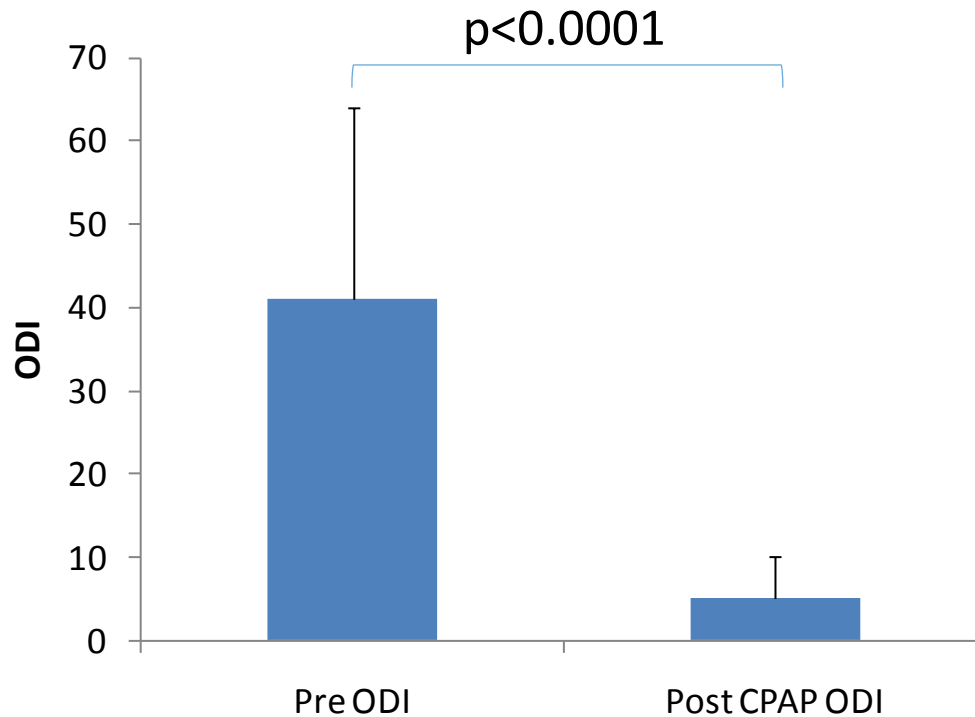
Diagnostic study: ODI 43.0 per hour



CPAP 12 cm H₂O : ODI 0.7 per hour

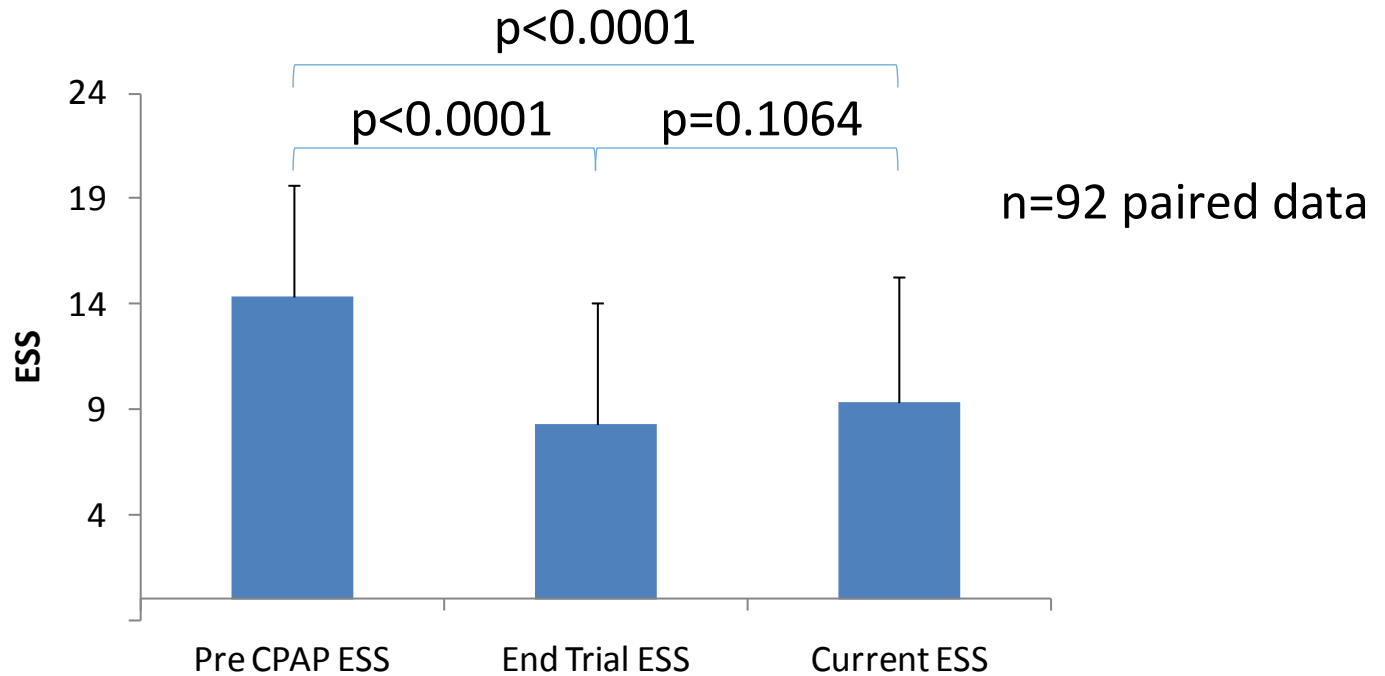
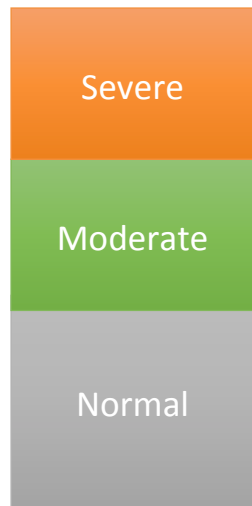


2. Does CPAP Work? (Objective)



n=85 paired data

3. Does CPAP Work (Subjective)?

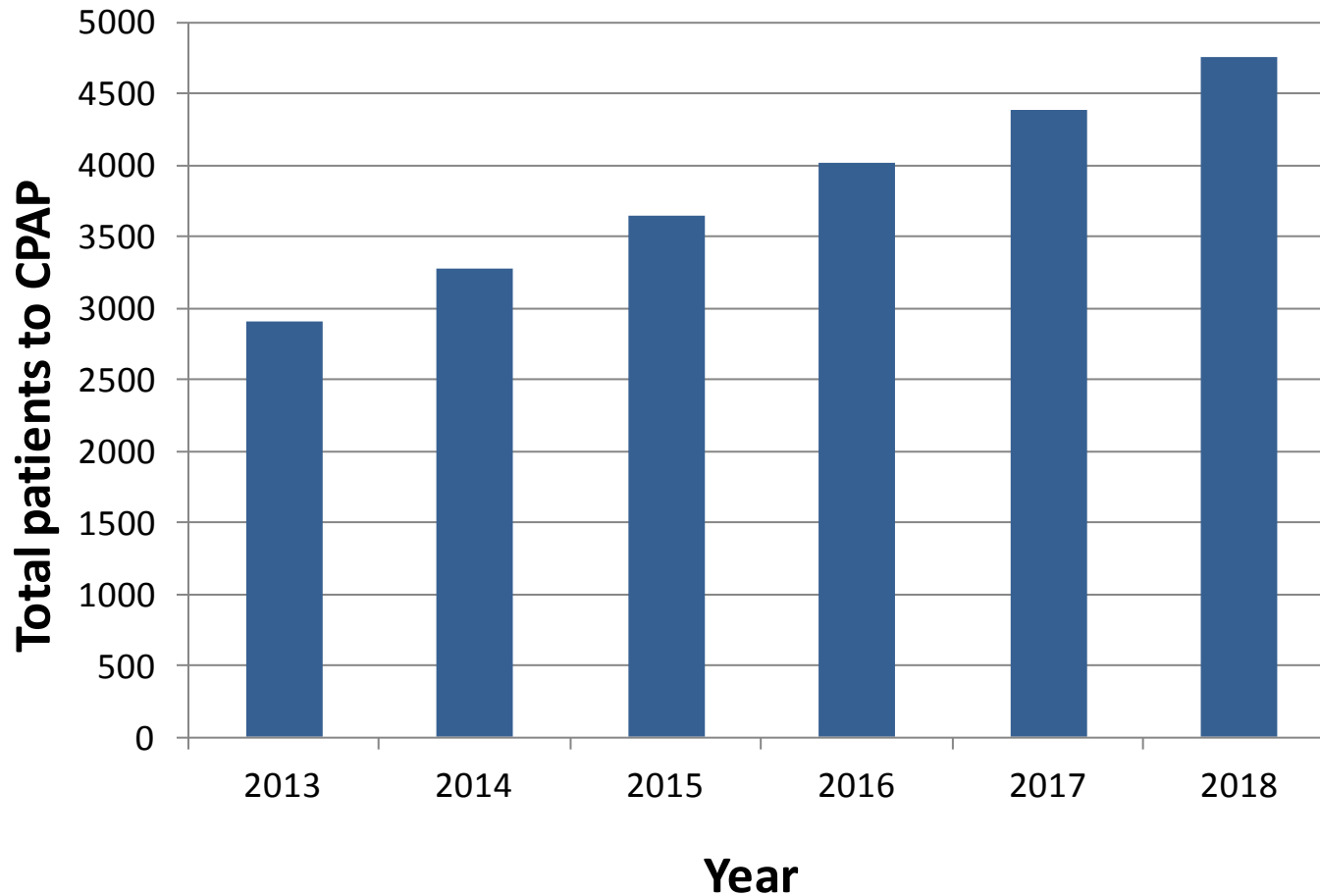


4. Are Patients Satisfied?

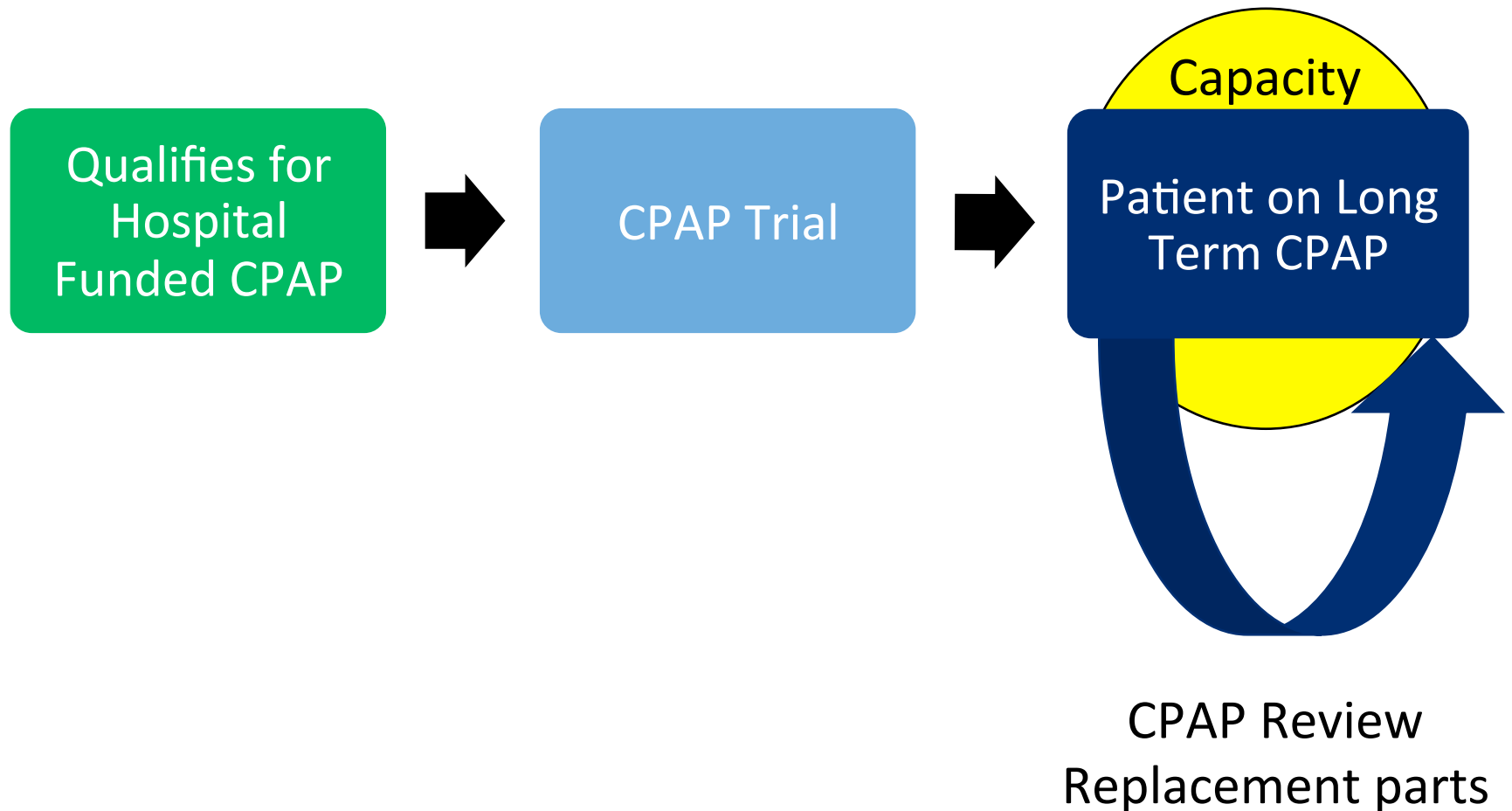
- 90% satisfaction with service
- 80% happy with location of clinic
- 66% wanted more written information
- Focus group for individualised responses

120 patients audited
57% response rate

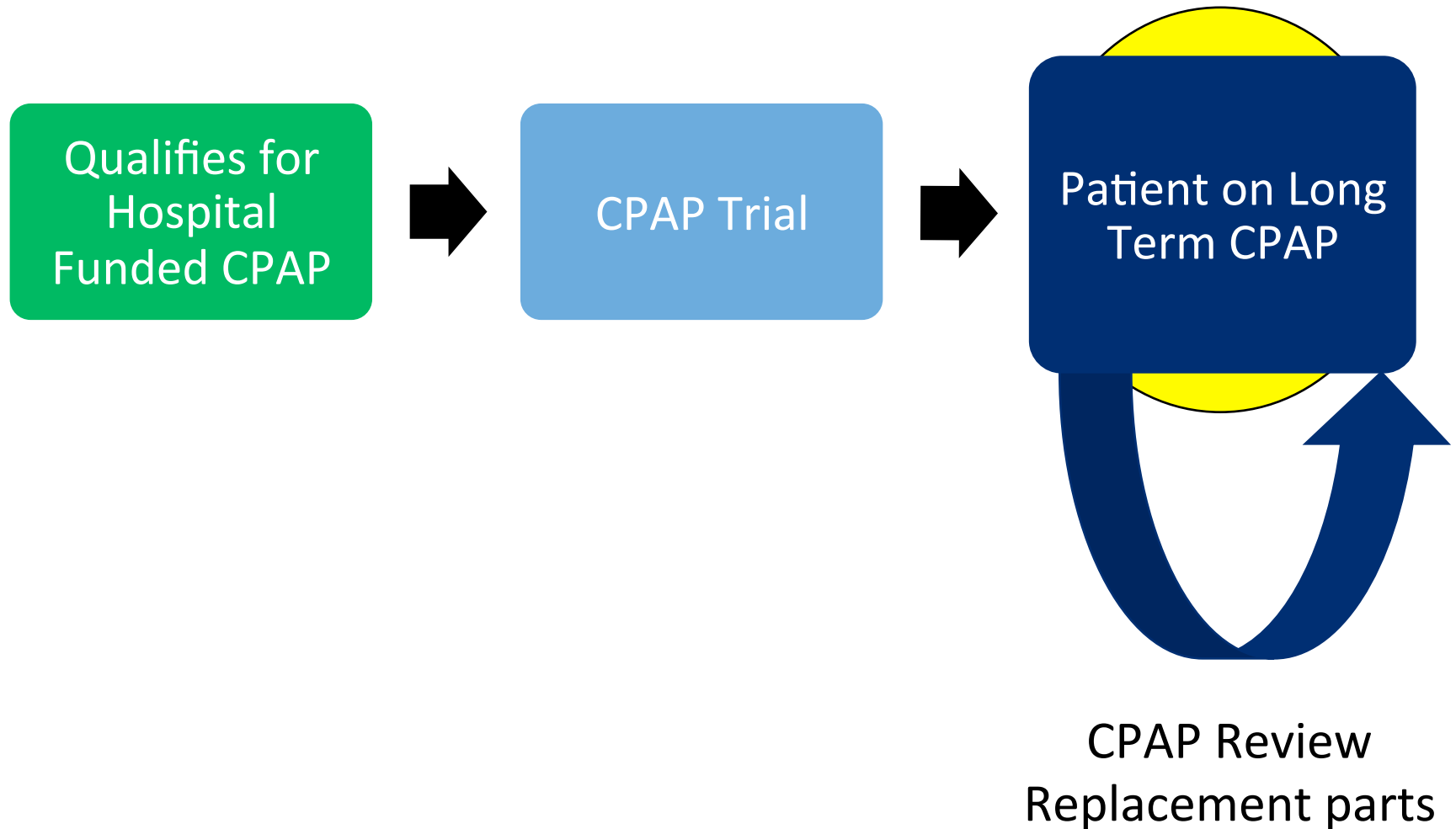
Where are we now, where are we going?



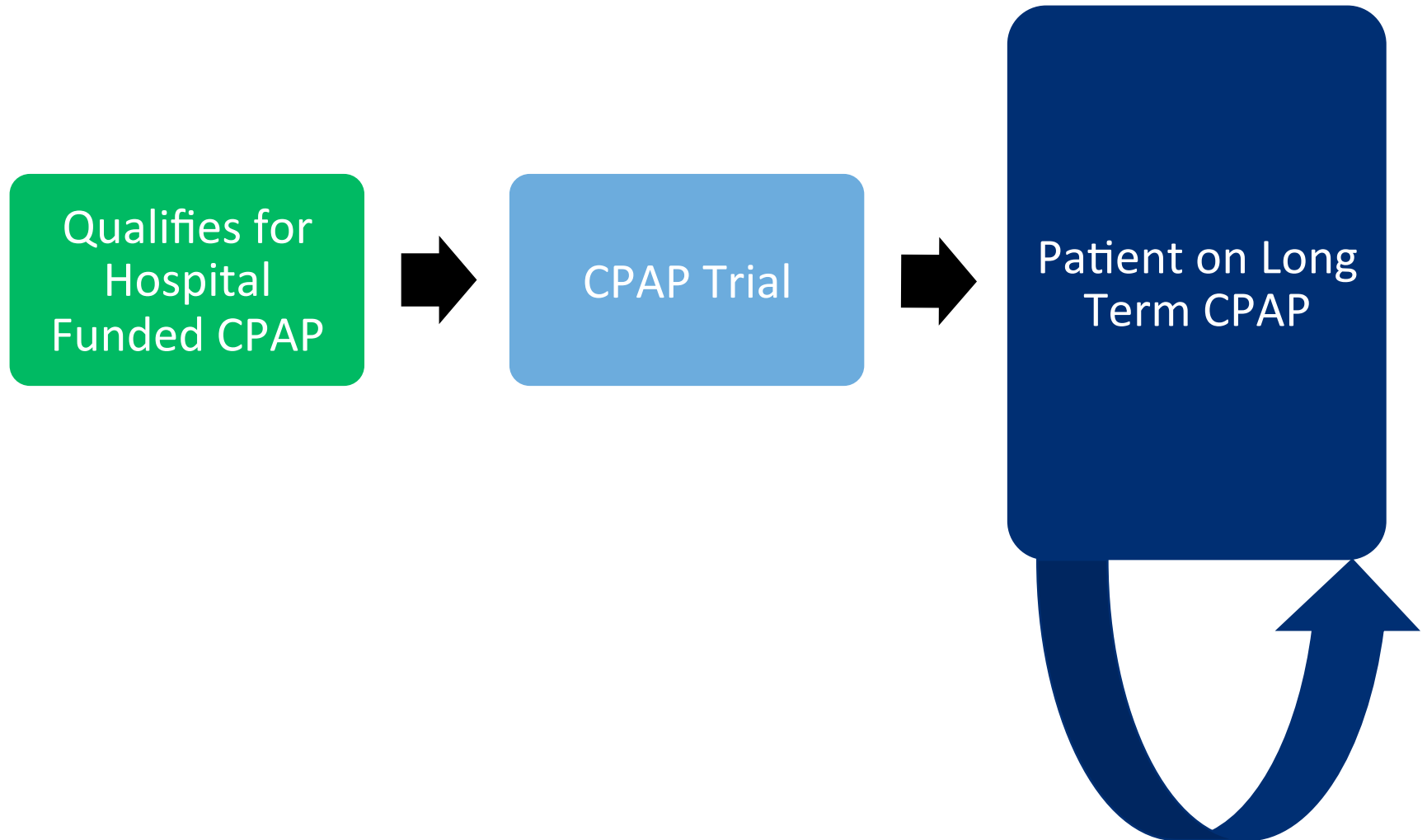
Current CDHB CPAP Model



Current CDHB CPAP Model



Current CDHB CPAP Model



Future CDHB CPAP Model

People take Greater Responsibility for their own Health

- The development of services that support **people/whānau** to stay well and take increased responsibility for their own health and wellbeing.

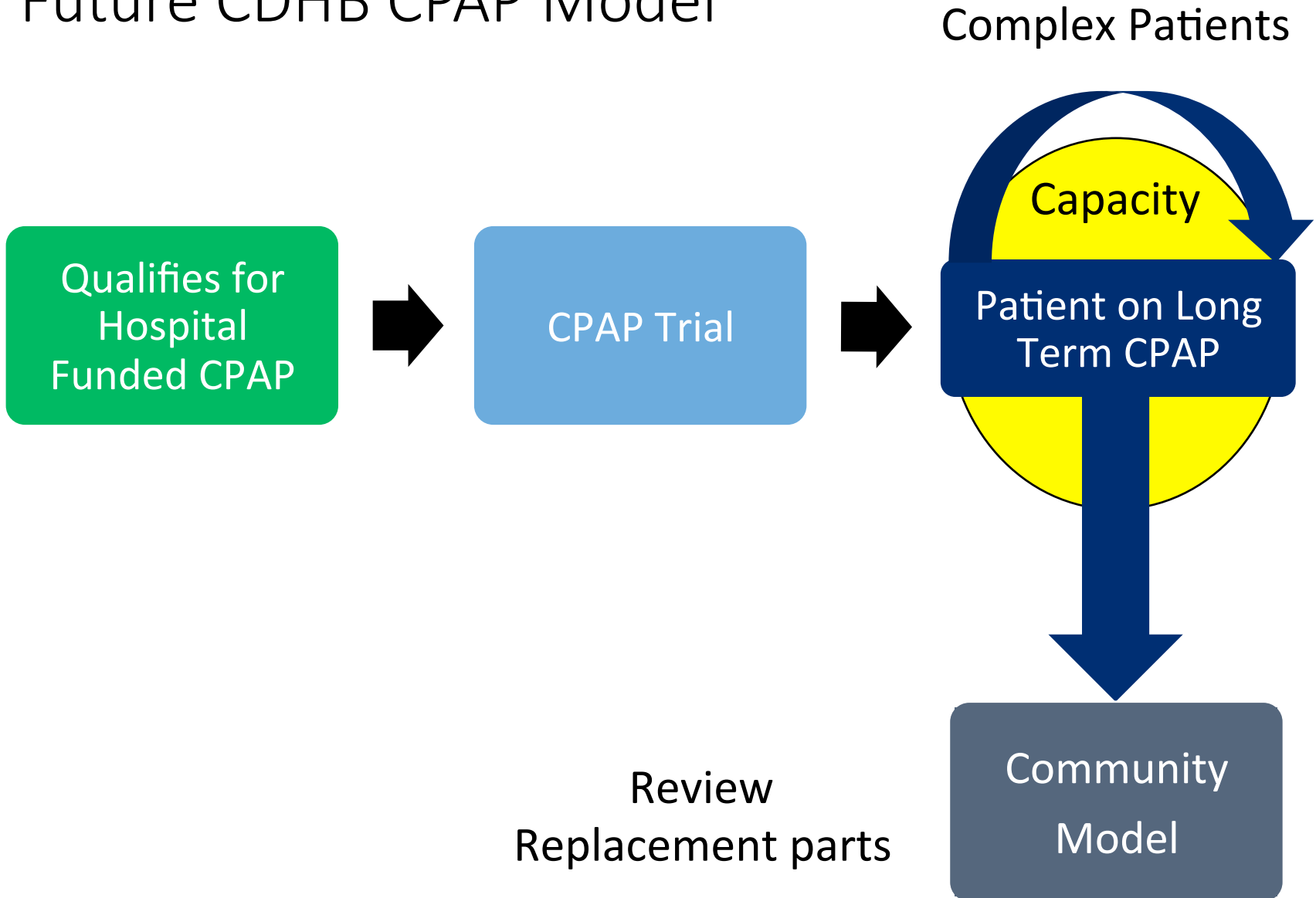
People stay well in their own homes and communities

- The development of **primary care and community** services to support people/whānau in a community based setting and provide a point of ongoing continuity, which for most people is general practice.

People receive timely and appropriate complex care

- The freeing-up of **hospital** based specialist resources to be responsive to episodic events and the provision of complex care and support and specialist advice to primary care.

Future CDHB CPAP Model



For Hospital Based CPAP Patients

There will be a change in the CPAP model of care:

1. Easier, more convenient for patients
2. Improved access
3. Better use of resources for complex patients

Thorough communication prior to any change

Implementation phase

Until then, if you have issues with CPAP, contact the Sleep Unit

(03 364 1089); Sleep@cdhb.govt.nz