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| **Application of discharge criteria on sleep apnoea patients in clinic** |
| Kaustuv Raj Joshi1, Samuel Zilm1, Hervey Lau1 |
| *1Department of Thoracic Medicine, Royal Brisbane and Women’s Hospital, Queensland, Australia* |
| **Introduction/Aim:** Obstructive sleep apnoea (OSA) is increasing in prevalence in Australian adults, with significant burden to health and society. Timely discharge of stable patients from clinic is important in reducing direct costs to the healthcare system, the patient, and to facilitate reduction of clinic waiting times. We assessed the application of a discharge criteria to OSA patients on continuous positive airway pressure (CPAP) therapy seen in the sleep clinic.  **Methods:** A retrospective study was performed of consecutive patients with OSA on CPAP therapy seen in the sleep clinic between 1st and 30th June 2021. New patients, those on bi-level or adaptive servo-ventilation therapy, commercial license holders and those also seen for pulmonary pathology were excluded. Patients were assessed on their eligibility for discharge from clinic based on a set of accepted criteria within the Thoracic Medicine department:   * Score on the Epworth Sleepiness Scale (ESS) <10, and * Machine-derived apnoea-hypopnoea index (AHI) <5, and * Average nightly CPAP usage ≥4 hours, and * Duration of CPAP therapy >12 months   **Results:** 47 patients (26 male and 21 female) were included in the study with mean age 57.6±2.2 years (SEM) and mean body mass index 39.8±1.7 kg/m² (SEM). Reviews were conducted either face-to-face (61.7%), on telehealth (19.1%) or via telephone (19.1%). Patient outcomes from the clinic review are listed in Table 1. 7 patients were discharged from clinic, out of whom 2 were de-diagnosed with OSA, and 5 met discharge criteria and were discharged to a nurse-led sleep clinic. Conversely, 3 patients meeting discharge criteria had continued follow-up by the sleep physician.   |  |  | | --- | --- | | **Not discharged** | **40/ 47 (85.1%)** | | Change to CPAP settings | 6 | | Further investigations ordered | 6 | | Ongoing assessment for government-subsidised machine | 6 | | Follow-up for secondary sleep issue | 9 | | Not meeting discharge criteria | 6 | | Meeting discharge criteria | 3 | | Discharge criteria not fully assessed | 4 | | **Discharged** | **7/47 (14.9%)** | | Meeting discharge criteria | 5 | | De-diagnosed with OSA | 2 |   Table 1  **Conclusion:** Application of a discharge criteria has utility as a screening tool for stable OSA patients on CPAP therapy who may be discharged safely to a nurse-led sleep clinic, but there are other factors that influence clinician decision to discharge.  **Key Words:** Obstructive sleep apnoea, OSA, CPAP  **Grant Support:** Nil to declare  **Declaration of Interest Statement**: HL has received support from SomnoMed and honoraria from Sanofi. |