

Why patients are not compliant to continuous positive airway pressure (CPAP) treatment for sleep apnoea

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Obststructive sleep apnoea/ hypoapnoea syndrome (OSAHS) is a common condition affecting up to 4% of middle aged men. The long term implications of OSAS are wide being associated with:

- Cardiovascular diseases
- Stroke
- Hypertension
- Cognitive impairment
- Sexual dysfunction
- Excessive day time sleepiness
- Road traffic accidents
- Affect sleep quality of partner

CPAP is an effective treatment for this condition but compliance to therapy remains a challenge

Aim: We aimed to investigate why patients are not compliant to CPAP therapy.

Methods: Retrospective notes review of patients under the care of an Otolaryngologist. Data collected using the Phillips Respitrionics® online database. Patients who were using the CPAP machine less than 70% of the time or less than 4 hours a day were deemed non compliant to treatment. Non compliant patients were contacted by Phillips Respitrionics® to identify reasons why, NICE Guidance. Continuous Positive Airway Pressure (CPAP) is recommended as a treatment option for patients with moderate or severe symptomatic obstructive sleep apnoea/hypoapnoea syndrome (OSAHS)

Results: Mean age 54.1 years old (21-82 years), 85 male and 46 female patients, 39.5% of patients were not compliant to therapy. Commonest complaint was mask problems (30%). Mask leak were the commonest mask problem (40%). More than half of patients (55.7%) who were not compliant to CPAP were consistently not compliant since the start of treatment.

Conclusion: Compliance to CPAP treatment continues to be an issue with a compliance rate of 60.5% at our unit. Mask problems were the commonest complaint. Reinforces the importance of regular patient centred follow up to identify and solve problems early to improve long term compliance to treatment.

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