

10.01 A Stimulating Review: Use of Video Consultation in the Management of Narcolepsy

Louise Byrne¹, Lisa Slattery¹, Deirdre O'Rourke¹, Barry Kennedy¹, Brian Kent¹.

¹St. James's Hospital, Dublin

Narcolepsy is an uncommon chronic sleep disorder, characterised by excessive daytime sleepiness, cataplexy, and fragmented nocturnal sleep. The majority of people with narcolepsy require ongoing pharmacotherapy with frequent adjustment of agent and/or dosage. A video assessment service was established to address this and increase access to our national centre for all patients. We retrospectively analysed narcolepsy patient data from a two-year period in a National Referral Centre for Narcolepsy in Ireland. The aim of this study was to establish patient characteristics, and identify trends in medication use. This study included 52 patients, and 77% had a diagnosis of Type 1 narcolepsy (narcolepsy with cataplexy). 33% had documentation of receiving the Pandemrix H1N1 flu vaccination prior to symptom development. 98% of patients attending were on at least 1 stimulant medication, and 54% of patients were on 2 or more. The most commonly prescribed medication was Concerta XL in 44% of patients, and was concomitantly prescribed with Modafinil in 26%, and Pitolisant or Venlafaxine in 30% of cases respectively. The majority of patients reported significant improvements in quality of life.

This highlights the utility of digital health in the ongoing management of patients with a rare disease in an Irish healthcare setting.

Table 1. Patient Demographics and Medication Use in Narcolepsy Patients

Demographics	No. (%) of patients
Sex	Female 59%, Male 41%
Mean Age	31 ± 12.7
Received Pandemrix H1N1 Flu Vaccine	33% (N=17)
Type 1 Narcolepsy (With Cataplexy)	77% (N=40)
Type 2 Narcolepsy	23% (N=12)
Medications	No. (%) of patients prescribed medication(s)
Modafinil	21% (11)
Concerta XL	44% (N=23)
Pitolisant	28.8% (N=15)
Venlafaxine	25% (N=13)
Ritalin	25% (N=13)
Sodium Oxybate	3.9% (N=2)
% Patients on 1 medication	44% (N=12)
% Patients on 2 medications	30% (N=16)
% Patients on 3 medications	23% (N=12)

Conflict of Interest: None to declare