

5.01 Audit of the Prevalence and Management of Positional Obstructive Sleep Apnoea in Beaumont Hospital

D.Barry¹, C Campbell², P.Ridge¹ T.Kane¹ I. Sulaiman^{1,2}

Beaumont Hospital, Dublin¹

RCSI, Dublin²

Positional Obstructive Sleep Apnoea (P-OSA), is defined as a 50% reduction in AHI when non-supine, and has been reported in 50-60% of OSA cases. Positional therapy can sometimes be an alternative to positive airways pressure (PAP), in those with mild OSA or intolerant of PAP. We sought to evaluate the prevalence and treatment of P-OSA in the Beaumont Hospital Sleep Service.

We reviewed all sleep studies completed from 2019- 2022, looking for the mention of 'positional' in the reports. In addition we reviewed all the notes to identify the different treatments.

500 studies were carried out, and 23.4% (117) of those had P-OSA. Of the P-OSA cases identified the mean \pm -SD AHI was 12 \pm -9; Supine 21.1%, 35.5%, 43.5% had mild, moderate, severe disease respectively. Non-Supine 21%, 2.5%, 0.8% had mild, moderate severe disease respectively. 56 (47.8%) patients were commenced on PAP, 5 (4.2%) referred for MAD, 27 (23%) were advised on positional therapy, 26(22%) are awaiting follow-up. 6 had repeat studies in position, which was successful in normalizing AHI for 4 (66%) patients. Positional OSA is common. Identification of P-OSA may provide alternative treatment modalities for patients, although a repeat sleep study is important to ensure efficacy.

Conflict of Interest: None to declare