

5.06 DIAGNOSIS OF OBSTRUCTIVE SLEEP APNOEA USING HOME SLEEP TESTING COMPARED TO POLYSOMNOGRAPHY: A SERVICE EVALUATION

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The COVID-19 pandemic has limited access to overnight hospital stay polysomnography (PSG) testing for patients with obstructive sleep apnoea (OSA). Home sleep apnoea testing (HSAT) and virtual-sleep services have been implemented as a response to provide diagnostic testing during the pandemic. The purpose of this study was to compare patient demographics, experiences and treatment adherence among those who underwent PSG or HSAT. A service evaluation of patient data (n=100) was collected from two sites for those who underwent HSAT at Tallaght University hospital or PSG at Peamount Healthcare. Telephone consultations commenced after each patient underwent either PSG or HSAT to assess patient attitudes, treatment adherence, and sleepiness using likert scales. For demographic data, t-tests were used to compare continuous patient data and chi-squared tests for categorical data. There was no significant difference between age, BMI, sleep duration, sleepiness, apnoea-hypopnoea index scores, and patient preference between those who underwent PSG compared to HSAT ($p>0.05$). There was a significant increase in witnessed apnoeas and supine position sleeping in those who underwent PSG testing ($p<0.05$). The use of HSAT and virtual services is feasible and may result in greater patient accessibility to sleep apnoea testing for a timely diagnosis and better management.

Conflict of Interest: None to declare