

1.13 The Introduction of Improved Quality Assurance Practices in a Sleep Laboratory

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Background: The quality assurance (QA) programme was updated in the Sleep Laboratory in SVUH.

Methods: New equipment with HD video has improved the quality of sleep analysis. A suite of departmental guides were developed aiding staff to reach similar decisions when analysing sleep data. An inter-scorer variability quality control (QC) check of all cardiorespiratory analysis is completed monthly for all staff (*figure 1*). Funding was secured to subscribe to the AASM Inter-Scorer Reliability (ISR) programme¹ allowing monthly comparisons of the Physiologist's polysomnography analysis with the global average (*figure 2*). Existing processes were streamlined and communication improved to enhance service delivery and quality. Written instructions were developed for all tasks. Guidelines, based on international standards, and training records were updated for both sleep equipment and analysis. Interesting sleep studies are reviewed and discussed regularly by the team.

Results: Every aspect of Physiologist's work in the Sleep Laboratory has been significantly improved since the introduction of the updated QA programme (*figures 1 and 2*).

Conclusion: Improving the quality of sleep diagnostics is varied and complex. A QA programme should form a core process in all Sleep Laboratories.

Keywords: Quality Assurance, Sleep analysis, Physiologist, training

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References:

1. [Sleep ISR: Inter-Scorer Reliability Assessment System \(aasm.org\)](http://aasm.org)

Figure 1. QC check of cardiorespiratory analysis

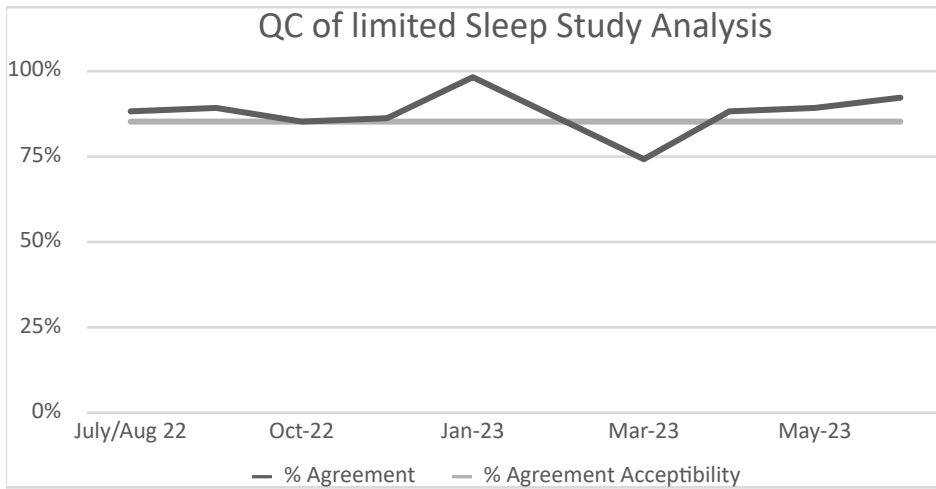


Figure 2. AASM ISR report on SVUH sleep lab analysis quality May 2023

