

1.22 Home Sleep Apnoea Testing: Optimising Patient Outcome with Limited Resources

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Due to a lack of in-house hospital beds and facilities to run the gold standard overnight inpatient full polysomnography diagnostic sleep service, TUH opted to utilise home polygraphy sleep studies (level 3 home sleep apnoea testing) for diagnostic sleep testing, from September 2021 to July 2023. Scoring of the home sleep studies was carried out manually by one of the 3 trained sleep physiologists working in TUH.

Patients were referred by their General Practitioner, or from other Medical services within the Hospital. The patients were sent a sleep screening questionnaire to complete, and a consent form to sign for the home sleep study.

Between September 2021 and July 2023, 828 sleep questionnaires with consent forms were posted to patients. 431 patient (52%) returned completed questionnaires. 400 patients (48%) have had a home sleep study to date.

Results:

Negative: (AHI < 5) 78 (19.5%)

Positive OSA (AHI >5) 322 (80.5%)

- Mild AHI 5-14 : 122
- Moderate AHI15-29: 96
- Severe AHI >30: 104

Conclusion:

Patients who respond and engage, with the questionnaire and consent form, have a high probability of having a positive home sleep study.

Home sleep studies are an effective way to provide a diagnostic testing service for patients when resources are limited such as access to hospital beds and availability of qualified Sleep Physiologists.