

OSA: Beyond The Diagnosis

What happens after your patient gets CPAP?

Disclosures

- John Wilkins, MD – none
- Patrick Kuhn, RRT-SDS – none

Objectives: Interactive Hands-on Session

- Brief review of screening history
- Overnight oximetry
 - Screening
 - Qualifying for oxygen
 - Follow-up after CPAP
- CPAP, APAP and Bilevel machines (BiPAP) – what's the difference?
- CPAP
 - Troubleshooting
 - Cleaning, Parts, Replacement, Travel, etc
 - Mask options
- Oral Appliance Therapy

Case

A 62 year old man presents to clinic with the chief complaint of daytime sleepiness for the past 6 months. He is unable to stay awake while watching television in the evening and his wife is concerned about his driving. His wife also states that he struggles to breath during sleep. He has a history of hypertension and diabetes.

BMI – 38 Neck circumference – 22 inches

Should this patient be screened for sleep apnea?

Sleep Apnea – common!

- Snoring
 - Occasional: Universal
 - Habitual: 44% Men, 28% Women
- Obstructive Sleep Apnea
 - 30% Men, 15% Women
- Cheyne-Stokes Respiration
 - 40-50% CHF
 - 10% CVA

OSA screening – brief overview

- Routine Health Maintenance Exam
- High risk patient screening
- Patient/Bed partner reported symptoms

Symptoms

- Excessive daytime sleepiness
- Witnessed apneas
- Snoring
- Gasping/choking at night
- Non-refreshing sleep
- Morning Headaches
- Decreased concentration
- Nocturia

High Risk Populations

- Obese- BMI >35
- CHF
- Afib, Nocturnal dysrhythmias
- Refractory hypertension
- Type 2 diabetes
- CVA
- Pulmonary hypertension
- High-risk driving populations

Beyond CPAP

High Risk ≥ 6

Please see slide at presentation

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Which of the following diagnostic tests would provide the definitive diagnosis for the patient?

- A. Nocturnal oximetry
- B. Serum TSH level
- C. Multiple Sleep Latency Test
- D. MRI of the head and neck
- E. Polysomnography

Beyond CPAP

Type 1 Study: PSG

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Type 4 Study

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Please see slide at presentation

Beyond CPAP

What is sleep study is saying?

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Please see slide at presentation

Hands on: Report Interpretation & Review

- Screening Oximetry – OSA oscillating pattern
- Oximetry On APAP – two tracings
- CPAP/APAP compliance reports
 - Excellent compliance, return to normal AHI, no mask leak
 - Excellent compliance, return to normal AHI, high mask leak
 - Excellent compliance, persistently elevated AHI
 - Excellent compliance, elevated AHI – mainly centrals

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Oral Appliances

Tongue Retainer

- Holds the tongue forward position by securing the tip of the tongue in a soft bulb located anterior to the teeth.
- Preferred for edentulous patients/compromised dentition.

Mandibular Repositioner

- Advance the mandible (and tongue) forward.
- Relative Contraindications
 - Inadequate or compromised dentition
 - Significant TMJ

Thank you!!