

Clinical Research Results Abstract

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Feasibility of using a structured sleep medicine clinical review template in clinical practice.

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Aim: Templates can structure consultations improving adherence to guideline recommendations¹. In a novel approach, we assessed the feasibility of introducing a template (including fields for patient agenda, treatment acceptability, technical aspects, objective assessment of sleepiness/driving issues, quality of life/lifestyle issues) in the routine care of people using Continuous Positive Airway Pressure for sleep apnoea.

Method: Healthcare professionals (HCPs) in three diverse sleep medicine centres (large city/tertiary care service, remote/rural service, combined urban/rural service) were asked to use the template during routine clinical reviews during an 8-week study. Using mixed methods we observed (anonymised) template use and explored HCP's perceptions of the impact on structure of the review and patient centeredness of the consultation. Semi-structured interviews were recorded, transcribed verbatim and analysed thematically.

Results: Implementation and data collection are on-going. Within the 3 participating centres (17 HCPs), to date 3 specialist nurses and 2 physicians have completed 43 (anonymised) templates. All 6 fields were completed in 25 templates; 16 completed 5 fields; 2 completed 4 fields. CPAP adherence was recorded in all 43 templates and 15 used the 'additional/optional fields. HCPs (especially nurses) were generally positive about using the template, though physicians dealing with more complex cases were less interested. Some suggested template adaptations included fields for diagnosis and outcomes. Two Centres saw the template as a way to support those with less clinical experience, raise standards, and achieve change. It was not felt that the template altered the dynamics of the consultation or affected patient-centred care.

Conclusion: The study will be complete by March 2020. Additional data from more participants will enable a more nuanced understanding of the impact of using templates in CPAP reviews, but initial feedback has been positive.

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References and Clinical Trial Registry Information

1. Murphie et al. J Clin Sleep Med. 2018 Oct 15;14(10):1679-1687. doi: 10.5664/jcsm.7372

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