

POSITIVE AIRWAY PRESSURE ADHERENCE AND REMOTE VERSUS FACE-TO-FACE EDUCATION FOR SLEEP APNOEA DURING THE NOVEL CORONAVIRUS (COVID-19) PANDEMIC

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10.1136/bmjresp-2021-bssconf.10

Introduction We aim to quantify adherence of positive airway pressure (PAP) initiated during the COVID-19 pandemic and compare the effects of remote versus face-to-face (FTF) education in patients with obstructive sleep apnoea (OSA).

Methods Prospective cohort study in a tertiary National Health Service (NHS) hospital sleep disorders centre in London, United Kingdom, involving 141 patients aged >18 years with newly diagnosed OSA initiating PAP during the first national coronavirus (COVID-19) lockdown in 2020. We compare 70 patients educated on PAP remotely to 71 patients receiving standard FTF education. We measured adherence over a continuous 30-day period within the first three months of PAP usage, including average nightly usage, usage per nights used, percentage of nights used, and percentage of nights used for >4 hours.