



Service Priorities and Programmes
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Importance of Patient's Preference in Maximizing Continuous Positive Airway Pressure Acceptance in Patients with Obstructive Sleep Apnea

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Introduction

Continuous positive airway pressure (CPAP) is the first-line treatment for patients with obstructive sleep apnea (OSA). Patient's mask preference is an important factor in CPAP acceptance and compliance.

Objectives

To study the patient's preference and compliance in CPAP mask. Improvement in clinical practice & patient's compliance.

Methodology

Patients with OSA, who are not on CPAP, tried 4 masks (A: Resironics Easy-Life, B: Resmed Mirage-Activa-LT, C: Resironics Comfort-Gel-Blue, D: Resironics Comfort-Lite 2) in a randomized order. Each mask was used for the period of one week.

Result

33 OSA patients (M:F = 25:8) with a mean BMI of 27.36 and RDI of 32.05 were recruited. Mask A, B, C, D were scored 2.04, 2.00, 1.75 and 1.15 respectively for satisfaction (range 0-4, 4=most satisfied) and 2.19, 2.26, 2.54 and 3.04 respectively for comfort (range 0-4, 0=most comfortable). 25 out of 31 patients ranked first or second for mask A. 12 out of 33 patients (36.36%) continued to use CPAP after the study. 5 chose mask A (41.67%), 4 chose B, 1 chose C and 2 chose D (58.33%). All 12 patients are still using now with a mean of 369.83 days after the study.