



Service Priorities and Programmes Electronic Presentations

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A Pilot CPAP Titration Summer Programme at Tai Po Hospital

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Introduction

With the increasing diagnosis of Obstructive Sleep Apnoea (OSA), the waiting time for overnight Continuous positive airway pressure (CPAP) titration study has become excessively long (18 months). The bed occupancy rate in M&G, TPH in summer months is generally lower. To address the demand for CPAP titration study and to better utilize the beds, a CPAP titration summer programme was launched in M&G, TPH in 2015.

Objectives

To shorten the waiting time of CPAP titration study

Methodology

A bed at 4CL ward, preferably in sideroom, was designated for CPAP titration study. One OSA patient was admitted each night. CPAP titration study was performed using REMstar Auto, loaned for free from a medical equipment company. Respiratory specialists reviewed the titration result and discussed with patients on the prescription of CPAP on the following day.

Result

Results From August to October 2015, a total of 20 OSA patients who were waiting for CPAP titration study were fast-tracked to TPH. This in effect shorted the waiting time of CPAP titration study for 5 months. The bed occupancy was optimized during this period. The programme was well received by patients and ward nurses.

Conclusion The pilot CPAP titration programme at TPH successfully shortened the waiting time without incurring extra costs in both manpower and equipment, from 18 months to 13 months. Besides, nursing skills in setting up and monitoring patients who require nocturnal non-invasive ventilation were enhanced. This summer programme was well received and would be continued next year.