



Service Priorities and Programmes Electronic Presentations

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A New patient education package for Sleep Study patients to enhance their knowledge of Obstructive Sleep Apnoea (OSA)

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Introduction

Our sleep patient education tool has been a 15-min education video for many years. The quality of video is not very good. It also lacks of interactive elements. Sleep patients may not have good understanding about the disease as well as their treatment procedure as we expect.

Objectives

This CQI is aimed to refine the patient education and enhance patient knowledge of Obstructive Sleep Apnea (OSA).

Methodology

- 1)Education tools: sleep patient education pamphlet, sleep patient education PowerPoint.
- 2)Assessment tool: Patients were invited to answer a questionnaire before and after education. One side T-tests were performed to test the significance of question 2-8 and 10. Sample size is 156. The rejection threshold of null hypothesis, post-test score is higher than the pre-test score, is set at 0.05.
- 3)Target patients: Patients without dementia or mentally ill problems, etc. Patients agreed to perform pre and post questionnaires

Result

There were totally 200 patients received small group education with a visual presentation. 156 completed questionnaires (Appendix I) were successfully collected. Our questionnaires consist of 10 questions, Q1 & Q9 are descriptive questions, therefore this test will only perform to (Q2,3,4,5,6,7,8,10) only. The following table shows the results of t-tests.

According to the rejection threshold ($\alpha = 0.05$), all post-test scores are higher than pre-test scores except question number 4.

The results show a very positive effect of CQI. The post-test score is not significantly higher than the pre-test score in question 4. The result of question 4 may be due to the question design, patient may mistake answer A: ECG, just because the default answer C: Polysomnography will include ECG within the study. Nevertheless, the p-value is 0.145. The design of CQI may need some modification to make question 4 significant.

In addition, most patients expressed their appreciation after small group education and they claimed that this education programme was really helpful to their understanding of OSA.