



Service Priorities and Programmes Electronic Presentations

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An Overview of Sleep Service Statistics at TWGHs Wong Tai Sin Hospital

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Introduction

Obstructive sleep apnoea (OSA) is widely recognized as a public health problem for its prevalence, debilitating symptoms, associated workplace/road traffic accidents and cardiovascular co-morbidities. CPAP has been shown to be effective in treatment of OSA.

Objectives

Our sleep laboratory dedicated to management of OSA and related disorders was established as a 2-bed facility in 1996, to serve patients from our sleep/chest clinics at the Our Lady of Maryknoll Hospital (OLMH). Starting to accept referrals from the KWC hospitals since 2006, it was later evolved to 5-bed in 2012.

Methodology

To streamline direct admission of the referral patients to the sleep laboratory, we have devised a standard fax consultation form in which patient data pertaining to the risk & probability of having OSA are filled in. It helps our triage of patient admission to our laboratory as early or elective category.

The sleep service led by a SMO has in addition 2ACs, 4MO/residents, 4APN/NOs, 18RNs and 11ENs participated in the daily operation. All nurses have been trained capable of performing hook-up and acquisition of polysomnograph (PSG) for laboratory diagnosis of OSA.

Result

The annual number of admission to our sleep laboratory in 1999 to 2015 are respectively 190, 229, 317, 381, 287, 492, 453, 462, 582, 614, 764, 837, 1063, 1015, 1077, 1015 and 999; and the corresponding numbers of PSG/CPAP titration

performed are 148/110, 187/121, 249/153, 315/211, 188/166, 273/268, 274/268, 311/324, 378/346, 443/265, 459/316, 468/342, 500/396, 468/412, 499/465, 487/413 and 506/396.

In 2014/15, the number of sleep referrals from KWC hospitals were: KWH (M&G) 155[30.9%], KWH (ENT) 27[5.4%], YCH (M&G) 41[8.2%], YCH (ENT) 138[27.5%] and CMC (ENT) 23[4.6%]; while the number of sleep admission from our sleep/chest clinics at OLMH was 118[23.5%].

The current waiting time for an elective PSG in 2016 is about 8 months, comparing to 2.5 months and 5.1 months respectively in 2006 and 2007 (the initial two years of accepting KWC referrals).

A recent review of the KWC sleep service data (presented in a HAHO meeting) showed that in 2013-2015, WTSH provided 57% of the overall sleep service in KWC followed by CMC 17%, PMH 16% and KWH & YCH each 5%.