

OSA Alliance Study day September 30th 2021

Discussion of newly released NICE Guideline on OSAHS OHS and OSAHS-COPD-overlap syndrome in over 16s and its implementation

Hosted by OSA Alliance (Sophie West, Annabel Nickol, Gillian Gibbons)

Open to all via pre-registration, no cost 4 CPD points approved

0930-1330 via Online platform (Speakers from 9 if possible)

Please can all speakers look at questions as we go and answer the simple ones – save some for chair for discussion

Session 1. 0930-1030hrs RECOGNISING POSSIBLE SLEEP DISORDERED BREATHING IN YOUR PATIENTS

Sophie will introduce day and lead into Anita

Introduction to NICE Guideline on OSAHS in over 16s, OHS and OSAHS-COPD-overlap syndrome – and what does this mean for the speciality? *Anita Simonds, Clinical Lead NICE sleep apnoea guideline committee, Professor of Respiratory & Sleep Medicine, NHLI, Imperial College London*

Who should GPs refer to sleep services and should any referrals be urgent? *Sophie West, Consultant Respiratory Medicine, Newcastle upon Tyne Hospitals*

Who should sleep clinics prioritise for assessment and how might they do this? *Sophie West*

OSAHS – best sleep study for diagnosis *Anita Simonds*

Discussion with audience questions, Annabel to chair BREAK

Session 2. 1030-1145hrs TREATING OSA

Annabel to introduce session and lead onto

Treatment options for mild OSA *Annabel Nickol, Consultant in Respiratory Medicine, Oxford Centre for Respiratory Medicine*

CPAP 1– how to initiate, how to determine pressure - *Adrian Kendrick, Consultant Clinical Scientist, University Hospitals Bristol and Weston NHS Trust, Honorary Senior Lecturer, Physiology, Pharmacology & Neurosciences, University of Bristol*

CPAP 2 – how to follow up, how to use telemonitoring, how to treat rhinitis *Iain Wheatley, Nurse consultant, Frimley Park Hospital*

CPAP 3 – what do patients want to know and what support do they need *Chris Rogers, Secretary Sleep Apnoea Trust Association*

Discussion with audience questions, Ian Stone to chair BREAK

Session 3. 1145 – 1230hrs NON-CPAP THERAPIES FOR OSAHS

Ian S to introduce session and lead onto

Positional modifiers *Ian Stone, Consultant Respiratory Physician, Northwick Park and Central Middlesex Hospitals*

Surgery – in who? *Bhik Kotecha, Consultant ENT Surgeon Nuffield Health Brentwood Essex*

Mandibular advancement devices in who? *Ama Johal, Consultant Orthodontist, Queen Mary University of London*

Discussion with audience questions, Sophie to chair BREAK

Session 4. 1230-1330hrs TREATING OHS AND COPD-OSA OVERLAP SYNDROME

Annabel to introduce session and lead onto

Obesity hypoventilation syndrome - assessment and treatment *Annabel Nickol*

OSAHS-COPD Overlap syndrome assessment and treatment *Sophie West*

Oxygen –consider for which people? *Ian Stone,*

Which areas need more research for next guideline, Summary of dilemmas and key take home points *Anita Simonds*

Discussion with audience questions Iain W to chair and CLOSE 1330 Anita or Sophie closing remark if time!