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IMPROVE SCREENING AND BASELINE ASSESSMENT OF PATIENTS FOR OBSTRUCTIVE SLEEP APNEA (OSA) SEEN IN BARIATRIC CLINIC AT HAMAD MEDICAL CORPORATION

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Obstructive Sleep Apnea is a syndrome characterized by periodic, partial, or complete obstruction of the upper airway during sleep.” A cessation of breathing for greater than or equal to 10 seconds.

Why it does it matter?

Prevalence of OSA is estimated to be 25% among candidates for elective surgery and as high as 80% for patients undergoing bariatric surgery. 80% OSA patients are undiagnosed at time of surgery. Increased perioperative risk due to failure to recognize (or diagnose) OSA preoperatively.

There are evidence-based opportunities to improve outcomes: Consider pre-op initiation of CPAP/NIPPV (Non-invasive positive pressure ventilation).

The aim of the project: Improve appropriate screening and treatment of patients for (OSA) seen in bariatric outpatient clinic from 0.38 % to 60% by end of January 2017 at Hamad Medical Corporation.

So multiple improvement cycles done:

1. A survey for understanding the importance of OSA on patient health.
2. Tested the process of ordering a sleep questionnaire in the clinic.
3. Determine how much time needed for application of sleep questionnaire.

Weekly meeting to review established best care done for all patients.

Outcome measure

Decrease average waiting time for screening.

Take home message

Identifying OSA in the bariatric surgery patient is important to improving outcomes. Preoperative screening can be improved and subsequent treatment can be initiated. This study demonstrates that improvement science can help increase the rate of screening for OSA.

Biography

Aisha Hussain earned her MD degree at Arabian Gulf University in Bahrain. She has also participated in a number of research projects from Qatar University and Weill Cornell Medical College –she is an Assistant Professor in Clinical Medicine at the Weill Cornell Medical College – Qatar, she is a Fellow in the American College of Chest Physicians (FCCP) in 2013. then completed her Fellowship Program for Sleep Medicine from the King Saud University in Saudi Arabia in 2014. She is a Consultant in Medicine specializing in Pulmonary, Allergy, and Sleep Medicine. She is a pioneer in bronchoscopy and medical thoracoscopy.

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