

Snore Centre Patient eNewsletter

June 2011

One of my patients offered to write about his experience of sleep apnoea for my blog. I thought it was a great idea as it illustrates just how sleep apnoea can ruin your quality of life, and the benefits of treatment. As well as describing the treatment process.

Hopefully it may also encourage any readers who have the condition -or suspect they may have it- to seek medical help. There is an extract from the blogpost on the second page.

If you want to tell your sleep apnoea story then please get in touch and let me know either via [Facebook](#) or an email to guyrowland@gmail.com

Michael Oko



Monitoring and Improving Patient Satisfaction

As I stated in a recent [news release](#) on patient satisfaction, patient power should be at the heart of the NHS. Healthcare is a service industry, but it doesn't seem to behave like one. If you've got no evidence that you are delivering a good service to your patients, then it is impossible to review and improve upon.

I use the Jayex QI Interactive system in my clinic to do just that, and strongly believe that patient opinion should be used to guide the future of the NHS. Access to detailed patient feedback can enable consultants like myself to

transform services to specifically meet the needs of the patient. By continually monitoring patient feedback all year round in real-time, doctors can analyse performance on an ongoing basis, and share best practice across the NHS.

A tool for revalidation

Online magazine Health Matters has published an article on the importance of monitoring patient feedback for the medical revalidation process for doctors that the General Medical Council will begin in 2012:

"In whatever way the structure of the NHS evolves over the next

decade, the challenge will be to juggle financial constraints and growing patient power. It is those GP practices and hospital departments that can create a seamless customer experience, automatically gaining customer feedback throughout the process – that will be best placed to respond to the challenges of the new health economy.

By continually monitoring real-time patient feedback, healthcare organisations can analyse performance on an on-going basis, share best practice and transform services to specifically meet the needs of the patient. [Read more](#)

Visit our website at www.snorecentre.com

Snore Centre Patient eNewsletter

June 2011

Patient Focus: Stuart's Sleep Apnoea Story

Hi, my name is Stuart I live a pretty normal life for a 27 year old, other than the fact that during a night's sleep my wife was complaining of my very loud snoring.

This argument rumbled on for ages, until she said "if you don't go to the doctors to see if they can sort this we might have to break up": this is how serious things got for us.

So as I thought I was fine I went to the doctors and apologised for wasting his time. He asked some questions so I told him about my wife's threats then he asked how I felt, so I opened up and told him I feel just as tired when I get up as when I went to bed. I also had a very short temper and this was not me; as anyone who knows me will tell you I am very laid back. The doctor said straight away it is one of two things; either diabetes or sleep apnoea. So he decided to rule out diabetes first -which he did with a blood test- then referred me to a sleep apnoea clinic.

I was very apprehensive and not sure what to expect. I turned up thirty minutes early with my wife (it's a standing joke that I do not like being late) to book in and be shown to the waiting room. I knew I was in the right room as there were four men in there fast asleep, and one lady reading a book. As my wife was chatting with the lady she found out she was a wife of one of the men. I sat down and

waited, trying to make sure I did not fall asleep, but sleep apnoea took its toll. I awoke with my wife tapping me on the arm saying the nurse wants to do some checks on my blood pressure, weight, height and measurements, than back to the waiting room and more sleep.

I was shown through to Mr Oko and I was asked to fill in a very small questionnaire on sleep and

The Snore Centre treated over 400 patients in the past year

96% were very satisfied with the service they received

how I felt. While doing this Mr Oko was asking my wife questions like "does he stop breathing", and my wife said no he goes quiet, but I know he is alive as his chest goes up and down. (YOU MUST TAKE YOUR BED PARTNER TO YOUR FIRST APPOINTMENT AS I DID NOT KNOW HALF OF THE ANSWERS THAT MY WIFE GAVE MR OKO)

I think I scored 18 on the questionnaire, which I was then told was high, and there was a good chance I had sleep apnoea. Mr Oko asked if I would be prepared to come in and collect a sleep analysis machine to find out what was going on.

Read the rest of this story on the [Snore Centre blog](#)

Low Energy Diet for Sleep Apnoea

A new study published in the British Medical Journal this month has shown that a very low energy diet can have long-term benefits for sleep apnoea sufferers.

It is already known that obstructive sleep apnoea is associated with several adverse outcomes, including impaired cognitive function, vehicle crashes and occupational injuries, and death.

Randomised controlled trials have recently shown that weight loss improves obstructive sleep apnoea in overweight and obese patients. The long term effect of weight loss has been studied only in people with mild obstructive sleep apnoea

and in older patients with type 2 diabetes.

Study conclusions:

The initial improvements in apnoea-hypopnoea index after nine weeks of a very low energy diet (-58%) were largely maintained at the one year follow-up (-47%)

At one year, 48% (30/63) no longer required continuous positive airway pressure and 10% (six/63) had total remission of obstructive sleep apnoea

Patients who lost the most in weight or had severe sleep apnoea at baseline benefited most

[Read more...](#)

Find us on [Facebook](#)