

Enhancing Obstructive Sleep Apnea Screening and Sleep Study Referrals Among Patients with Cardiovascular Risk Factors in a Primary Care Clinic

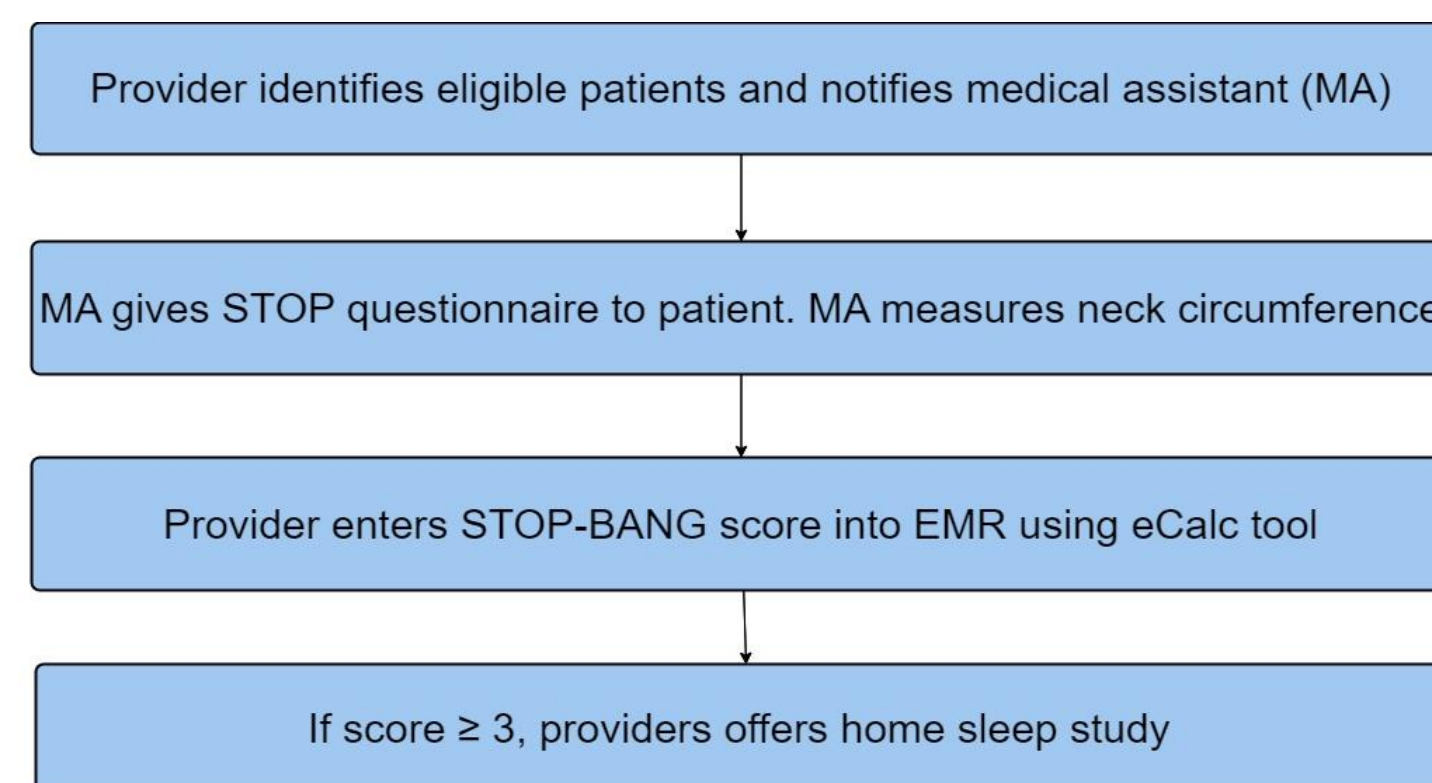
Maikel Kamel, MD; Jeffrey Lowell, MD, PhD; Matthew Means, MD; Wint Yan Aung, MD; Wei Huang, MD; Margaret Locke, MD; Deepti Mahajan, MD; Shafkat Salam, MD; Ashish Samaddar, MD; Cleiford Senra, MD; Javier Ticona, MD; Shruti Varadarajan, MD; Sneha Shrivastava, MD; Jennifer Verbsky, MD
Department of Medicine, North Shore University Hospital/Long Island Jewish Medical Center

INTRODUCTION

- There is a high prevalence of obstructive sleep apnea (OSA) among patients with cardiovascular disease (CVD)¹
- In the presence of OSA, CVD mortality and morbidity is significantly worse¹
- Currently there are no guidelines that standardize screening protocols for OSA²

METHODS

- Inclusion Criteria
 - Age 18-65
 - One of the following CV risk factors: CAD, CHF, HTN, AF, DM, obesity
- Exclusion Criteria
 - Established OSA diagnosis
 - Use of nocturnal CPAP



RESULTS

Figure 1. Barriers to Care

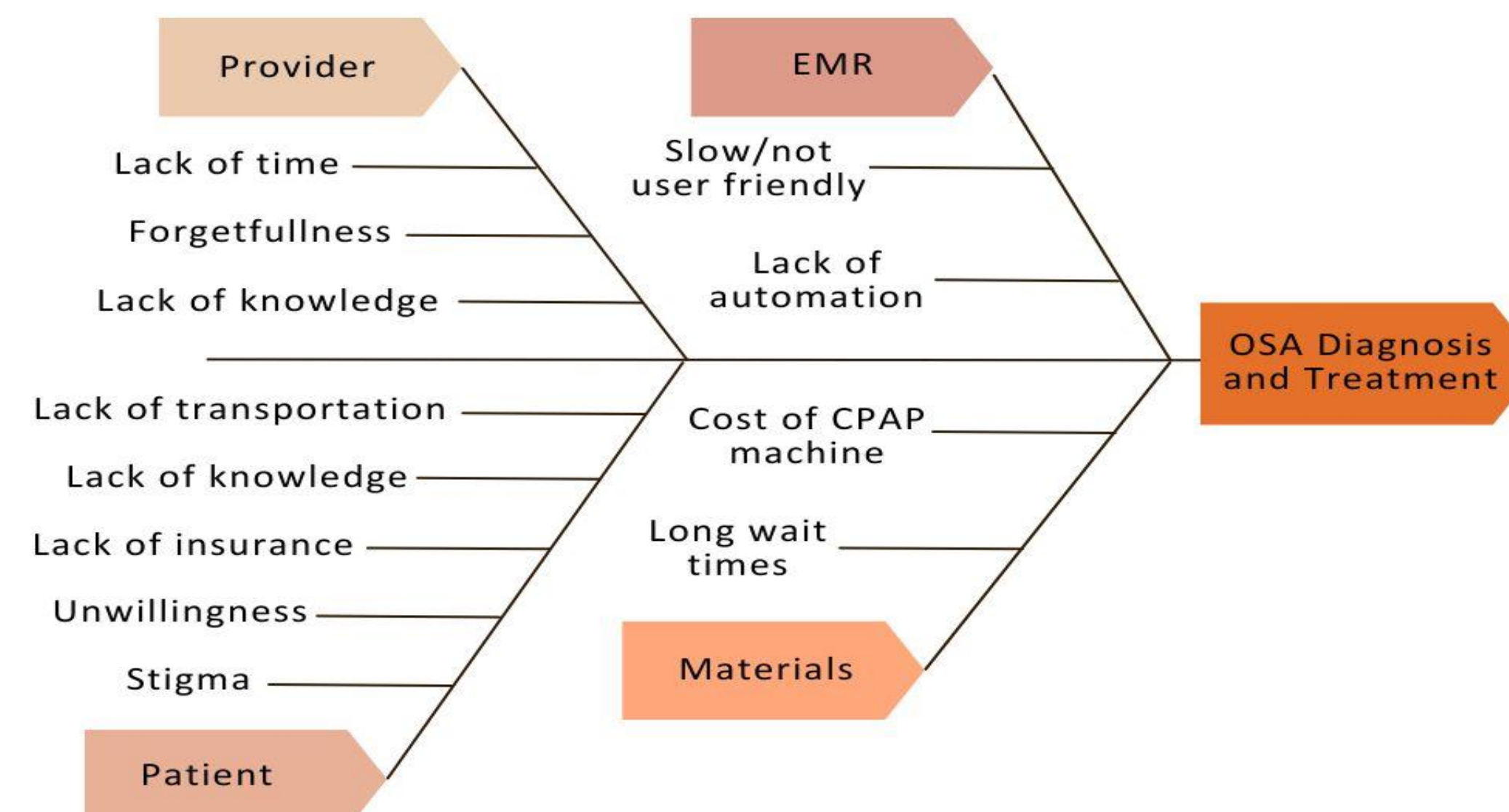


Figure 2. OSA Screening and Referral Rate

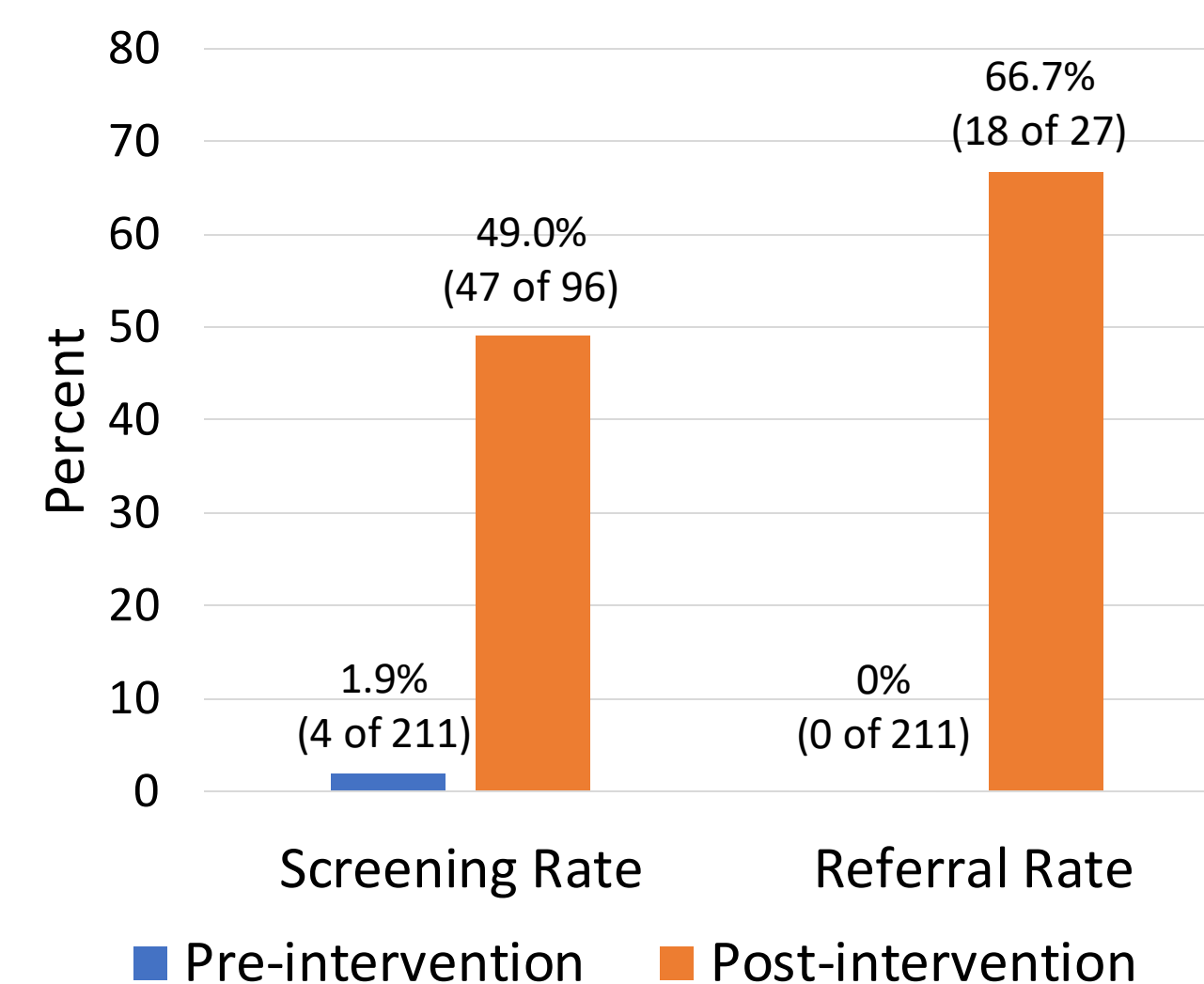


Figure 3. Screening Outcomes (n=47)

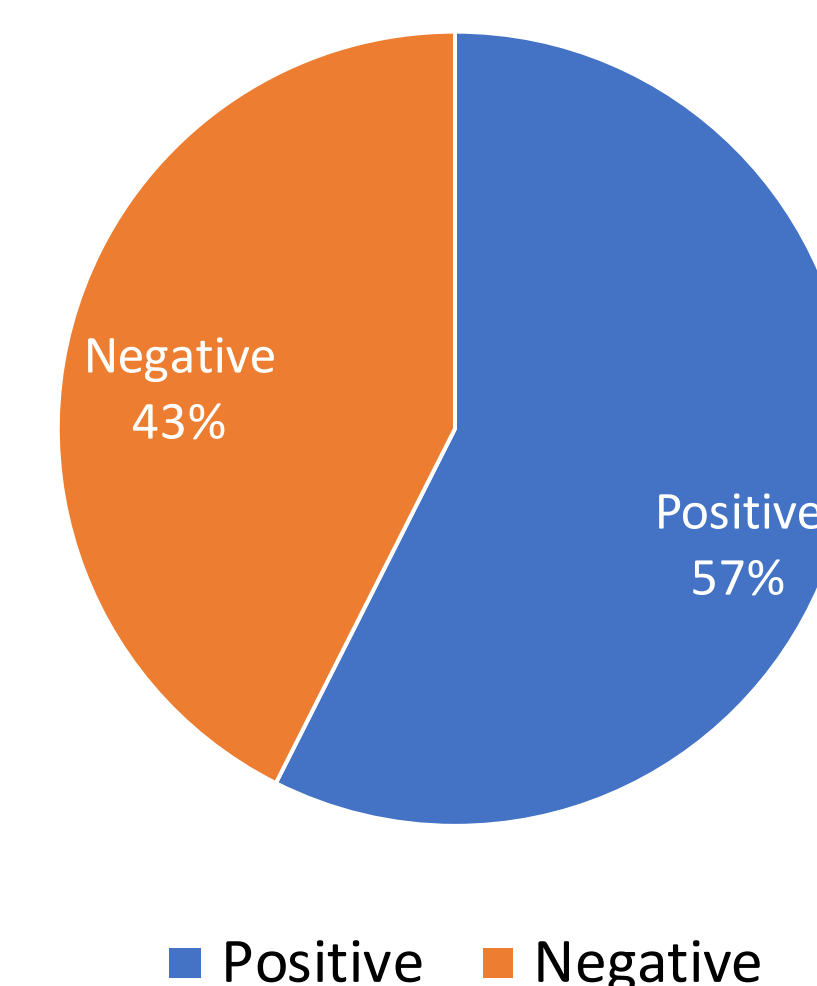
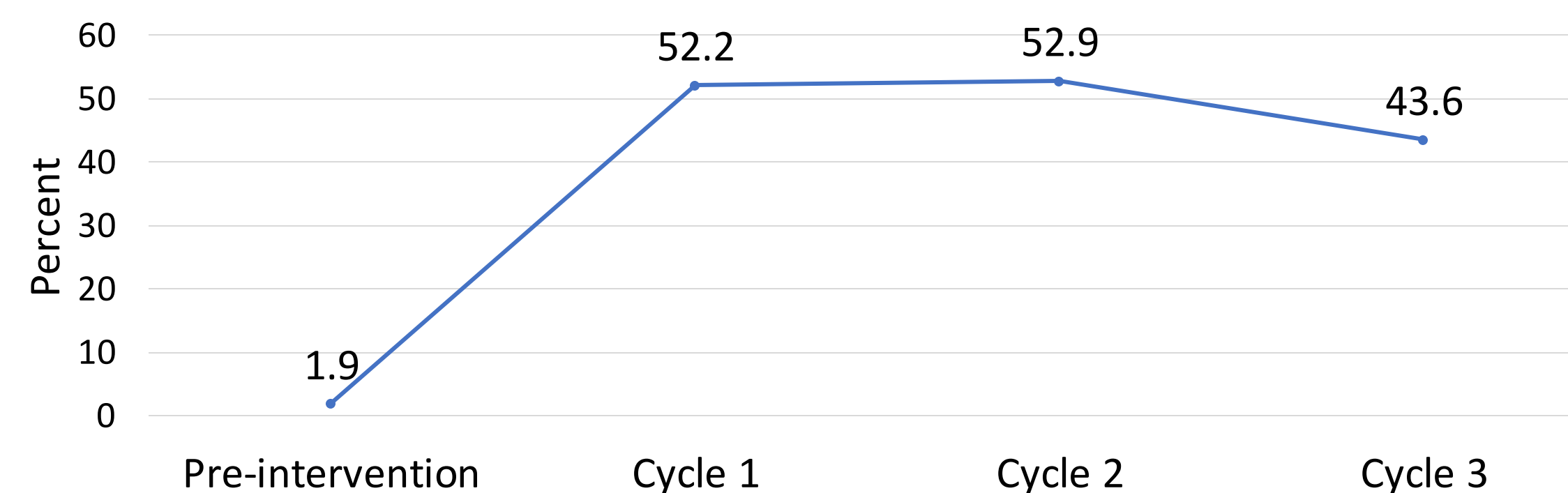


Figure 4. Screening Rate Over Time



CONCLUSIONS

Our process of implementing the STOP-BANG questionnaire was successfully able to increase:

1. Screening rate of OSA
2. Referral rate for further evaluation among those who tested positive

Further research and QI efforts are necessary in this patient population to identify this underdiagnosed disease early in its clinical course.

NEXT STEPS

- Follow long term outcomes such as:
 - Number of patients who successfully acquired CPAP machines
 - Blood pressure control
 - Weight loss
 - Number of major adverse cardiac events (MACE)
- Stratify the above by insurance status and other social determinants of health to determine where disparities lie, and to guide QI efforts in the future

REFERENCES

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2. Bakhai SY, Nigam M, Saeed M, et al. Improving OSA screening and diagnosis in patients with hypertension in an academic safety net primary care clinic: quality improvement project. *BMJ Open Quality.* 2017;6:e000105. doi: 10.1136/bmj-2017-000105