

# Bedside Tales

VitalAire CPAP  
Support program

January 2011

## Word from the Editor:

VitalAire CPAP  
Support program

AIR LIQUIDE *Healthcare* is proud to introduce the **NEW "VitalAire CPAP support program"**.

We have created new tools and processes with the key objective of improving the quality of care and compliance of our patients in their CPAP therapy. This program reflects our passion to be a truly comprehensive service provider for our patients, offering:

- ✓ Improved educational material on Obstructive Sleep Apnoea to increase knowledge and awareness of patients
- ✓ Improved support processes and communication tools to accompany our patients in all life stages of their CPAP therapy
- ✓ Creation of a new loyalty program with unique member privileges

We would like to wish you a Happy New Year, and we look forward to introducing you to these exciting new initiatives in 2011!

Your AIR LIQUIDE *Healthcare* team



## Sleep studies are essential



There is no hard and fast rule for when you should have your sleep study repeated. Many sleep specialists recommend a **sleep study be done every 12-18 months** as your pressure needs may change over time. Talk to your GP or sleep physician about having a repeat sleep study done when:

- ✓ You feel that your pre-CPAP symptoms are returning
- ✓ You are using your CPAP every night but feel sleepy during the day
- ✓ You have experienced a significant weight gain/loss
- ✓ You are having trouble keeping your blood pressure under control or have been newly prescribed high blood pressure medication
- ✓ You have developed a new or re-occurring cardiac problem, nocturia, impotence or depression
- ✓ You have had significant nasal or upper airway / jaw surgery
- ✓ You have quit using your CPAP and would like to return to therapy or have your sleep problems reassessed

Medicare recognises that people with OSA have needs that may change over time and will pay for 3 sleep studies annually. For studies performed outside of hospitals, Medicare pays up to 85% of the cost of the study making your total out of pocket cost zero if the sleep laboratory bulk bills.

**Don't let cost influence your decision to be retested. Your health depends on making sure your CPAP is delivering the correct pressure and is providing you with optimal therapy for your OSA.**

## Where can I get a sleep study in QLD?



We recommend SNORE Australia, who are one of Australia's largest groups of sleep disorder centres. Their mission is to provide high quality, affordable sleep studies so that every patient can achieve optimal medical care for their sleep problems, regardless of their financial status. SNORE have been providing sleep study services since 2000, and presently provide both bulk-billed and fully private hospital studies (and home-studies at some locations). They perform only full "Level 1" sleep studies, which are of the highest international standard.

An overnight sleep study at a SNORE facility typically incorporates the monitoring and measurement of brain waves & eye movements to identify the stages of sleep, together with respiratory airflow and effort, snoring, heart rate and rhythm, blood oxygen levels, muscle activity and any other parameters requested by the referring physician. The sleep study is pain-free and conducted in hotel-style private rooms.

For further information or to book a sleep study, please contact SNORE Australia:

**Phone: 1800 076 673    Email: snore@snoreaustalia.com.au    Web: www.snoreaustalia.com.au**

## SNORE Australia Locations

CABOOLTURE	BIRKDALE	IPSWICH	MACKAY	CAIRNS
16 Bertha Street	120 Birkdale Road	19 Gray Street	76 Willetts Road	5 Upward Street
MEADOWBROOK	GREENSLOPES	BURLEIGH HEADS	LISMORE	
80 Armstrong Road	Greenslopes Hospital Newdegate Street	15/109 West Burleigh Road	43 Dalley Street	



## Epworth Sleepiness Scale

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired? Even if you have not done some of these things recently try to work out how they would have affected you.

Sitting reading a book or newspaper	0 - 1 - 2 - 3
Watching TV	0 - 1 - 2 - 3
Sitting doing nothing in a public place	0 - 1 - 2 - 3
Passenger in a car for an hour without a break	0 - 1 - 2 - 3
Lying down to rest in the afternoon	0 - 1 - 2 - 3
Sitting talking to someone	0 - 1 - 2 - 3
Sitting quietly after a lunch without alcohol	0 - 1 - 2 - 3
In a car, while stopped for a few minutes in traffic	0 - 1 - 2 - 3
Score	

To answer, use the following scale by circling the most appropriate number for each situation:

0 = no chance of dozing  
1 = low chance of dozing  
2 = moderate chance of dozing  
3 = strong chance of dozing

If your score is > 10:  
You have a high level of drowsiness  
Consult your doctor

### ERRATUM: Electricity Rebate

We wish to report an error made in the last edition of our *Bedside Tales* newsletter regarding an electricity rebate. We mentioned that CPAP users were entitled to an electricity rebate for the use of their CPAP machine. **This is NOT the case around Australia, and only applies in NSW/ACT.** As a rule, electricity rebates apply to devices that are considered as life support such as medical oxygen concentrators and medical ventilators for instance. We apologise for the inconvenience caused to those of you who made enquiries to their energy supplier.