



Dr P.K.Pillai: Chest Consultant



Lung Department

Luton and Dunstable
University Hospital



Aim and Objective of this evening meeting



10 consultants

6 Respiratory nurses

6 Respiratory physiologist

5 TB nurses

Physiotherapists

Junior doctors

Managers

Secretaries

Pharmacist



COPD/Emphysema

Asthma

Lung cancer

Tuberculosis

Lung fibrosis/Scarring

Sleep apnoea

Bronchiectasis

Pleural effusion

Pneumonia



You could have

Long standing cough

Long standing sputum

Coughing up blood

Breathlessness

Wheezing

Chest tightness/ Chest pain

Weight loss

Fever



Obstructive Sleep Apnoea



Does the patient have sleep apnoea?

Is it simple snoring?

Does this affect the patient?

Does it affect the partner?

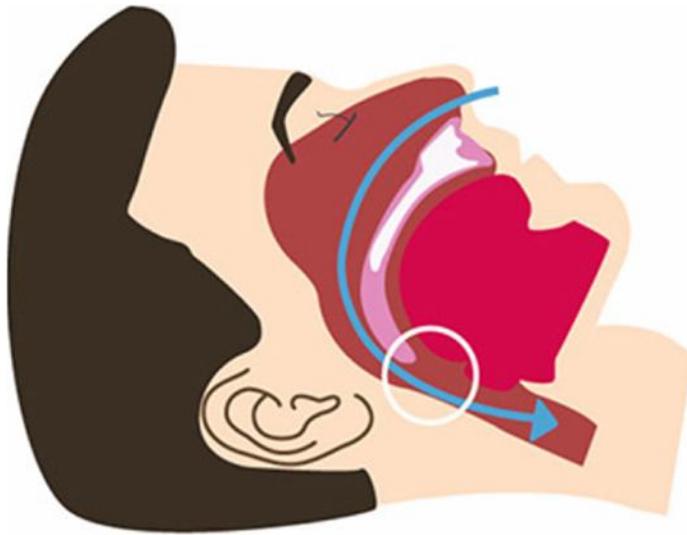


Sleep apnoea

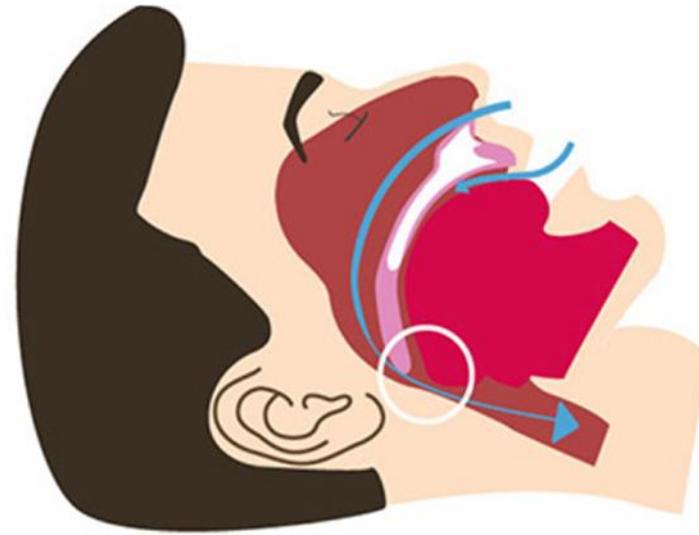
4% of middle age men

2% of middle age women

1% of men



Non-obstructed Airway



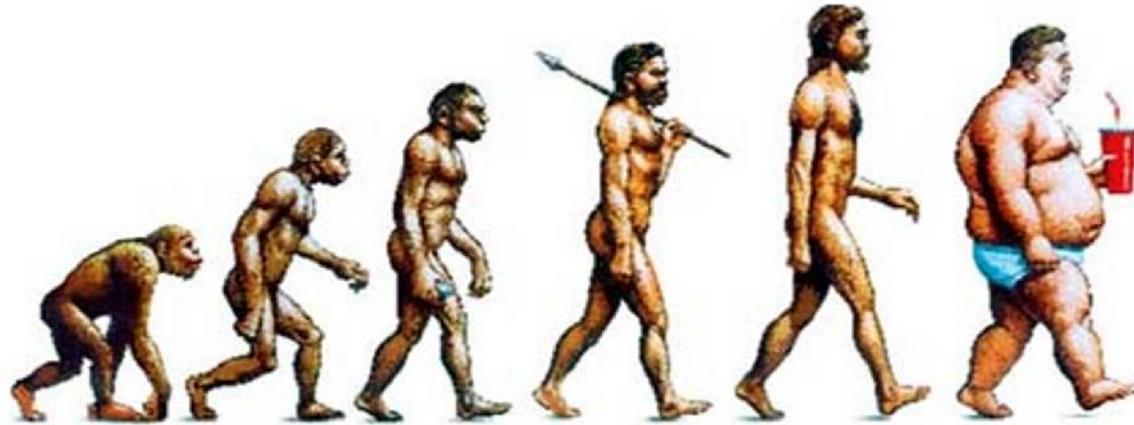
Obstructed Airway



Simple snoring

1 in 3 men

1 in 10 women





Risk factors

- Obesity
- Smoking
- Alcohol





SYMPTOMS IN OBSTRUCTIVE SLEEP APNOEA

Common (>60%)

Loud snoring

Excessive daytime sleepiness

Feelings of choking or shortness of breath at night

Restless sleep

Unrefreshing sleep



Epworth Sleepiness Scale

How likely are you to doze off or fall asleep in the following situations?
Answer considering how you have felt over the past week or so.

- 0 = Would never doze
- 1 = Slight chance of dozing
- 2 = Moderate chance of dozing
- 3 = High chance of dozing

1. Sitting and reading	<input type="text"/>
2. Watching TV	<input type="text"/>
3. Sitting inactive in a public place (e.g., theater or meeting)	<input type="text"/>
4. As a passenger in a car for an hour without a break	<input type="text"/>
5. Lying down to rest in the afternoon when able	<input type="text"/>
6. Sitting and talking to someone	<input type="text"/>
7. Sitting quietly after a lunch without alcohol	<input type="text"/>
8. In a car while stopped for a few minutes in traffic	<input type="text"/>



Sleep Study



CLINICAL EXCELLENCE, QUALITY & SAFETY



Complications

- **High blood pressure**
- **Irregular heart beats**
- **Risk of diabetes**





Treatment



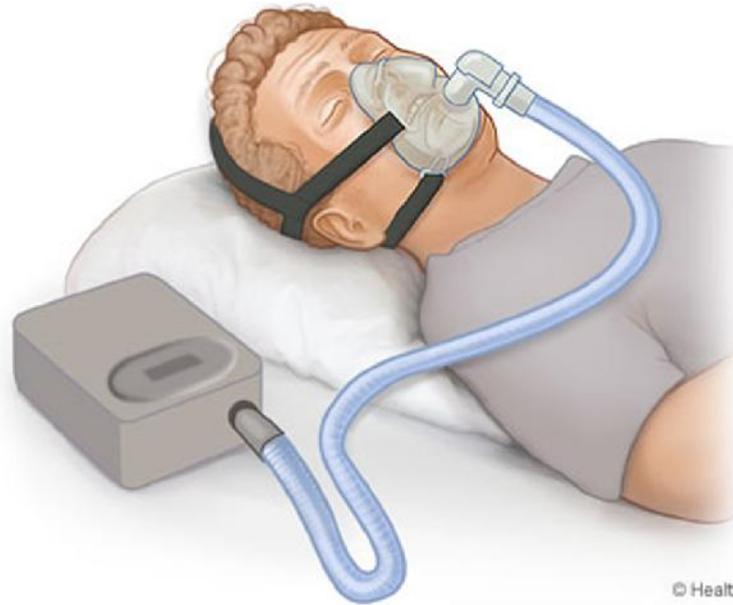


Oral appliance

Mandibular advancement therapy

Tongue stabilising device





© Healthwise, Incorporated





Who should be referred?

Anyone with good history with significant day time symptoms

Please go and see your GP



Thank you