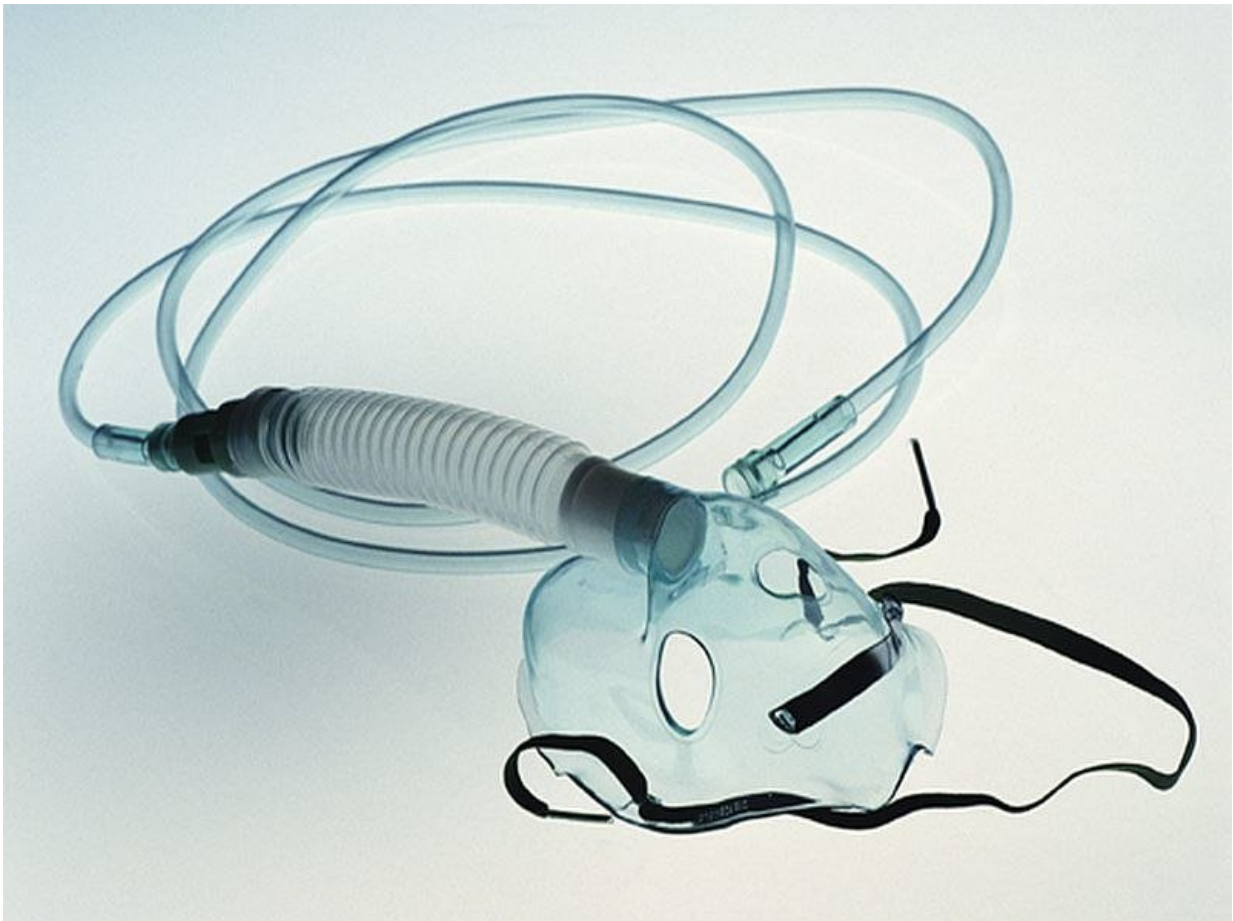


Non-sleep specialists may offer similar quality sleep apnea care

January 31 2018



(HealthDay)—Non-sleep specialists (NSSs) and sleep specialist

physicians (SSPs) provide similar quality care with similar patient outcomes for adults with known or suspected obstructed sleep apnea (OSA), according to a review published online Jan. 30 in the *Annals of Internal Medicine*.

Ken M. Kunisaki, M.D., from the Minneapolis VA Health Care System, and colleagues compared the effectiveness of care by NSSs and SSPs.

Based on four observational studies (580 participants; mean age, 52 years; 77 percent male), the researchers found good agreement between NSSs and SSPs on appropriate diagnostic testing and classification of OSA severity (low-strength evidence). Care provided by NSSs and SSPs resulted in similar quality of life, adherence, and symptom scores (low-strength evidence), based on results from five [randomized trials](#) and three [observational studies](#) (1,515 participants; mean age, 52 years; 68 percent male). There was insufficient evidence related to differences between care providers in access to care and adverse events.

"Care by NSSs and SSPs resulted in similar outcomes in adults with known or suspected OSA," the authors write. "Studies are needed to determine care model implementation and reproducibility of results in nonacademic settings and among less experienced NSSs."

Several authors disclosed financial ties to the pharmaceutical industry.

More information: [Abstract/Full Text \(subscription or payment may be required\)](#)

Copyright © 2018 [HealthDay](#). All rights reserved.

Citation: Non-sleep specialists may offer similar quality sleep apnea care (2018, January 31) retrieved 3 May 2024 from

<https://medicalxpress.com/news/2018-01-non-sleep-specialists-similar-quality-apnea.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.