



## ProofLink™ Update

### *APSS Abstract #625*

### *Randomized Multi-Center Trial to Improve Compliance in Non-Adherent OSA patients using CPAP vs. Novel Bi-Level Positive Airway Pressure*

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#### ◆ *Find This Study*

Sleep. Volume 28. Abstract Supplement 2005. #625, p. A210.

#### ◆ *The Study*

This is the second-phase of a study evaluating the use of a problem-directed protocol to improve compliance with non-adherent OSA patients.

This was a randomized, double blind study that included patients who were non-adherent to traditional CPAP therapy. All patients included in the study completed phase 1 of the protocol which included intensive support, heated humidification, and patient education. Non-adherence was defined as < 4 hrs of use per night after 14 days of completing phase 1 of the protocol.

Eighty seven patients were enrolled in the study. All enrolled patients were re-titrated to determine therapeutic pressures, then randomly and blindly assigned to either continue CPAP therapy or initiate Bi-Flex®. Patients were scheduled for follow up at 30 and 90 days after initiation of the second phase of therapy.

#### ◆ *The Results*

- At 30 days, 43 continued on CPAP and 44 patients continued on Bi-Flex.
  - 45% of the Bi-Flex patients used their machine > 4 hours per night compared to 33% of CPAP patients (p=0.083)
- At 90 days, 35 of 43 patients continued on CPAP, 37 of 44 patients continued on Bi-Flex.
  - 54% of the Bi-Flex patients used their machine > 4 hours per night compared to 32% of the CPAP patients (p=0.046)

#### ◆ *Note*

- This is data from an ongoing study. Previous study results released in 2004 included the impact of intensive education and support on therapy usage < 4 hours per night. To see the previous results: Sleep, Volume 27, Abstract Supplement, 2004.

#### ◆ *Bottom Line*

Patients who are having difficulty accommodating CPAP therapy may benefit from Bi-Flex after conventional rescue protocols have been shown to be unsuccessful for the patient.