



ProofLink™ Update

APSS Abstract #532

International Multi-Center Long Term Study of Treatment Satisfaction and Compliance in OSA: CPAP with Expiratory Pressure Relief vs. Conventional CPAP *Rosenthal, LR, et al.*

◆ ***Find This Study***

Sleep. Volume 28. Abstract Supplement 2005. #532, p. A180

◆ ***The Study***

6 month randomized single-blind study in which patients received either C-Flex™ or traditional CPAP therapy. The study evaluated patient satisfaction and compliance to therapy through hours of use per night.

188 newly diagnosed OSA patients with documented excessive daytime sleepiness (EDS) were enrolled in the study. Patients were randomized to either C-Flex or CPAP therapy. Follow up was scheduled for 7 days, 1, 3 & 6 months after initiation of therapy. Patients were included after demonstrating at least 4 hours / night during the first 7 days of therapy. Treatment compliance (hours of use per night), satisfaction with therapy (TS), treatment comfort (TC), and interface comfort (IC) were evaluated using visual analog scale (0 – 100 mm), with higher scores indicating favorable ratings.

◆ ***The Results***

- 147 patients completed the study.
- Both groups showed treatment comfort (TC) significantly increased over time with the largest difference found between 1 month and 3 months ($p < 0.01$)
- After 6 months patients on C-Flex indicated a higher satisfaction with therapy than those on conventional CPAP in all areas:
 - Treatment Satisfaction (TS): C-Flex 81 ± 18 vs. CPAP 74 ± 22 , $p < 0.05$
 - Treatment Comfort (TC) : C-Flex 75 ± 21 vs. CPAP 68 ± 23 , $p < 0.05$
 - Interface Comfort (IC): C-Flex 66 ± 24 vs. CPAP 57 ± 26 , $p < 0.01$
- After 6 months of therapy, patients on C-Flex had a significantly higher number of hours of use per night vs. patients on conventional CPAP
 - C-Flex 5.84 ± 1.5 vs. CPAP 5.3 ± 1.3 $p < 0.05$

◆ ***Note***

Forty one patients failed to meet the study inclusion criteria of using therapy > 4 hrs per night after 7 days of therapy.

◆ ***Bottom Line***

Patients on C-Flex had a significantly greater satisfaction with treatment comfort, interface comfort and overall satisfaction with therapy at 6 months. In addition, patients on C-Flex demonstrated an increase in compliance to therapy with a significant increase hours of use vs. those patients on conventional CPAP therapy.