



ProofLink™ Update

Treatment Adherence and Outcomes in Flexible versus Standard Continuous Positive Airway Pressure Therapy

Aloia, M.S., et.al, Ninth International Symposium on Sleep & Breathing Abstract 2004

◆ *The Study*

This study compares adherence, treatment outcomes and attitudes toward the treatment of OSA in patients treated with traditional CPAP versus patients treated on C-Flex therapy.

Eighty nine patients (48 C-Flex and 41 CPAP) with OSA were diagnosed via a full night PSG and adequate CPAP settings were determined on a separate full night titration study. C-Flex and CPAP therapy were both initiated with heated humidification by the same home care provider. The following data was evaluated at regular intervals during a 3 month time frame: hours of use per night, Epworth Sleepiness Scale (ESS), Functional Outcomes of Sleep Questionnaire (FOSQ), Self Efficacy Scale. The Self Efficacy Scales measures the patient's confidence in his/her ability to use PAP therapy even under difficult circumstances (a higher score indicates greater confidence for use).

◆ *The Results*

- Average hours of use / night was 0.7 hours longer on patients with C-Flex at 2-4 week follow up:
C-Flex: 4.2 ± 2.4 hrs vs. CPAP: 3.5 ± 2.8 hrs
- Average hours of use / night was significantly* longer on patients with C-Flex at 9-12 week follow up:
C-Flex: 4.8 ± 2.4hrs vs. CPAP: 3.1 ± 2.8 hrs
- Self Efficacy scores trended higher at a 3 month follow up in those treated with C-Flex.
- No trends were seen in clinical outcomes, FOSQ and ESS, data.

**p=0.003 Statistical significance: there is less than a 3 in 1,000 chance that this happened randomly*

◆ *Note*

A 1 hour, 42 minute increase in average nightly use seen with C-Flex patients vs. traditional CPAP patients seen at a 3 month follow up. As CPAP compliance dropped over three months, C-Flex compliance actually increased

◆ *Bottom Line*

Patients on C-Flex therapy had a significant improvement in adherence to therapy over a 3 month period and C-Flex users may be more confident in their ability to adhere to treatment.