

## Welcome to the fifteenth edition of the Sleep Newsletter!

In this edition, you can find a few important updates, as well as information that we already included in the other editions. We hope you find it useful! You can find a PDF version of this edition of the Sleep Newsletter online at the bottom of the following webpage:

<https://www.enherts-tr.nhs.uk/services/sleep/>



## Temporary changes to the Sleep and CPAP service due to the COVID-19 pandemic

As we are all aware, our lives have changed significantly over the past few months due to the COVID-19 pandemic. Although some restrictions have been loosened up, we still need to keep vigilant and continue to observe certain rules, such as maintaining social distancing and keeping travelling to the very essential minimum.

As we explained in the previous edition of our Newsletter, we also had to change our Hospital services to accommodate this, so a few temporary changes to the Sleep and CPAP service have been made. Some of those changes are still in place:

### Temporary relocation of the Sleep Unit to Hertford County Hospital

The whole Sleep and CPAP service has been relocated to Hertford County Hospital back in March, and we are still based at Hertford at the moment; we hope to be back to Lister shortly, but for now we still have the following contact details:

#### The Respiratory & Sleep Unit contact details

**Address (TEMPORARY):** Hertford County Hospital  
North Road  
Hertford  
SG14 1LP

**Tel:** 01438 284898

**Email:** [sleepdisorderunit.enh-tr@nhs.net](mailto:sleepdisorderunit.enh-tr@nhs.net)

**We are open from 8:30 to 16:30 Monday to Friday (excl. Bank Holidays)**

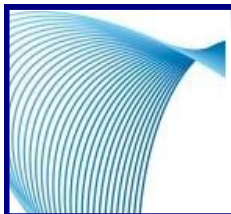
If your call is not answered straight away, please leave a message and we will phone you back as soon as possible. We aim to return all the calls within the same day, if the messages are left **before 16:00**.

### Running Telephone appointments instead of face to face, when possible

At the moment, we are only seeing patients face-to-face in the CPAP clinic at Hertford County Hospital and only if they are being set up on treatment or have any problems with mask fit, equipment malfunction etc.. All other clinics, such as the routine CPAP annual reviews, have been converted into telephone consultations instead.

We're still running our consumables service as normal, so we can still send consumables in the post when required. At the moment **we would not advise collection of consumables to avoid travelling to Hospital, and we can't offer collection of items from the Lister.**

**If you have any equipment or treatment problems, even if it doesn't seem they can be solved through telephone advice, please do contact the Sleep Helpline as usual.**



## The Respiratory & Sleep Unit Newsletter

### Changes to the Sleep Team

We are very excited to announce we have recently welcomed 2 new members to the Team:

**Danielle Ally—Sleep Technician**  
**Gregory Marsh—Sleep Technician**

Both Danielle and Greg started working with us a couple of months ago, and they have been running mostly Sleep Diagnostic clinics and CPAP setups, but they will be running CPAP follow-up clinics as well, both telephone and face to face.

The rest of the team remains the same, as follows:

**Dr Alison McMillan and Dr Katie Chong** - Consultants in Respiratory & Sleep Medicine  
**Mrs Marta Vilaca** - Chief Respiratory & Sleep Clinical Physiologist  
**Miss Ana Gaspar, Mrs Priya Nair, Mr Jack Ridler and Mr Jonathan Poole** - Senior Respiratory & Sleep Clinical Physiologists  
**Mr Joel Patasin** - Sleep Technician  
**Mrs Julie Bailey** - Sleep PA  
**Mrs Ellen Byers and Ms Chloe Chapman** - Sleep Admin Assistants  
**Donna Cresswell** - PA to Dr McMillan  
**Sharon Butler** - PA to Dr Chong

### The Sleep Support Group

Unfortunately, due to the current COVID-19 pandemic and the most recent advice on social distancing, we had to cancel any non-urgent clinics and also have temporarily relocated the whole Sleep Unit to Hertford County Hospital, as mentioned on the first page of this Newsletter and on the previous edition as well. Therefore, we had to cancel the 18th June edition of the Sleep Support Group and we were awaiting for further instructions as to whether the next session would go ahead.

However, we regret to inform that **THE NEXT SUPPORT GROUP MEETING ON THURSDAY 15TH OCTOBER 2020 HAS ALSO BEEN CANCELLED.** The theme was going to be “**Mindfulness and Wellbeing**” but if you have any queries or wish to have access to any resources on this subject, please do contact the Sleep Helpline for advice.

#### What happens next?

As it is very uncertain at the moment as to how long we will need to keep social distancing and avoid gatherings, we are unfortunately unable to tell when we can resume the Support Group, at least with the original format. For this reason, we regret to say that **we will not be booking any meetings for 2021** and we will reassess whether we're able to resume it the following year. It will all depend on the future guidance and also on the availability of the space.

We will do our very best to keep our patients updated, mainly via our Newsletter, but please do get in touch if there is anything you need or would like advice on — keep in touch!

