

Welcome to our first newsletter!

As a team, we strive to keep you updated on our services.

Updates on the Team

We are pleased to announce that a new member has joined our team in January 2015: **Dr. Alison McMillan**, Consultant physician, joined our resident consultant Dr. Szulakowski. Dr. McMillan comes highly recommended with vast experience in respiratory & sleep disorders and has worked in many sleep units over the years.

The Respiratory & Sleep service is based at Lister Hospital, although some clinics run from QEII and Hertford County hospitals. Please be aware the **Continuous Positive Airways Pressure (CPAP) service ONLY runs from the Lister.**

For those of you who have not met all the team here is a run down:

- Dr. Patryk Szulakowski** - Consultant
- Dr. Alison McMillan** - Consultant
- Claire Wotton** - Lead Nurse
- Claire Dicks** - Sleep Nurse
- Marta Vilaca** - Senior Physiologist
- Ana Gaspar** - Senior Physiologist
- Emma Spires** - Sleep Technician
- Julie Bailey** - Administration/Secretarial support

We are sad to add that Claire Dicks will be leaving us at the end of March to pastures new. We wish her all the best in her next adventures



The Sleep Team Award

The Team was shortlisted in an NHS innovation competition. The category was **Patient Dignity and Experience**. The outpatient CPAP service was presented with a certificate and glass trophy as one of three finalists in our category. Next year we hope to be the winners!

A big thank you to the team for their hard work over the last few years.

Claire Wotton



We put our **patients** first



We strive for excellence & continuous **improvement**



We **value** everybody



We are **open** and honest



We work as a **team**

The Respiratory & Sleep Unit contact details

Lister Hospital
Coreys Mill Lane
Stevenage
Herts
SG1 4AB
Tel: 01438 284898

If your call is not answered, please leave a message as there is not always a member of staff available to take your call. We check the messages very often and we aim to return all the calls on the same day.

The Sleep Support Group

The sleep support group is an opportunity for both new and experienced OSA patients to come together and share experiences. The group runs from 5pm to 7pm and you can either attend for the duration or drop in at any point. The majority of the team will be available to talk to throughout the whole evening, and there will be talks from members of the team and/or external speakers and updates about what's new in sleep medicine.

There will also be a stand supported by ResMed with their latest machines and masks, and they are more than happy to help with any queries. They will also generously sponsor the tea, coffee and snacks that will be available.

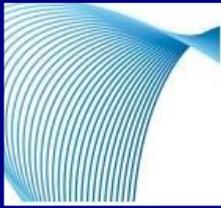
The Support group will now take place **3 times a year** at:

Great Ashby Community Centre
Whitehorse Lane
Stevenage
SG1 6NH

Dates of the Support Group for 2015:

- Tuesday 3rd March
- Tuesday 7th July
- Tuesday 3rd November





Changes to the CPAP annual clinic

The servicing of your CPAP equipment has changed due to new regulations from ResMed, our CPAP suppliers.

As these regulations state that your CPAP no longer requires a yearly calibration service, your CPAP machine is only checked and calibrated by the Trust engineer before it is given to you. After this, **the sleep team will perform a visual check every year at your annual appointments**, ensuring there is no loose wiring, damaged casing or any other visible faults.

The sleep staff member running the clinic will give you a new mask if you haven't had one within the previous 6 months and they will replace the filter on the back of your CPAP machine.

Your tubing will also be checked and replaced if required.

If you have any concerns regarding these changes, please contact the Sleep team to discuss further.

Please ensure that you bring all your equipment to these appointments - CPAP machine, power lead/power pack, mask and tubing in the original bag.

Your CPAP equipment must be transported in the appropriate bag to prevent any likely damage (please see photo).



Weight Loss

It is now possible to have access to free 12 week sessions at either **Slimming World** or **Weight Watchers** through the Sleep Unit. This is available for patients who have a BMI over 30 and are committed to losing weight. **Please contact the Sleep team for details and information or referral**

Actigraphy

With the support and funding from the Breathe Easy Group and from charitable funds donated by Sleep patients, the Sleep Unit has acquired 4 **Actigraphy monitors from GENEActiv**. These monitors resemble a watch and are worn on the wrist. They are fully waterproof, so they can be worn all the time, and they monitor activity over a period of a few days or weeks, helping the clinicians to assess sleep/wake cycles, insomnia and other sleep rhythm disorders.



We hope to have these available in the Sleep Unit by March 2015.

If you wish to make a donation to the Sleep fund, please contact the Charity team at the Trust or a member of the Sleep team.

A charity envelope can be sent to you so you can donate anonymously. All your funds are put towards developing the service for the benefit of all our patients.

Thank you.

Sleep Apnoea Association Trust (SATA)

Please consider joining the SATA if you haven't already. You can find more details on: www.sleep-apnoea-trust.org

The next SATADay is in October 2015 - don't forget to book in!



Remote monitoring trial

ResMed have recently launched a new CPAP machine model - the AirSense. The AirSense has the same functions as the S9, hence providing exactly the same treatment. However, it also has the **ability to upload data remotely**, which means we can look at data from CPAP machines daily and even change settings remotely from the Sleep Unit whilst you are at home or work. This is possible because the AirSense can transmit data through a mobile network, very much like a mobile phone.

The Sleep Unit has been loaned 2 of these new machines to trial and, if we find this system beneficial, we may consider using the AirSense with some patients in the future. However, if you are currently using the **S9** model we will not replace it with the AirSense because, as above mentioned, it has exactly the same treatment modes available.



AirSense CPAP by ResMed