

## The Respiratory & Sleep Unit Newsletter

### Welcome to the sixth 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 all the editions of the Sleep Newsletter online in the East & North Hertfordshire NHS Trust webpage on: <http://www.enherts-tr.nhs.uk/patients-visitors/our-services/sleep-disorder-unit/respiratory-and-sleep-units-newsletter/>. Several copies of the latest edition will also be available in the Sleep Unit waiting area.

#### 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
- Marta Vilaca** - Senior Physiologist
- Ana Gaspar** - Senior Physiologist
- Ana Sofia Pinto** - Senior Physiologist
- Emma Spires** - Sleep Technician
- Julie Bailey** - Administration/Secretarial support



- p** We put our *patients* first
- i** We strive for excellence & continuous *improvement*
- v** We *value* everybody
- o** We are *open* and honest
- t** We work as a *team*

#### The Respiratory & Sleep Unit contact details

**Address:** Lister Hospital, Coreys Mill Lane  
Stevenage, SG1 4AB

**Tel:** 01438 284898

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

**We are open from 9am to 5pm 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, as long as the messages are left **before 5pm**.

#### Weight loss resources

It is still possible to have access to a free 12 - week trial with either **Slimming World** or **Weight Watchers** through the Sleep Unit. We have now referred a number of patients for this trial, who have already kick-started their weight loss journey!

This trial 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 packs.**

#### Refreshments now available in the Respiratory and Sleep Disorder Unit

One of the main suggestions in the Friends and Family surveys over the last few months was that the patients would like a tea / coffee machine to be available in the Sleep Unit waiting area. We are pleased to say that we now have a refreshments trolley with hot water, tea, coffee, decaffeinated tea and milk, as well as sugar and sweetener. Please do help yourself when you come in for your next visit!



#### New AirSense 10 CPAP machines

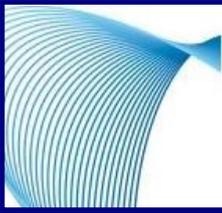
Since we started the CPAP service 5 years ago, we have been using the same model of CPAP - the S9 AutoSet, which is the model you have if you are our patient already. Resmed have launched a new CPAP machine called AirSense 10, which works very similarly to the S9 but with a few differences, such as an updated look and menus and especially the **remote monitoring** feature. This means that the machine can send the patients' CPAP usage data to a secure web location, accessible only to the Sleep Unit, so we can look at this data remotely instead of having to download the SD card from the CPAP machine.



All the new patients will now be issued with an AirSense 10 machine, as the S9s have been discontinued, but all the spare parts for the S9s are still available. Therefore, if you have a S9 machine, you will be given a new AirSense 10 once your S9 is at least 5 years old, which is when they need replacing.

If you would like more information about the AirSense 10, please visit: [www.resmed.co.uk](http://www.resmed.co.uk)

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# The Respiratory & Sleep Unit Newsletter

## The Sleep Support Group

The remaining date for the Support Group for 2016 is 8<sup>th</sup> November

We will keep the same structure of the previous meetings, so they will take place between **5:00pm and 7:00pm** and **you can drop in anytime (no need to stay for the whole meeting if you're not able to)**. The majority of the Sleep Team will be there, and as usual there will be a stand supported by ResMed with their latest products. They are more than happy to help with any queries and will also generously sponsor the tea, coffee and snacks that will be available. The address of the venue will be the same as it has been for the past year:

**Great Ashby Community Centre  
Whitehorse Lane  
Stevenage  
SG1 6NH**

We will also include the information above on every appointment letter that we send to our patients and it will be available online in the East & North Hertfordshire NHS Trust webpage by following the link:

<http://www.enherts-tr.nhs.uk/patients-visitors/our-services/sleep-disorder-unit/respiratory-and-sleep-units>

**We are still planning for the patients to take over the Support Group, so please do speak to a member of the Sleep Team if you are interested!**

### East & North Hertfordshire NHS Trust Awards Patient Experience award nomination

We are very pleased to announce that the Respiratory and Sleep Disorder Unit has been shortlisted for this year's Trust Awards in the Patient Experience category. Many thanks to all our patients who took the time to give feedback about our service, as it was essential for this nomination!

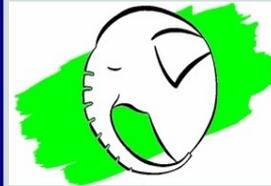
There were also a few more shortlisted within the Respiratory Department:

- Claire Wotton (Lead Respiratory & Sleep CNS) - Team Leader award
- Ward 11A South (Respiratory) - Continuous Improvement award
- Emma Jolly (Respiratory Nurse Secretary) - Support Staff award

**The Awards ceremony will take place on Friday 23rd September and the winners will be announced then.**

### Sleep Apnoea Association Trust

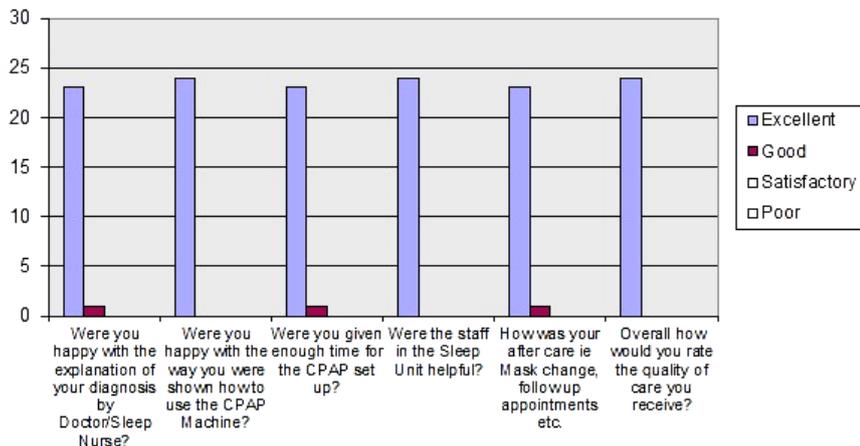
Please consider joining the SATA if you haven't already. You can find more details on: [www.sleep-apnoea-trust.org](http://www.sleep-apnoea-trust.org)



**Don't forget to book into the next SATAday - check their website for details!**

### CPAP patient feedback results

Every year, we send out a questionnaire for the CPAP patients to fill out and give us some feedback on how we are doing. We sent out questionnaires to each one of our patients, and compiled this year's results in a graph:



We are very pleased to say that our patients are overall very happy with the service we provide; however, we only received 24 questionnaires back out of around 1500 that we sent out, which only represents a very small percentage.

**Your opinions are very important to us, as they help us develop and improve our service. Therefore, please take the time to give us your feedback and if you wish to have a copy of the questionnaire to fill out, ask a member of staff or contact the Sleep Unit Helpline.**