

The Respiratory & Sleep Unit Newsletter

Welcome to the eighth 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 Alison McMillan** - Consultant
- Claire Wotton** - Lead Nurse
- Marta Vilaca** - Chief Physiologist
- Ana Gaspar** - Senior Physiologist
- Emma Spires** - Sleep Technician
- Julie Bailey** - Administration/Secretarial support



The Respiratory & Sleep Unit contact details

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

Tel: 01438 284898

Email: 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.

CPAP machines

Since we started providing our patients with the latest CPAP devices from Resmed, the AirSense 10, we have been chasing up a decision of whether we can provide our patients with machines over 5 years old with new devices. However, unfortunately we still don't have a definitive decision from the CCG as of whether we can go ahead and give out new machines in these situations.

Although ideally the CPAP machines are either replaced or sent out to be re-calibrated after 5 years of usage, they have a much longer life span so if you have one of the previous models please rest assured that it should still be working well.

If you notice any problems with your machine, please contact the Sleep unit to speak to one of the team.

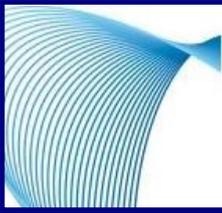
Happy CPAP Anniversary!



We are looking into doing a celebration to mark the 5th Anniversary of our CPAP service. We are working with the Public Affairs team to organize an event, to which all our CPAP patients will receive an invitation in the post.

If you have any experiences or feedback that you would like to share with everyone involved on this occasion, please contact Claire Wotton using the Sleep unit email address:

sleepdisorderunit.enh-tr@nhs.net



The Sleep Support Group

The remaining dates and themes for the Support Group for 2017 are:

9th May 2017 - "Healthy eating"

8th August - "Cardiovascular health"

14th November - "Diabetes awareness"

We will keep the same structure of the previous meetings, so they will take place between **5:00pm and 6:45pm 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:

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

As usual, there will be a short quiz with a prize for the winner and we will aim to do a short presentation focused on each theme. The presentations start around 5:45pm to allow time for discussion.

We are still not sure whether we will use the same venue for next year's sessions, as it will depend on the attendance. We will run the 3 remaining sessions there and if the number of patients attending is similar, we will start running the sessions in the Sleep Unit instead. If that is the case, the sessions in the Sleep unit will have the same outline.

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!

Updates on the Sleep Team

At the end of last month, Dr Patryk Szulakowski has left the Trust and the country to pursue a new adventure in New Zealand! Although we are sorry to say that he left the Team, we wish him all the best in his new endeavors. Dr Alison McMillan is now the lead for Sleep Medicine and we are still in the process of recruiting a new Sleep Consultant, so more to follow shortly.

We are also very sad to announce that Emma Spires, our Sleep Technician who has been with us since the very beginning of the Sleep service and with the Trust for the last 20 years, is also leaving at the end of April to a new job closer to home. She is an invaluable member of our team and will be sorely missed, but we wish her all the best in the future. We are still in the process of finding a new Sleep Technician, which should happen within the next few weeks.

We have recently recruited 2 Respiratory and Sleep Physiologists who will start working with us in May and June, so more new faces in the team!



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

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