

The Respiratory & Sleep Unit Newsletter

Welcome to the tenth 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.



Meet the Sleep Team

Joel Patasin
Sleep and CPAP Technician

Marta Vilaca
Chief Respiratory & Sleep
Physiologist

Priya Nair
Senior Respiratory & Sleep
Physiologist

Ana Gaspar
Senior Respiratory & Sleep
Physiologist

Jack Ridler
Senior Respiratory & Sleep
Physiologist



Aimee Eveleigh
PA to Dr Chong

Dr Alison McMillan
Sleep and Respiratory Consultant

Donna Cresswell
PA to Dr McMillan

Claire Wotton
Lead Respiratory & Sleep CNS

Dr Katie Chong
Sleep and Respiratory Consultant

Julie Bailey
Lead Nurse and Respiratory/Sleep
Team PA

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 8:30am to 4:30pm 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 4:30pm.**

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!**



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. This trial is available for patients who have a BMI over 30 and are committed to losing weight.

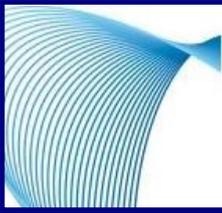
Please contact the Sleep team for details and information or referral packs.

Sleep Charity Fund

We are very pleased to say that we continue to have several donations made into our Sleep Fund. **We would like to say a big thank you to all of you for your generosity!**

If you want to contribute by donating any books or magazines you no longer want, please feel free to drop them off at the Sleep Unit so they can go in our waiting area. **Any contribution is very much appreciated! If you have any questions about how to donate directly into the Sleep Fund, please contact the Sleep Unit via phone or email and we will give you all the details.**

Thank you.



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The Sleep Support Group

The dates and themes for the Sleep Support Group for 2018 are:

Tuesday 17th April 2018 - Exercise and weight loss

Tuesday 17th July 2018 - Diabetes

Tuesday 16th October 2018 - Mental Health and Wellbeing

We are pleased to say that we have now moved the Sleep Support Group into the Sleep Unit instead of the usual Great Ashby venue.

If you are driving and need parking, please contact the Sleep Helpline on 01438 284898 so we can provide information about the alternatives. **There is free parking available but we will need to tell you the exact location and provide a parking voucher, which you will need to display.**

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.

Please note that we will not be able to download data cards or look at machines during this session - you need to book an appointment in the Sleep Unit if you are struggling in any way with the treatment. However, please feel free to enquire at the Support Group if you are not sure whether we can help immediately.

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 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!

Sleep Unit Service Review

We are planning to perform a Service Review over a period of approximately 3 months, in which all the CPAP patients coming into the Sleep unit for follow-up appointments will be invited to fill out an anonymous questionnaire about their diagnosis, treatment and the support offered during the process. This will start shortly.

If you are not due for an appointment within the next 3 to 6 months but are interested in participating, please contact the Sleep Helpline for more details or to have a questionnaire sent out to you.



The Sleep Unit is participating in a clinical trial run by Resmed called **MERGE - "Assessment of the effect of Positive Airway Pressure on energy and vitality in mild Obstructive Sleep Apnoea patients"**. The purpose of the trial is to understand the effects of Continuous Positive Airway Pressure (CPAP) on mild obstructive sleep apnoea (OSA), by comparing CPAP treatment to routine care (sleep hygiene counselling) to see which treatment is more useful.

So far we are doing really well in terms of recruiting patients for this study, and hopefully this study will provide some interesting insight into symptomatic control of mild OSA. As soon as the results are out, we will update you.