

Title:

Engaging Patients to Improve Care: Barriers and Facilitators in the Uptake of Community-Based Care of Sleep Disordered Breathing

Rationale:

Sleep disordered breathing (SDB) affects up to 30% of the population and has significant medical consequences, such as poor quality of life and an increased risk of cardiovascular disease and motor vehicle crashes. Treatment of SDB improves health outcomes and is cost effective. Currently, specialist-driven diagnosis and treatment of SDB in many jurisdictions has led to delays in access - stimulating interest in alternative care delivery models. Management of SDB by primary care physicians (PCPs) is effective for patients with milder forms of SDB; however, it has yet to be determined how best to integrate PCPs and sleep physicians into a combined model of care - especially one that is responsive to the medical complexity of patients with more severe SDB.

Priority Project Aims:

Our aim is to develop a “real world” community-based model of care for adults with suspected SDB within Alberta, and to evaluate its acceptability to patients. Building on another team's focus with providers, this project will lay the groundwork for assessment of patients' needs and establishment of both solutions and outcome measures that are relevant to their needs.

- 1) To understand the factors that influence the delivery of care for patients with SDB in urban and rural community settings across Alberta.
- 2) To explore processes and tools that can be implemented to improve the quality and access of this care.
- 3) To develop the PROMs for these implementable solutions.

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