



ARTP SLEEP:

S-NEWS

Dreaming of a better night's sleep

ARTP Sleep Committee

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Vice Chair:

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-Professor Brendan Cooper	Birmingham, (Past Chair & Expert Advisor)
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Send your articles to S-NEWS@artp.org.uk



Editor's Welcome

Welcome to another issue of S-NEWS! We

are drawing towards the end of another year, and

2021 has tested us just as hard as 2020, with its own set of problems.

However, we have fought through, persevered and adapted as always.

I hope you enjoy our latest edition of S-NEWS. As ever it is packed with up to date information for anyone working in the field of Sleep Medicine and Physiology.

I hope the rest of 2021 is kind to you! Heres to a brilliant 2022! As always, if you have any articles for us please contact me on the email address below. We are always looking for pieces from all of our members, whatever profession, grade or experience you have.

Take care & best wishes,

Alison

S-NEWS@artp.org.uk



Dates for your diary:

(Dates may be subject to change, please check websites for more information.)

[British Sleep Society Virtual Conference](#), 4-6th November 2021

[ARTP National Strategy Day](#), 12th November 2021, held virtually.

[World Sleep 2022](#), 11th - 16th March 2022, Rome, Italy.

[ERS international congress 2022](#), 3-7 September, Barcelona 2022, Spain

[ARTP Virtual Sleep Courses](#) - COMING SOON!

Philips recall notice: Recommendations for Respiratory, Sleep and Critical Care medicine professionals - European Respiratory Society (ERS)

23 JUNE 2021

The manufacturers liaison committee have been aware of the developing situation regarding an issue with certain Philips CPAP and NIV devices. We have been working closely with Philips and other stakeholders before making a statement on the issue. Whilst there is an issue, the risks and consequences of withdrawing/continuing use of the affected Philips products remains unclear at present. We suggest that careful observation and good clinical judgement should prevail. The ERS have released the following statement on the issue:

Recommendations for respiratory, sleep and critical care medicine professionals and patients regarding the Philips recall notice. Note: The information provided may be updated as further details become available. Philips Respironics released a Field Safety Notification on 14.06.2021 for a number of positive airway pressure (PAP) devices used for treatment of sleep apnoea and respiratory failure. According to the manufacturer, the polyester-based polyurethane foam used in their devices may degrade into particles and volatile gas products, which the user may inhale. This may result in potential health risks for the user, including local airway irritation. In animal trials, some of the volatile chemicals have been shown to be a possible carcinogenic risk. Further information on the potential risks of degraded foam exposure are listed on the manufacturer's website. The degradation may be accelerated by unapproved cleaning methods (e.g. ozone). We currently lack concrete information on the toxicity and clinical relevance of particulate matter and volatile gases over the short or long term. A variety of devices are affected and include the first generation DreamStation devices, though not the DreamStation 2 devices. Please refer to the complete list. Philips is creating a registration process that will allow patients to look up their device serial number to see if the unit is affected. Read the Philips press release for more information.

For more information on the ERS recommendations click [here](#)
For Philips statement click [here](#)

The ARTP has a range of Sleep Certificates available:

Overnight Pulse Oximetry Certificate

Who is this certificate aimed at?

The target audience for this certificate of accreditation is Band 2-4 working in sleep departments.

Aim and format of the program:

To provide a competency based assessment for the performance and analysis of Overnight Pulse Oximetry.

The portfolio consists of 4 sections which will be completed in 6 months.

Price - £85.00

Pulse Oximetry and Polygraphy Practitioner

Who is this certificate aimed at?

The target audience for this certificate of accreditation is Band 2-4 working in sleep departments.

Aim and format of the program:

- To understand the referral pathway for sleep investigations.
- To understand how the equipment works and the advantages and disadvantages of the investigation, including need for quality assurance measures.
- To understand the influence of external parameters and the effects of these on the results obtained.
- To understand the causes and mechanisms of obstructive sleep apnoea and central sleep apnoea. **Price - £95.00**

Sleep Associate CPAP Certificate (Introductory)

Who is the certificate aimed at?

Those working in the field of treatment and management of Obstructive Sleep Apnoea Hypopnoea Syndrome as either:

- A support working in the NHS providing CPAP therapy in a hospital or primary care setting.
- An employee of an Independent Sector Commercial Service providing CPAP therapy directly to patients in their own homes.

Aim & format of the program:

- To provide CPAP therapy as prescribed by a Health Care Professional.
- To provide training to the patient on how to use their device effectively.
- To perform mask fits, compliance checks and trouble-shooting. Candidates will be required to complete a portfolio of evidence, consisting of a number of sections, within 6 months.

Price - £85.00

Sleep Progression CPAP Certificate (Associate to Practitioner)

Who is the certificate aimed at?

This certificate is intended for those candidates working in the field of treatment and management of Obstructive Sleep Apnoea/Hypopnoea Syndrome that have already obtained the Sleep Associate CPAP Certificate and wish to progress in their professional attainment to the ARTP Practitioner CPAP Certificate.

Format of the program:

Candidates will be required to complete a portfolio of evidence, consisting of a number of sections, within 6 months. **Price - £40.00**

Sleep Practitioner CPAP Certificate (Advanced)

Who is the certificate aimed at?

This certificate is intended for those candidates working in the field of the treatment and management of Obstructive Sleep Apnoea/Hypopnoea Syndrome who are employed as either:

- A qualified practitioner (NHS - AfC Band 5 and above) in the NHS providing CPAP therapy to patients with a confirmed diagnosis of OSAHS in a hospital or primary care clinic setting.
- An employee of an Independent Sector Commercial Service working at an advanced level, with a relevant graduate qualification, providing CPAP therapy directly to patients with a confirmed diagnosis of OSAHS in their own homes.

Aims of this certificate include being able to:

- Provide CPAP therapy as an independent practitioner.
- Providing effective patient education on how to use their device.
- Downloading and interpreting patient data.
- Trouble-shooting, compliance checks and therapy adjustments.

Format of the program:

Candidates will be required to complete a portfolio of evidence, consisting of a number of sections, within 6 months.

Price- £100.00

To register for any of the above certificates, please [click here](#). Following this you will be sent your registration number and guidelines for completion of the portfolio.

Do you know someone who may benefit from being an ARTP Sleep member?

“ARTP Sleep” is now being developed to represent and support all healthcare professionals in the delivery of care, training and development of sleep services.

Who Should Join ARTP Sleep?

ARTP Sleep represents and supports all healthcare professionals in the delivery of care, training and development of sleep physiology measurement and therapeutic services. This includes but is not limited to:

- ATOs and HCAs working in oximetry clinics
- Sleep physiologists and technologists involved in PSG units
- Sleep and NIV nurses
- Physiotherapists involved in sleep apnoea services
- Physicians in sleep medicine
- Orthodontists and maxillofacial technicians who support sleep and snoring clinics
- General Practitioners with an interest in sleep medicine (GPwSI & non-GPwSI)

Registration forms and FAQs can be viewed [here](#)

Pillow Talk:

Manufacturers news, new equipment and a bit of gossip!



Fisher and Paykel Healthcare would like to thank ARTP for the opportunity to share an update on our latest products in their Sleep E-Magazine.

Unlike any other mask, Evora™ Nasal incorporates CapFit headgear that has been designed to be put on like a cap - a simple and intuitive movement that patients are familiar with. Evora™ Nasal has a soft, compact floating seal that sits comfortably under the nose to create an unobtrusive seal. The comfortable headgear has been designed with AirEdges to avoid leaving marks on the face and laser-drilled exhaust holes designed to minimise noise and draught. 95% of Sleep Clinicians found Evora™ Nasal simple to fit¹ and 98% of patients found it simple to take off and put on in the dark.



The F&P myMask™ App is designed to support patient mask setup. F&P myMask helps you and your patients effectively fit, fine-tune and clean F&P CPAP masks for the treatment of obstructive sleep apnea. Download it now on the App Store or Google Play or visit our website to find out more: <https://www.fphcare.com/en-gb/>



We supply good quality, responsibly sourced, sleep diagnostic and treatment products. Pricing is based on our ethos to support the NHS to enable cost effective purchasing. As a supplier we believe you should only have to buy what you need and so there is no minimum order required.

Diagnostic Nasal and Oral Nasal Cannula ideal for sleep studies, sold in boxes of 50

Diagnostic Nasal Flow Cannula with Luer Lock and Filter- 38cm Length **£68 / just £1.36 each**

Diagnostic Oral/Nasal Flow Cannula with Luer Lock and Filter **38cm Length £100 / just £2 each**

Adult Elasticated Velcro Chest Bands 3.8cmx142cm Black- **just £2.50 each**

Elasticated Velcro Buckled Replacement Wrist Strap for Pulsox 300/300i Black-**Pack of 10 just £5**

Ease Masks Full Face and Nasal - Easy to use and easy to clean, lightweight and robust for patient comfort and mask longevity. Money saving replacement cushions also available.

Full Face £60 Nasal £45

Great Value Classic Tubing Price Held at just £6 each

1.8m Flexible Grey Smoothbore -15mm or 19mm, both with 22mm soft cuff

1.8m Flexible White Smoothbore -15mm or 19mm, both with 22mm rigid cuff

RemServe Medical Supplies Ltd - Call or Email for an official quote:

01623 821 507 - info@remservemedical.com All prices are exclusive of VAT



BSS Virtual Sleep 2021

4th-6th November 2021

Healthy Sleep for All

BSS Virtual Sleep 2021 will be the largest multi-disciplinary UK meeting dedicated to sleep medicine and research. We are putting together a high-quality three-day programme which will appeal to colleagues across the whole multi-professional sleep community. There will be a range of superb national and international speakers and this year's meeting will include the paediatric parallel session from Sleep 2019 as well as a new Dental Sleep Medicine stream.

Click [here](#) to view the programme

Register Now!

BSS Conference Rates:

BSS Member Rates	£
Member	105
Student Member	50
BSS Non Member Rates	
Non-Member	175
Student Non-Member	75



Click [here](#) to register

Further information can be found [here](#)



Research in Sleep:

By Gavin Comber, Respiratory Clinical Scientist

As services continue to see increasing pressures amid the looming threat of winter and the multitude of respiratory virus likely to be circulating, it is important to recognise the continued efforts of so many researchers in sleep physiology.

Waters et al (2021) investigated the follow up period in order to measure post operative outcomes of children undergoing tonsillectomy and adenoidectomy for obstructive sleep apnoea. 117 patients were randomised in to 2 month, 12 month or 24 month appointments. They found significant improvements in sleep quality and behaviour irrespective of timing of surgery and follow up.

<https://doi.org/10.1542/peds.2020-038588>

Elfil et al (2020) have performed a meta analysis on the impact between OSA and the cognitive and motor functions in Parkinson's Disease. They concluded that OSA is associated with an increased severity of Parkinson's related cognitive dysfunction and motor control although they do note that further work is required to assess the underlying mechanism and determine whether OSA causes an acceleration of these symptoms.

<https://doi.org/10.1002/mds.28412>

Strausz et al (2021) sought to determine whether OSA was an independent factor in contracting or developing severe Covid-19 given that many of the risk factors overlap. They found that whilst OSA does not increase the risk of contracting the virus, it does increase risk of developing severe symptoms requiring hospitalisation.

<http://dx.doi.org/10.1136/bmjresp-2020-000845>

Beaudin et al (2021) have investigated the contribution of hypercapnia on cognitive impairment in sleep disordered breathing. Patients were grouped depending on the severity of hypoventilation and whether hypercapnia persisted in the day. They concluded that hypercapnia whilst awake was associated with the greatest deficits in cognitive function.

<https://doi.org/10.5664/jcsm.9558>

Gutierrez et al (2021) have explored the link between early life respiratory infections and the development of OSA. Through analysing the data from the Boston birth cohort (n = 3114) it was found that severe lower respiratory tract infections in the first 2 years of life were associated with increased risks of developing OSA by aged 5 although the reasons for this are less clear.

<https://doi.org/10.1093/sleep/zsab198>

Llano et al (2021) studied the effectiveness of long term CPAP treatment for patients suffering from severe OHS. They found through a retrospective analysis that 29% of patients had to be changed from CPAP to NIV due to a recurrence of respiratory failure, highlighting the need for close monitoring to ensure adequate treatment.

<https://doi.org/10.1007/s11325-020-02177-z>

Sleep In the News:



Sleep disorder linked to faster progression of Parkinson's disease

Parkinson's News Today reports that a recent study has linked rapid eye movement sleep behaviour disorder (RBD) with more severe Parkinson's symptoms, and quicker decline of the condition. Sufferers with known RBD were also at higher risk of falls, freezing of gait and cognitive impairment.

It has been suggested that screening for RBD in Parkinson's patients at the time of diagnosis may be beneficial, in order to enable tailoring of treatment and the support offered to caregivers.

For more information click [here](#).

A mushroom to help you sleep?

The Express reports that this could be the case. The Reishi mushroom gives a calming effect on the body to allow you to drift off to sleep more easily.

Chinese and Japanese herbalists have often recommended this particular ingredient for those who have difficulty drifting off. Some scientists have reported that this effect is likely to be due to the calming effect it has on the nervous system, helping to relax the muscles.

The Express goes on to further explain that various studies have shown evidence of increased sleep time and time spent in NREM, as well as decreased sleep latency.

For more information click [here](#).