

Quick reference guide

Continuous positive airway pressure for the treatment of obstructive sleep apnoea/hypopnoea syndrome

Guidance

- 1 Continuous positive airway pressure (CPAP) is recommended as a treatment option for adults with moderate or severe symptomatic obstructive sleep apnoea/hypopnoea syndrome (OSAHS).
- 2 CPAP is only recommended as a treatment option for adults with mild OSAHS if:
 - they have symptoms that affect their quality of life and ability to go about their daily activities, **and**
 - lifestyle advice and any other relevant treatment options have been unsuccessful or are considered inappropriate.
- 3 The diagnosis and treatment of OSAHS, and the monitoring of the response, should be carried out by a specialist service with appropriately trained medical and support staff.

Implementation tools

NICE has developed tools to help organisations implement this guidance (listed below). These are available on our website (www.nice.org.uk/TA139).

- Slides highlighting key messages for local discussion.
- Costing report and costing template to estimate the savings and costs associated with implementation.
- Implementation advice on how to put the guidance into practice and national initiatives which support this locally.
- Audit support for monitoring local practice.

NICE technology appraisal guidance 139

This guidance represents the view of the Institute, which was arrived at after careful consideration of the available evidence. Healthcare professionals are expected to take it fully into account when exercising their clinical judgement. This guidance does not, however, override the individual responsibility of healthcare professionals to make appropriate decisions in the circumstances of the individual patient, in consultation with the patient and/or guardian or carer.

NICE technology appraisal guidance is about the use of new and existing medicines and treatments in the NHS in England and Wales.

Further information

Ordering information

You can download the following documents from www.nice.org.uk/TA139

- A quick reference guide (this document) – a summary of recommendations for healthcare professionals.
- 'Understanding NICE guidance' – information for patients and carers.
- The full guidance.
- Details of all the evidence that was looked at and other background information.

For printed copies of the quick reference guide or 'Understanding NICE guidance', phone NICE publications on 0845 003 7783 or email publications@nice.org.uk and quote:

- N1493 (quick reference guide)
- N1494 ('Understanding NICE guidance').

Related NICE guidance

For information about NICE guidance that has been issued or is in development, see the website (www.nice.org.uk).

Published

- Soft-palate implants for obstructive sleep apnoea. NICE interventional procedure guidance 241 (2007). Available from: www.nice.org.uk/IPG241
- Soft-palate implants for simple snoring. NICE interventional procedure guidance 240 (2007). Available from: www.nice.org.uk/IPG240
- Radiofrequency ablation of the soft palate for snoring. NICE interventional procedure guidance 124 (2005). Available from: www.nice.org.uk/IPG124

Updating the appraisal

This technology appraisal will be considered for review in November 2010. Information about the progress of a review will be posted on the NICE website (www.nice.org.uk/TA139).

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