Understanding Excessive Daytime Sleepiness in Obstructive Sleep Apnea: The Effect of Online Medical Education on Neurologists and Pulmonologists

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BACKGROUND

In clinical practice, nearly 90% of patients with obstructive sleep apnea (OSA) experience excessive daytime sleepiness (EDS).1,2 and EDS persists in 10% of OSA patients receiving adequate continuous positive airway pressure (CPAP) therapy.3,4 Despite this, assessment of EDS is not routine in clinical practice for patients with OSA, and many clinicians have a limited understanding of potential treatment options for residual EDS.5 This study sought to evaluate the effectiveness of an online educational intervention designed to improve knowledge among neurologists (Neuro) and pulmonologists (Pulm) on the risk, recognition, and mechanism of action of agents being studied for treatment of EDS in OSA.

METHODS

The Effect of Online Medical Education on Neurologists and Pulmonologists Understanding Excessive Daytime Sleepiness in Obstructive Sleep Apnea:

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Two analyses of the pre/post sample

TWO ANALYSES OF THE PRE/POST SAMPLE

- Neuro n=42
- Pulmonologists (Pulm) n=112

The online educational activity was presented in a 30-minute video-based panel discussion format involving 2 expert faculty.

CONCLUSION

Although EDS is a common feature of OSA, persisting even in patients with adequate CPAP treatment, it is not always recognized or treated in clinical practice. We were able to demonstrate the success of an online, CME-certified, 30-minute adequate treatment, it is not always recognized or treated in clinical practice. Although EDS is a common feature of OSA, persisting even in patients with OSA, and many clinicians have a limited understanding of potential treatment options for residual EDS. This study sought to evaluate the effectiveness of an online educational intervention designed to improve knowledge among neurologists (Neuro) and pulmonologists (Pulm) on the risk, recognition, and mechanism of action of agents being studied for treatment of EDS in OSA.

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REFERENCES