

ADHERENCE TO CONTINUOUS POSITIVE AIRWAY PRESSURE THERAPY IN PATIENTS OLDER THAN 75 YEARS

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There is a growing number of elderly people with the diagnosis of an obstructive sleep apnea Syndrom (OSAS) with the indication for continuous positive airway pressure therapy (CPAP). This study compared the acceptance of CPAP between patients aged over 75 years to a younger control group. 36 consecutive patients with the diagnosis of OSAS were compared to a younger control group. Data was generated by questionnaires (Epworth Sleepiness Scale ESS) und telephone interviews. In the group of Patients above 75 years AHI was $30,86 \pm 26,05/h$ and the ESS-Score $8,25 \pm 5,2$. In the younger control group AHI was $32,64 \pm 30,3/h$ and ESS-Score was $10,03 \pm 5,13$. In the older group 21 patients cancelled the CPAP-therapy compared to 9 patients in the younger group. In patients using CPAP the runtime was $6,07 \pm 1,22$ hours per night in the elderly and it was $6,12 \pm 1,69$ hours per night in the control group. ESS-Score during therapy was $5,38 \pm 5,19$ in patients aged over 75 and $8,48 \pm 5,68$ in the younger patients. Inside the group older than 75 years, AHI before therapy was $38,16 \pm 28,54/h$ and ESS Score was $8,7 \pm 5,61$ compared to an AHI of $23,55 \pm 13,55/h$ and ESS-Score $7,79 \pm 4,97$ in older Patients who cancelled the therapy. The adherence to CPAP in the older group seems to depend on AHI. If there are predictive factors to adherence before starting the therapy has to be examined in a detailed analysis of the data.

Key words: *Obstructive Sleep Apnea, Continuous Airway Pressure, Adherence*