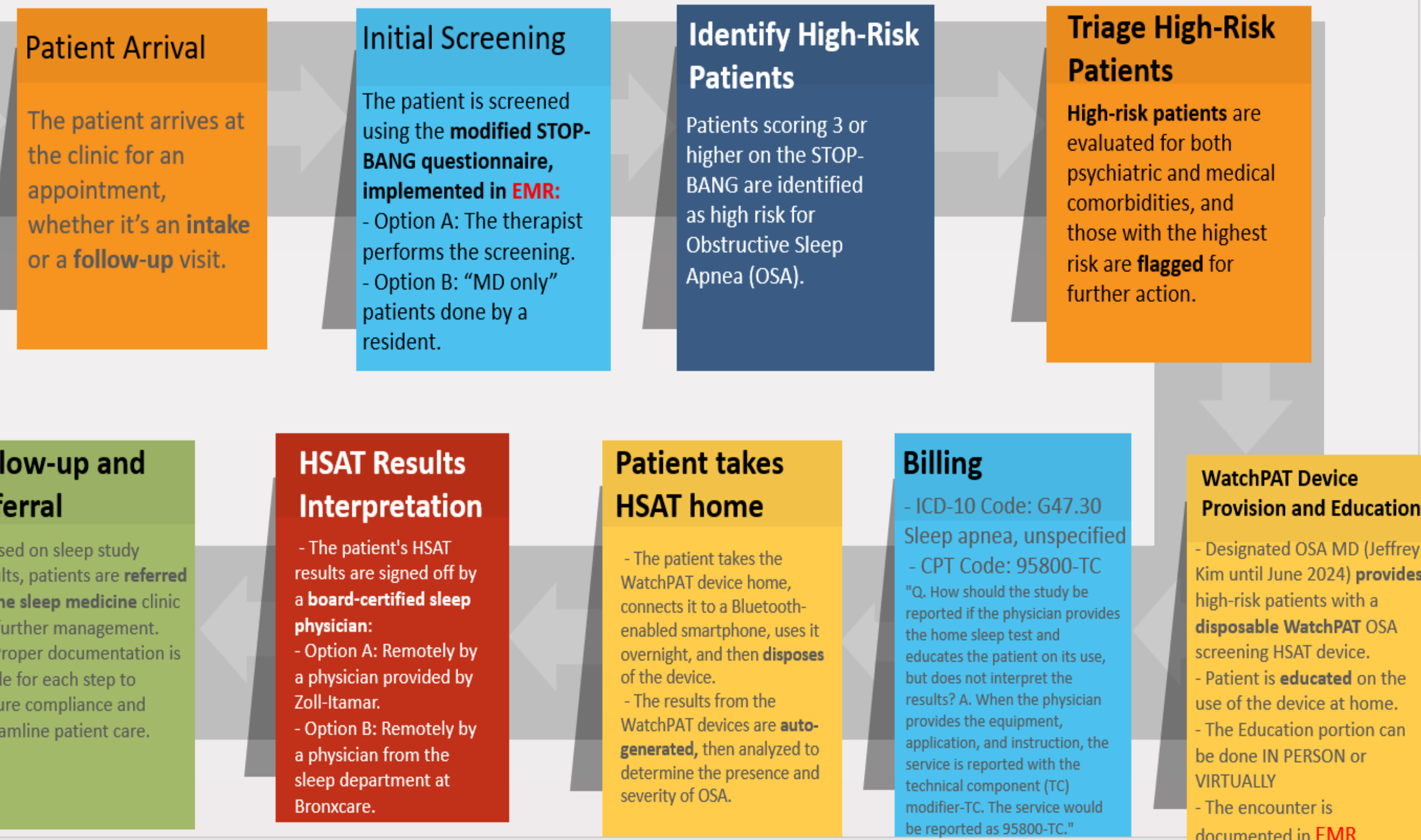


Introduction

- Prevalence: OSA affects 1 billion adults worldwide; highly prevalent in psychiatric populations [1].
- Psychiatric Impact: Up to 55% of depressed patients and 43% of PTSD patients have OSA [2].
- Symptoms: OSA worsens psychiatric symptoms (depression, anxiety, suicidality) and reduces the effectiveness of psychiatric treatments [3].
- Underdiagnosis: Despite the strong association, OSA is rarely systematically screened in psychiatric settings.
- Goal: Implement an OSA screening protocol at BronxCare's Adult Outpatient Psychiatry Department (AOPD), serving ~3,000 outpatients, using the STOP-Bang questionnaire and HSAT for high-risk patients.

Method

OSA Screening in AOPD



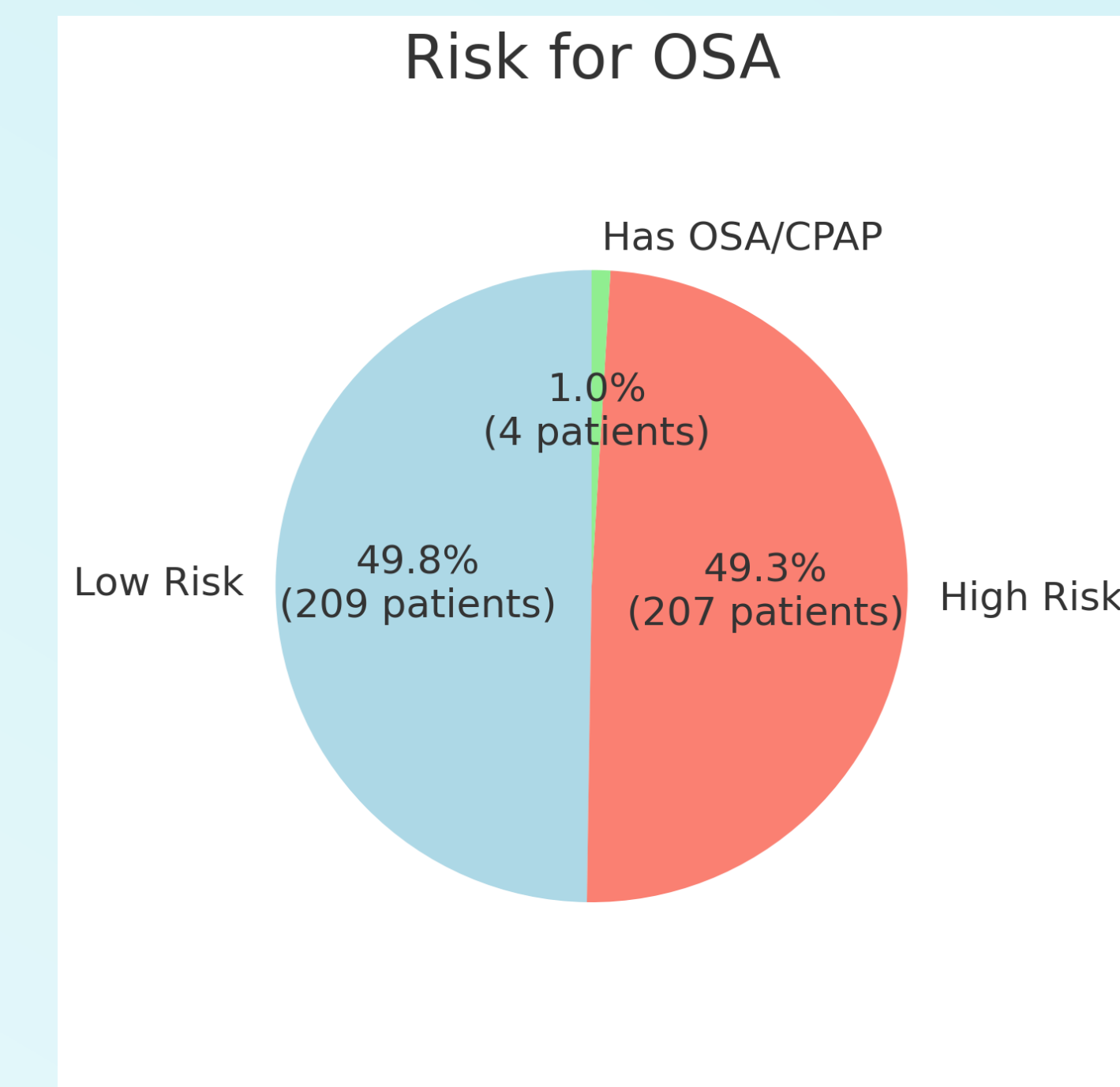
References

Nikolakaros, G., Virtanen, I., Markkula, J., Vahlberg, T., & Saaresranta, T. (2015). Obstructive sleep apnea in psychiatric outpatients. A clinic-based study. *Journal of Psychiatric Research*, 69, 126-134.

Tamayo Martinez, N., & Rosselli Cock, D. (2017). Obstructive sleep apnea syndrome in patients attending a psychiatry outpatient service: A case series. *Revista Colombiana de Psiquiatria (English ed.)*, 46(4), 243-246.

Results

- Total Patients Screened: 416 as of October 2024.
- STOP-Bang Score Breakdown:
 - Low Risk (0-2): 209 patients.
 - Intermediate/High Risk (≥ 3): 207 patients.
- Distribution of WatchPAT One Home Sleep Apnea Testing (HSAT) devices is planned for patients in the high-risk category (STOP-Bang score ≥ 5).
- 100 WatchPAT One HSAT devices have been procured through separate grant proposal and will be used for the highest-risk during screening.
- 49.8% of the screened patients fall into the intermediate and high-risk categories combined (STOP-Bang score ≥ 3).



Conclusion/Future Steps

- OSA screening in psychiatric care is feasible and effective.
- Complete the screening of the remaining ~3,000 outpatients.
- Distribute WatchPAT One HSAT devices to the highest-risk patients.
- Evaluate HSAT results and refer patients with positive OSA diagnoses to the Sleep Medicine department for further evaluation and management.
- Provide ongoing education to patients regarding OSA and its impact on psychiatric health.
- Analyze the impact of OSA diagnosis and treatment on psychiatric outcomes.

