

Home Sleep Apnea Testing – Alberta Providers’ Survey 2016

The Sleep Disorders Working Group (SDWG) unites multidisciplinary cross-provincial professionals and stakeholders in pursuit of excellence for care of sleep disorders across Alberta. SDWG was launched in 2014 within the AHS [Respiratory Health Strategic Clinical Network™](#). To inform development of an appropriate model of sleep care for all Albertans, a needs assessment survey was conducted in February 2016. To maintain anonymity and data integrity, the College and Association of Respiratory Therapists of Alberta hosted the survey and invited all facilities involved in the diagnosis and management of sleep-disordered breathing to participate.

Balanced Participation

- 37 Responses
- All Zones
- 67% response from independent sector, where the majority of testing occurs

Delivered to 286 email & faxes, the survey captured all providers, could be shared, and ran for 2 weeks.

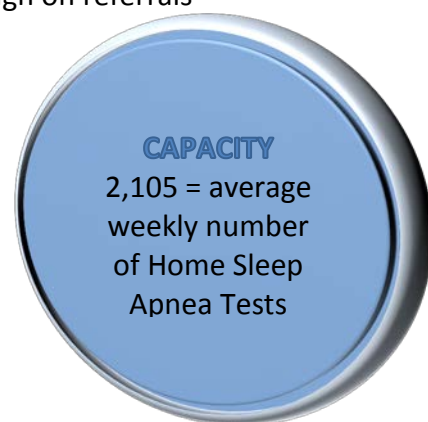
Challenges

Biggest issues for Home Sleep Apnea Testing, noted by independent providers:

- Lack of funded testing - Alberta is among the few provinces without coverage
- Low patient awareness about sleep disorders - and lack of follow-through on referrals for testing
- Poor test quality – due to equipment, human factors, pre-screening

All respondents felt equally challenged by:

- Alberta’s lack of standards
- Unreliable interpretations



Alberta’s Sleep Disorders Working Group is responding with a focus on:

- Developing provincial standards for testing
- Developing provincial competencies and training options for sleep providers from different backgrounds
- Establishing pathways to improve prescreening, reduce wait times for testing of complex cases, and reduce the need for retests
- Advocating for funded testing
- Advocating for improved access to treatment and follow-up