



ProofLink™ Update

Treatment Adherence and Outcomes in Flexible versus Standard Continuous Positive Airway Pressure Therapy

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◆ **Find This Study**

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◆ **The Study**

This study compares adherence, treatment outcomes and attitudes toward the treatment of OSA in patients treated with traditional CPAP versus patients treated on CPAP with C-Flex™.

Eighty-nine patients (41 CPAP and 48 C-Flex) with OSA were diagnosed via a full night PSG and CPAP settings were determined on second full night titration study. All therapy was initiated with heated humidification by the same home care provider. The following data was evaluated at regular intervals during a 3-month time frame: hours of use per night, Epworth Sleepiness Scale (ESS), Functional Outcomes of Sleep Questionnaire (FOSQ), and the patient's Self Efficacy Scale. Self Efficacy Scales measure the patient's confidence in his/her ability to use PAP therapy even under difficult circumstances with a higher score indicating greater confidence in use.

◆ **The Results**

- ◆ Average hours of use/night was 0.7 hours longer on patients with C-Flex at 2-4 week follow up:

C-Flex: 4.2 ± 2.4 hrs vs. CPAP: 3.5 ± 2.8 hrs

- ◆ Average hours of use/night was significantly longer on patients with C-Flex at 9-12 week follow up:

C-Flex: 4.8 ± 2.4 hrs vs. CPAP: 3.1 ± 2.8 hrs p=0.003

- ◆ Self Efficacy scores trended higher at a 3-month follow up in those treated with C-Flex vs. those on traditional CPAP therapy.

◆ **Note**

- ◆ At 3-months follow up C-Flex patients demonstrated an increase of use/night of 1.7 hours/night (~1 hour 42 minutes) vs. those patients on traditional CPAP therapy.
- ◆ This research was supported by a grant from National Institutes of Health (No. R01-HL67209).

◆ **Bottom Line**

Patients on C-Flex had a significant improvement in adherence to therapy over a 3-month period and demonstrated an increase in confidence in their ability to adhere to treatment.