

閉塞型睡眠時無呼吸症候群に対する CPAP 療法のアドヒアランス向上に向けての取り組み

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Efforts to increase patient adherence to CPAP (continuous positive airway pressure) therapy for obstructive sleep apnea syndrome

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要旨

閉塞型睡眠時無呼吸症候群 (OSAS) の治療として CPAP (持続陽圧呼吸) 療法は広く普及している¹⁾ が, その治療効果は, 患者のモチベーションによるところが大きい. CPAP 導入後は, 保険診療上月 1 回の受診が義務づけられている. 今回 CPAP 療法を行っている 42 名 (男性: 38 名 女性: 4 名) を対象として, O 病院検査科での取り組みを検討した. 受診率は検査科と医師, 外来看護師との連携をはかることにより向上が見られた. また, CPAP カードよりデータのダウンロードを行なう際, 検査科で簡易面接をすることにより, 困っていることの早期解決や, アドヒアランス向上にむけてのアドバイスにより, 良い結果が得られた. 鳥取臨床科学 4(1), 27-34, 2011

Abstract

CPAP (continuous positive airway pressure) therapy for patients with OSAS (obstructive sleep apnea syndrome) has spread widely; however, the therapeutic efficiency depends largely on the motivation of patients to improve their symptoms derived from OSAS with CPAP therapy. After the introduction of CPAP to patients with OSAS, the patients are required to receive a medical check-up once a month, according to the regulation of medical services covered by health insurance. Hospital O has 42 outpatients with OSAS (38 males and 4 females). In the present study, we evaluated our efforts as medical technologists to increase the adherence of the 42 outpatients to CPAP therapy. The medical check-up rate has increased, particularly by closer communication between patients and medical technologists. When we downloaded the patient's compliance data on their use of the CPAP respiratory ventilation system from the CPAP card, which was inserted into this system, we had brief interviews with the patients at the Clinical Laboratory in Hospital O. These brief interviews had a good outcome in terms of patient adherence because of the prompt resolution of matters of patient concern and good advice, facilitating an increase in patient adherence. Tottori J. Clin. Res. 4(1), 27-34, 2011

Key Words: 閉塞型睡眠時無呼吸症候群, CPAP 療法, アドヒアランス; obstructive sleep apnea syndrome (OSAS), CPAP (continuous positive airway pressure) therapy, adherence