

Service Transformation Award



This award will recognise a service for patients that has been truly transformed. Transformation does not mean small, incremental changes, it means fundamental change. Typically change that is transformational is wide in its scope and fast in its pace.

Service Transformation Award Judging Panel

Mrs Anne Clark (Lead)
Ms Alison Talheth
Ms Fiona Seymour
Mr Paul Midgley
Mr Alan Snuggs



The Snoring and Sleep Apnoea Disorder Centre, United Lincolnshire Hospitals NHS Trust

The new and innovative snoring/sleep apnoea service led by consultant Ear Nose and Throat surgeons, provides accurate and prompt diagnosis of the causes of sleep apnoea and provides the most appropriate treatment for patients.

Obstructive Sleep Apnoea (OSA) has an estimated incidence of 1-4% of the population. The new service offers morning, afternoon and evening clinics for patients within four weeks of referral and 80% of the sleep studies undertaken are carried out in the comfort of the patient's own home.

At the clinic, patients have a comprehensive structured questionnaire to complete, are assessed by a trained nurse and undergo detailed diagnostic work up as well as receiving healthy living/eating advice and information on sleep apnoea. A decision is then made as to whether medical or surgical interventions are necessary.

The service provides patients with Continuous Positive Airway Pressure (CPAP) machines for them to use each night. The machine's usage can be monitored by the clinic to ensure compliance, which helps staff to complete the reports necessary for the DVLA to enable patients to drive again.

One patient who drives 50,000 miles a year in his job as a truck tyre wholesaler said using the CPAP machine to treat his sleep apnoea has changed his life around: *"For four or five years I struggled to sleep and I used to have to have two naps during every day just to get through the day. My GP referred me to Mr Oko when I said I had trouble sleeping, within weeks he got me on a CPAP machine which I use every night and I've never looked back. It's made a huge difference to my life. I'm getting a good night's sleep and so is my wife."*

For more information on this project, please contact:
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