

Sleep project's gong

A PIONEERING hospital service to help treat and diagnose a sleeping disorder is in the running for national honours after scooping a regional award this week.

The Sleep Apnoea Project, run at Pilgrim Hospital, Boston, won in the 'service transformation category' at the East Midlands Health and Social Care Awards.

The NHS runs the awards to recognise innovation, excellence and teamwork.

Now, the winning

project has been nominated for the National Health and Social Care Awards.

Sleep apnoea is a relatively common condition characterised by pauses in breathing during sleep.

Sufferers may not be aware they have the condition, which has symptoms such as daytime sleepiness and fatigue caused by sleep disturbance.

The Boston project, is run by Pilgrim consultant Michael Oko.

He said: "We are

delighted to have won the award. It shows that ULHT can lead the way with its services."

The service, which was launched 18 months ago by the United Lincolnshire Hospitals NHS Trust, involves diagnosing and treating patients for the condition.

It offers morning, afternoon and evening clinics for patients within four weeks of referral and 80 per cent of the sleep studies undertaken are carried out in the comfort of the patient's own home.



Rewarded: Pilgrim Hospital consultant Michael Oko runs the Sleep Apnoea Project, which has won a regional award for its work

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