

You do not have to inform the DVLA but you should not drive if sleepy.	Group 1	Group 2
Excessive sleepiness due to a medical condition including mild sleep apnoea syndrome (AHI <15)	Must not drive. Driving may resume only after satisfactory symptom control. If symptom control is not achieved in 3 months, DVLA must be informed.	Must not drive. Driving may resume only after satisfactory symptom control. If symptom control is not achieved in 3 months, DVLA must be informed.
Excessive sleepiness due to obstructive sleep apnoea syndrome - moderate and severe: *AHI 15-29 (moderate) *AHI 30 or more (severe):	Must not drive and must notify the DVLA. Subsequent licensing will require: * control of condition *Sleepiness improved *Treatment adherence The DVLA will need medical confirmation of the above, and the driver must confirm review to be undertaken at least every three years.	Must not drive and must notify the DVLA. Subsequent licensing will require: * control of condition *Sleepiness improved *Treatment adherence The DVLA will need medical confirmation of the above, and the driver must confirm review to be undertaken at least every year.

Ref: Assessing Fitness to Drive

www.gov.uk/dvla/fitnesstodrive

Aug 2018



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University Health Board

An Introduction to Continuous Positive Airway Pressure (CPAP)

Appointment for trial of continuous positive airway pressure treatment.

Date:.....

Time:.....

Please report to chest clinic at St. Woolos Hospital

Nursing Staff contact numbers:

Jeanette Richards and Laura Ryan – Clinical Nurse Specialists Tel: 01633 656321 (please leave a message) or via switchboard on:01633 234234 and ask for bleep 0690

Email: abb.southsleepservice@wales.nhs.uk

Video links: <https://abuhb.nhs.wales/hospitals/a-z-hospital-services/south-gwent-sleep-service/>

Alan Dack – Secretary Tel: 01633 238201

Appointments Tel: 01495 765055

The aim of this booklet is to provide you with information about your appointment for a trial of CPAP (pronounced seepap)

Why has CPAP been recommended?

CPAP is the usual treatment for a condition called obstructive sleep apnoea (OSA) and may also be used to treat very severe, heavy snoring with airflow limitations.

What is obstructive sleep apnoea?

Obstructive sleep apnoea is a condition where the throat narrows and then completely closes during sleep causing breathing to stop for a short time. Usually the sufferer struggles to breathe and then breathing starts again, often with a snort and heavy snoring. For breathing to start again, the brain has to wake up to open the throat and so the sleep is interrupted briefly. This can happen many times during a night's sleep.

Why is treatment necessary?

Treatment of obstructive sleep apnoea is usually recommended when it causes enough interruptions during sleep to lead to sleepiness during the day. Feeling sleepy during the day can affect your family relationships as well as your ability to work. Driving a vehicle or operating heavy machinery whilst feeling sleepy is dangerous and can put other people's life and safety at risk.

It is important to remember that if you have a motor vehicle accident then your insurers can request details of any medical condition for which you are currently being treated. In the case of Obstructive Sleep Apnoea causing daytime sleepiness (OSAS) your insurers could refuse to support any insurance claim. Please check your motor insurance policy to see whether they require you to notify new medical disorders.

Although these regulations appear harsh, they are there to protect yourself and others. Obstructive sleep apnoea is highly treatable with CPAP. Once your condition is controlled the DVLA will have no further requirements and will accept the recommendation of your consultant.

For more information you can request the information "INF 159" leaflet from the DVLA which gives more detailed advice.

Address: - Drivers Medical Section, DVLA, Swansea

Tel. No:- 0300 7906806

Are there any regulations about driving if you have obstructive sleep apnoea?

Yes. There are many conditions that may cause sleepiness/tiredness during the day and should be reported to the DVLA if you hold a current driving license of any type.

Obstructive Sleep Apnoea (OSA) may lead to daytime sleepiness (Obstructive Sleep Apnoea Syndrome) and driving accidents are much more likely to occur due to sleepiness during the day.

If excessive this can lead to drivers falling asleep at the wheel.

If you have a diagnosis of OSA with excessive sleepiness (OSAS), the DVLA states that you should not drive until your symptoms are controlled.

The doctor or nurse will advise you whether you should inform the DVLA. Please ask if you are unclear about your personal situation.

How does CPAP work?

CPAP works by stopping the throat from narrowing and closing during sleep so that normal breathing continues. It does this by increasing the pressure of the air which keeps the throat open. As soon as the breathing interruptions are controlled the brain no longer has to keep waking up and sleep becomes normal once again. As a result snoring and sleepiness are improved.

What does the CPAP equipment consist of?

The CPAP equipment consists of a portable pump (blower unit) to produce the pressurised air, a length of tubing to carry the air to you and a close fitting mask worn over the nose or mouth and nose. The mask is held on by stretchy head straps.

What will happen when I come into hospital to try the CPAP?

Appointments during the day may last for up to 1 hour.

Following an introductory talk the nurse will explain the basic principles of using and cleaning the CPAP system and equipment. You will then be fitted with a mask and given the opportunity to try the CPAP for a short time under the supervision of the nurse. Once you feel confident about using the

equipment and caring for the system you can practice application ready for overnight use. You are welcome to bring somebody to accompany you.

Treatment set up may be as an individual, or in a group with up to 10 other patients. You will be advised if you have been offered a group appointment, if this is not acceptable and you would rather been seen individually please use the number on the letter to rearrange the appointment.

Are there any side effects from the CPAP treatment?

CPAP is an extremely safe and effective treatment. The most common side effects are nasal congestion or sneezing and a runny nose. Due to these effects, you may be advised to use nasal sprays whilst using the CPAP treatment. You may also experience “bloating”. This will usually settle. Please discuss this with your nurse if the problem is ongoing.

What do I do if my CPAP machine stops working?

If you have problems with the CPAP machine, ring the Clinical Nurse Specialist for advice Monday- Friday, leaving a message and contact number.

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Please note there is no service during weekend and bank holidays. **If you are not able to use the CPAP for several nights, this is not an emergency situation, however, you may start to snore and have breath holding episodes, and may start to feel sleepy in which case you should not drive**

What if my mask breaks?

We offer a drop in service, please call into chest clinic between 8am -12.30p.m, on Mondays and Thursdays (except bank holidays) for replacement masks, hoses etc.

What if my machine develops a fault?

Please contact the clinical nurse specialists to arrange an appointment. **We do not offer a drop in service for machine faults.**

If you have any queries, please contact the clinical nurse specialists.

You may also wish to contact the:-

Welsh Sleep Apnoea Support Group

This is a group set up by patients to offer support, information and help lines to patients and families.

Email Address:- wnap@postmaster.co.uk

Please do not use any ozone cleaning devices with your machine. Please follow the manufacturer's guidance on cleaning or contact the sleep clinic if you are unsure.