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Bwrdd Iechyd
Addysgu Powys
Powys Teaching
Health Board

Cyfarwyddiaeth Nyrsio
Ffôn: 01874 712652
Ffacs: 01874 712554

Nursing Directorate
Phone: 01874 712652
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e-bost/email:: carol.shillabeer@powyslhb.wales.nhs.uk

Our ref: CS/CP/FOI/10.R.080

14 June 2010

correspondence sent via email to: Christine.Chapman@wales.gov.uk

Christine Chapman
Chair, Petitions Committee
National Assembly for Wales
Cardiff Bay
Cardiff. CF99 1NA

Dear Ms Chapman

Request under Freedom of Information Act 2000

Further to your previous correspondence in respect of your request for information which we originally received on 1 June 2010, I can confirm in accordance with S.1(1)(a) of the Freedom of Information Act 2000, that Powys Health Board holds the information you asked for.

I am therefore pleased to enclose the information held by the Board. If you need any further assistance, please do not hesitate to contact us at the address below.

I trust this information is helpful to you. If you are dissatisfied, with the way your request has been dealt with by the teaching Health Board (tHB), you have the right to request a review in which case you should write to:

Andrew Cottom
Chief Executive
Powys Teaching Health Board
Mansion House
Bronllys
Powys
Brecon
LD3 0LS

Bwrdd Iechyd (addysgu) Powys
Y Plasty, Bronllys, Aberhonddu, Powys LD3 0LS
Ffon: 01874 711661 Ffacs: 01874 712554

Powys (teaching) Health Board
Mansion House, Bronllys, Brecon, Powys LD3 0LS
Telephone: 01874 711661 Fax: 01874 712554



Rydym yn croesawu gohebiaeth Gymraeg
We welcome correspondence in Welsh



If you are still dissatisfied at the end of the review, you may complain to the Information Commissioner, who can be contacted at the following address:

Information Commissioner's Office
Wycliffe House
Water Lane
Wilmslow
Cheshire
SH9 5AF

Yours sincerely

A handwritten signature in black ink, appearing to read 'Carol Shillabeer', written in a cursive style.

Carol Shillabeer
Director of Nursing

Encs

Internally within Powys teach Health Board

1. What is the average waiting time for a patient from referral to first appointment with a specialist?

Powys tHB work to a component wait of 10 weeks for new appointments, with patients having to be treated within 26 week RTT target in line with the Consolidated RTT Waiting Time Rules issued by the Welsh Assembly Government.

2. Do you run clinics specialising in sleep disorders? If so, how often are they held?

None held in Powys - where patients are identified as requiring these tests patients are referred on to appropriate Health Board?

3. Do you have any medical staff who specialise in sleep disorders? If so, how many sessions do they work on a monthly basis?

None

4. What treatment options do you offer to patients diagnosed with obstructive sleep apnoea?

This would be arranged by the treating external Health Board

5. In relation to treatment options, do you provide CPAP machines to patients diagnosed with sleep apnoea?

If required these would be arranged by the treating external Health Board

In respect of external providers the services we commission are for patients to be treated within the Welsh Target of 26 weeks referral to treatment and or sooner if clinically prioritized by the consultant. Unfortunately the clinic details, frequency etc is not held within Powys.



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Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board



Christine Chapman
Chair
Petitions Committee
National Assembly for Wales
Cardiff Bay
Cardiff
CF99 1NA

Ein cyf / Our ref: 157/10/FOI
Eich cyf / Your ref: P-03-156
Dyddiad / Date: 17th June 2010

Christine.Chapman@wales.gov.uk

Dear Ms Chapman

Further to your request for information dated 25th May 2010 concerning sleep apnoea which was received at our offices on 1st June 2010, I am pleased to provide the response below.

You asked us:

- 1) *What is the average waiting time for a patient from referral to first appointment with a specialist?*
- 2) *Do you run clinics specialising in sleep disorders? If so how often are they held?*
- 3) *Do you have any medical staff who specialise in sleep disorders? If so, how many sessions do they work on a monthly basis?*
- 4) *What treatment options do you offer to patients diagnosed with obstructive sleep apnoea?*
- 5) *In relation to treatment options, do you provide CPAP machines to patients diagnosed with sleep apnoea?*

Our response:

- 1) Betsi Cadwaladr University Health Board (BCUHB) provides Sleep Apnoea services across the health board with the majority of patients managed via the West (Ysbyty Gwynedd) and East (Ysbyty Maelor) specialist services. We also have established links with tertiary consultants at Aintree, Liverpool for the small number of patients requiring BPAP and higher specialist services. The average waiting time in the West is 26 weeks and in the East is 32 weeks.
- 2) Yes. These clinics are held monthly in the West and weekly in the East.
- 3) Yes, the specialist service is supported by 4 consultants from ENT and Respiratory Medicine, providing approximately 12 sessions per month.
- 4) Last year BCUHB redesigned the sleep apnoea pathway to provide earlier identification of patients with a positive diagnosis and in need of CPAP management. Patients are initially sent a questionnaire which divides them into Inpatient or Outpatient category. Outpatient appointments are at 6 weeks, approximately 50% of patients are

able to be diagnosed through this route and proceed to treatment without requiring an Inpatient admission for further diagnostics.

If a patient goes onto an Inpatient waiting list for a sleep study test, this involves an overnight stay in hospital to monitor sleep patterns. The outcome of this sleep study is then assessed by the specialised sleep team who decide on the appropriate form of treatment. A CPAP machine (Continuous Positive airway pressure) is the most likely treatment provided to aid respiratory ventilation during sleep; however mandibular devices and some surgical treatments are also offered if CPAP is not suitable / tolerated. Patients not diagnosed with sleep apnoea may be managed for other clinical issues identified such as Ear Nose and Throat snoring conditions, drug or alcohol problems, obesity or psychological problems which require to be treated.

5) Yes.

If you are dissatisfied with the way the Health Board has handled your request for information, you can request a review by writing to:

Complaints Manager
Betsi Cadwaladr University Local Health Board
Ysbyty Gwynedd, Penrhosgarnedd, Bangor LL57 2PW

If you remain dissatisfied with the handling of your request or complaint, you have a right of appeal to the Information Commissioner at:

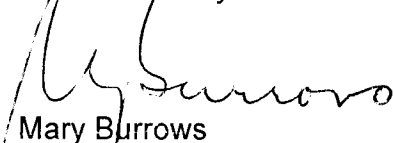
The Information Commissioner's Office,
Wycliffe House, Water Lane, Wilmslow, Cheshire SK9 5AF.

Telephone: 08456 30 60 60 or 01625 54 57 45 Website: <http://www.ico.gov.uk>

There is no charge for making an appeal.

If you require any further assistance, please do not hesitate to contact me on 01978 346538.

Yours sincerely



Mary Burrows
Chief Executive



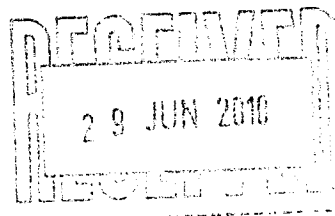
GIG
NHS

Bwrdd Iechyd
Cwm Taf
Health Board

Your ref/eich cyf: P-03-156
Our ref/ein cyf: SCW/KF/RT
Date/dyddiad: 24/06/10
Tel/ffôn: 01443 443582
Fax/ffacs: 01443 443159
Email/eboost:
Dept/adran: Acute Division

Private & Confidential

Christine Chapman
Chair, Petitions Committee
National Assembly for Wales
Cardiff Bay
CARDIFF
CF99 1NA



Dear Ms Chapman

Further to your request to Mrs Foster, Chief Executive Cwm Taf Health Board, for information regarding Sleep Apnoea on the 25 May 2010, I trust that this data meets with your needs.

This Service is run within both the Royal Glamorgan Hospital and Prince Charles Hospital and is led by a Consultant Physician with a specialist interest at each site.

In answer to your queries:

1. What is average waiting time for a patient from referral to first appointment with a specialist?

The Medicine South (Royal Glamorgan Hospital) Sleep Apnoea Service is designed as follows:

Referrals are reviewed by the Specialist Consultant and diagnostic requests are made for those patients considered to potentially have Sleep Apnoea. Once the Diagnostic is completed and the result available, the Specialist Consultant will decide if an outpatient appointment is required or a further diagnostic investigation is required before the outpatient appointment.

Cont'd/....

Return Address:

This process can therefore range from a waiting time of a minimum of 15 weeks, with an Oximetry diagnostic result, to a maximum of 36 weeks if the patient has been referred for further diagnostic investigations such as Autoset/Stardust.

The Medicine North (Prince Charles Hospital) Sleep Apnoea Service is designed as follows:

Patients are seen first by the Specialist Consultant in an outpatient appointment, then investigations are requested if necessary. If investigations are positive, patients are placed on waiting list for treatment with CPAP without further follow up by a Consultant. Therefore the typical wait lies between 15-20 weeks to be seen by Consultant, with Pulse Oximetry done the same night. Waiting time for limited channel sleep studies now sits at 18 weeks.

2. Do you run clinics specialising in sleep disorders? If so, how often are they held?

The Medicine South Service runs an average of 1.5 specialist clinics per month.

Medicine North have a monthly session per month, although Sleep Apnoea patients may also be seen in a General Respiratory clinic by the specialist consultant.

3. Do you have any Medical Staff who specialise in sleep disorders? If so, how many sessions do they work on a monthly basis?

There are 2 WTE Specialist Consultants within the Medical Directorate of Cwm Taf Health Board, one based at Prince Charles Hospital and one based at the Royal Glamorgan Hospital.

4. What treatment options do you offer to patients diagnosed with obstructive sleep apnoea?

All patient's with confirmed diagnosis who are significantly symptomatic for moderate and above sleep apnoea are offered a trial of CPAP first line and then if patient declines CPAP or the trial is unsuccessful then treatment with Mandibular Advancement Device is offered.

Cont'd/....

5. In relation to treatment options, do you provide CPAP machines to patients diagnosed with sleep apnoea?

Yes, CPAP machines are provided to patients diagnosed with sleep apnoea, subject to patient tolerance and providing funding is available to secure appropriate number of machines to meet demand on the Service; approximate demand is 200 per annum for the Health Board.

I hope that this information meets your requirements; if however, you require anything further then please do not hesitate to contact me.

Yours sincerely

A handwritten signature in black ink, appearing to read 'R. Thomas'.

Mr Robert Thomas
Divisional General Manager
Acute Division



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CYMRU
NHS
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Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

Ysbyty'r Eglwys Newydd Whitchurch Hospital

Park Road, Whitchurch.
Cardiff, CF14 7XB
Phone 029 2069 3191

Heol Parc, Yr Eglwys Newydd
Caerdydd, CF14 7XB
Ffôn 029 2069 3191

Eich cyf/Your ref:
Ein cyf/Our ref:
Welsh Health Telephone Network:
Direct Line/Llinell uniongychol: 02920 745684

Jan Williams OBE
Chief Executive

30th June 2010

Christine Chapman
Chair, Petitions Committee
National Assembly for Wales
Cardiff Bay
Cardiff
CF99 1NA

Your Ref: P-03-156
Our Ref: JW/jb/06/251

Dear Ms Chapman

PETITION: SLEEP APNOEA

I am writing in response to the Petitions Committee request for information relating to Sleep Apnoea. In order to provide the response in context, I have provided some background to the current unacceptable position regarding this service together with details of improvement to ensure we meet NICE requirements.

In July 2004, Cardiff and Vale NHS Trust took the unusual step of writing to all LHB Chief Executives and Medical Directors, informing them that the Sleep Apnoea service was closed to **new routine referrals** for clinical governance reasons.

At the time of writing, Cardiff and Vale UHB provides consultation, diagnostic testing and treatment for those patients with a high Epworth score (sleep disturbance score). Referrals without an Epworth Sleepiness assessment score, or those who do not meet the high risk category are returned to the referring GP.

Question 1: What is the average waiting time for a patient from referral to first appointment with a specialist?

The waiting time is relatively short. It is normally a maximum of 4 weeks for diagnostic testing. From referral, diagnosis and then treatment, the wait averages at 18 weeks.

Question 2: Do you run clinics specialising in sleep disorders? If so, how often are they held?

One clinic per week is dedicated to sleep disorders.

Question 3: Do you have any medical staff who specialise in sleep disorders? If so, how many sessions do they work on a monthly basis?

Patients who need to be seen urgently are assessed by a Specialist Respiratory Physician with an interest in Sleep Disordered Breathing.

Question 4: What treatment options do you offer to patients diagnosed with obstructive sleep apnoea?

Testing is undertaken by overnight oximetry, a small number of more complex patients will require limited polysomnography. There is no indication for full polysomnography in the diagnosis of Obstructive Sleep Apnoea.

Initially lifestyle advice may be given, such as diet, exercise during the day, weight loss etc. If this is not successful, then level two treatment is recommended: airway management, nasal treatment and application of mandibular advancement devices. Referral to Ear Nose and Throat Services may be necessary and successful in some cases.

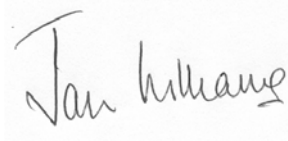
Question 5: In relation to treatment options, do you provide CPAP machines to patients diagnosed with sleep apnoea?

Level 3 treatment is the assessment and prescription of CPAP. This is carefully trialled and titrated according to the patients' toleration and pressure requirements. Patients are regularly followed up through the outpatient services.

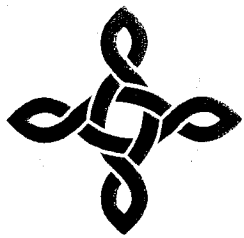
The UHB 2010/11 Operational Plan includes provision to expand the service to meet the NICE Referral criteria, involving the appointment of a specialist consultant and clinical support staff. This expanded service will be available in the next 3-4 months, subject to a successful recruitment process.

I do hope this information answers your queries. If you require further information, please do not hesitate to contact me.

Yours sincerely



Jan Williams
Chief Executive



GIG
NHS

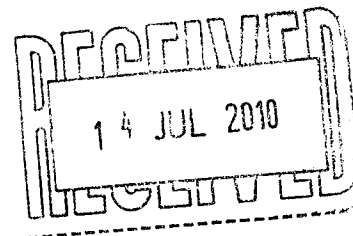
Bwrdd Iechyd
Aneurin Bevan
Health Board

Ref: AG/JP/lz

Direct Line: 01495 765072

6 July 2010

Ms Christine Chapman
Chair
Petitions Committee
National Assembly for Wales
Cardiff Bay
Cardiff
CF99 1NA



Dear Ms Chapman

Re: Petition – Sleep Apnoea

I am writing further to your correspondence of 25 May 2010 inviting information on behalf of the Petitions Committee about sleep services currently provided by Aneurin Bevan Health Board.

Your specific questions are considered below.

1. What is the average waiting time for a patient from referral to first appointment with a specialist?

The current sleep pathway is under review due to the differential wait times between the hospitals. Aneurin Bevan's overall average wait time is 27 weeks. However, there is a much longer wait period for patients referred to the south of the county due to the specialist diagnostic Polysomnography service provided. Work is being undertaken with the key clinicians to improve the pathway in South Gwent.

The proposed pathway will enable shorter waiting times to essential diagnostic physiological tests prior to the Consultant appointment. During this period the patient will be under the care of a specialist nurse or physiologist, the diagnostic stage is an essential pre-requisite to enable the Consultant to agree the appropriate treatment with the patient.

Cont/d.....

Bwrdd Iechyd Aneurin Bevan
Pencadlys
Bloc A, Tŷ Mamhilad,
Ystad Parc Mamhilad,
Pontypŵl, Torfaen. NP4 0YP
Ffôn: 01873 732732 (prif switsfwrdd)
e-bost: enquiries@aneurinbevanlhb.wales.nhs.uk

Aneurin Bevan Health Board
Headquarters
Block A, Mamhilad House,
Mamhilad Park Estate,
Pontypool, Torfaen, NP4 0YP
Telephone: 01873 732732
e-mail:
enquiries@aneurinbevanlhb.wales.nhs.uk



Bwrdd Iechyd Aneurin Bevan yw enw gweithredol Bwrdd Iechyd Lleol Aneurin Bevan
Aneurin Bevan Health Board is the operational name of Aneurin Bevan Local Health Board

Unfortunately, until this new pathway is fully implemented the average waiting time stated is an estimate based upon the 'old' way of working. The new pathway will 'stream' direct referrals to the specialist service and enable routine patients to receive the core service more efficiently. It is worth noting that the Sleep service receives a large number of referrals from the Consultants and therefore the patient is already under clinical supervision whilst waiting for a specialist appointment.

2. Do you run clinics specialising in sleep disorders? If so, how often are they held?

Consultant led clinics specialising in sleep disorders run at Newport Chest Clinic, St Woolos Hospital a weekly basis. They comprise a mix of new and follow up patients.

A full time Sleep Nurse Specialist runs two weekly clinics at Newport Chest Clinic to review patients receiving CPAP treatment. Additionally, the CNS and a Chest Clinic RGN run several sessions weekly to initialise CPAP treatment.

At Nevill Hall Hospital, sleep patients are seen by Respiratory consultants in their general respiratory outpatient clinics. The Nevill Hall service is supported by respiratory physiologists who organise home sleep studies, initiate CPAP therapy and support after care.

3. Do you have any medical staff who specialise in sleep disorders? If so, how many sessions do they work on a monthly basis?

Dr Melissa Hack, Consultant in Respiratory & General Medicine, Newport Chest Clinic is the lead consultant in Aneurin Bevan Health Board with specialist training in sleep disorders. She provides a weekly dedicated sleep outpatient clinic (1 session) for new and follow up patients. She has one associated administrative session for reporting sleep investigations arising from home or inpatient sleep studies.

4. What treatment options do you offer patients diagnosed with obstructive sleep apnoea?

Treatment options include:-

- General health improvement advice including weight loss and offer of referral to a dietician. The GP has usually gone through this prior to referral. Education and advice about healthy sleep habits.
- General simple specific therapy e.g. steroid nasal spray for congestion, positional management for supine obstructive sleep apnoea.
- Mandibular devices for mild obstructive sleep apnoea- the patient has to purchase these shelf made from the internet or custom built from their dentist. They are not available on the NHS.
- Continuous positive airway pressure is provided as per NICE guidelines for moderate to severe obstructive sleep apnoea and in some milder cases with excessive sleepiness.
- Surgical options in some cases to be referred to ENT

5. In relation to treatment options, do you provide CPAP machines to patients diagnosed with sleep apnoea?

Continuous positive airway pressure is provided as per NICE guidelines for moderate to severe obstructive sleep apnoea and in some milder cases with excessive sleepiness.

I hope the above information is helpful. Should you require anything further, Celia Satherley, Directorate Manager – Cardiology & Respiratory Medicine will be pleased to assist you. Her direct telephone line at the Royal Gwent Hospital is 01633 238548.

Yours sincerely



Dr Andrew Goodall
Prif Weithredwr/ Chief Executive
Bwrdd Iechyd Aneurin Bevan/ Aneurin Bevan Health Board



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Abertawe Bro Morgannwg
University Health Board

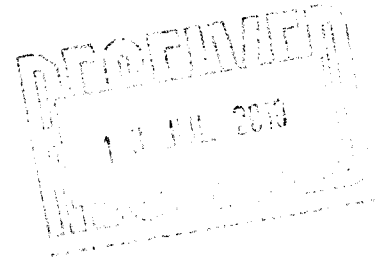
Reply to: ABMU Health Board Headquarters, 1 Talbot Gateway, Port Talbot, SA12 7BR.

☎ (01639) 683302
☎ WHTN : 0 1787 3302
✉ David.Sissling@wales.nhs.uk

Our Ref: DS/AG/CBT
Your Ref: P-03-156

9th July 2010

Ms. Christine Chapman,
Chair, Petitions Committee,
National Assembly for Wales,
Cardiff Bay,
Cardiff, CF99 1NA.



Dear Christine,

Re: Sleep Apnoea

I refer to your letter, dated 25th May 2010, regarding Sleep Apnoea. Please find the ABMU Health Board response below:

1.	What is the average waiting time for a patient from referral to first appointment with a specialist?	22 - 26 weeks
2.	Do you run clinics specialising in sleep disorders? If so, how often are they held?	1 – 2 X Weekly
3.	Do you have any medical staff who specialise in sleep disorders? If so, how many sessions do they work on a monthly basis?	16 sessions
4.	What treatment options do you offer to patients diagnosed with obstructive sleep apnoea?	<ul style="list-style-type: none"> • Lifestyle changes • Weight reduction advice • CPAP • Mandibular devices
5.	In relation to treatment options, do you provide CPAP machines to patients diagnosed with sleep apnoea?	Yes, in accordance with NICE guidance

Contd./.....

Bwrdd Iechyd ABM yw enw gweithredu Bwrdd Iechyd Lleol Prifysgol Abertawe Bro Morgannwg
ABM University Health Board is the operational name of Abertawe Bro Morgannwg University Local Health Board
Pencadlys ABM / ABM Headquarters, 1 Talbot Gateway, Port Talbot, SA12 7BR. Ffon / Tel: (01639) 683344

www.abm.university-trust.wales.nhs.uk

Ms. Christine Chapman

-2-

7th July 2010

If you require any further assistance please do not hesitate to contact me.

Yours sincerely,

pp Alex Howells

David Sissling
Chief Executive

Bwrdd Iechyd ABM yw enw gweithredu Bwrdd Iechyd Lleol Prifysgol Abertawe Bro Morgannwg
ABM University Health Board is the operational name of Abertawe Bro Morgannwg University Local Health Board
Pencadlys ABM / ABM Headquarters, 1 Talbot Gateway, Port Talbot, SA12 7BR. Ffon / Tel: (01639) 683344

www.abm.university-trust.wales.nhs.uk



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CYMRU
NHS
WALES

Bwrdd Iechyd
Hywel Dda
Health Board

Ein cyf/Our ref:	TP/elc	Hywel Dda Health Board Headquarters Merlins Court, Winch Lane, Haverfordwest, Pembrokeshire, SA61 1SB Tel Nr: (01437) 771220
Gofynnwch am/Please ask for:	Trevor Purt, Chief Executive	
Rhif Ffôn /Telephone:	01437 771220	
Ffacs/Facsimile:	01437 771222	Hywel Dda Health Board Headquarters Merlins Court, Winch Lane, Haverfordwest, Pembrokeshire, SA61 1SB Tel Nr: (01437) 771220
E-bost/E-mail:	Trevor.purt@wales.nhs.uk	

30 June 2010

Christine Chapman
Chair, Petitions Committee
National Assembly for Wales
Cardiff Bay
CF99 1NA

Dear Mrs Chapman,

Petition – Sleep Apnoea

Further to your letter of 25th May 2010, please find below the following information in respect of services for patients with obstructive sleep apnoea in the Hywel Dda area.

For ease of reference, this response is structured to the 5 specific questions in your letter:

1. The average waiting time between referral and first appointment with a specialist is currently 12 weeks.
2. We provide a weekly clinic dedicated for patients with sleep disordered breathing (SDB) and ventilatory failure at Prince Philip Hospital in Llanelli. Whilst we do not have direct neurology support within the Health Board, the Consultant who specialises in this area will treat conditions such as periodic limb movement disorder, restless legs/Ekboms disease and narcolepsy. Consequently, only a small number of patients are referred to Neurology services at Morriston Hospital.

Cont/...

Pencadlys Bwrdd Iechyd Hywel Dda
Llys Myrddin, Lôn Winch, Hwlfordd,
Sir Benfro, SA61 1SB
Rhif Ffôn: (01437) 771220
Rhif Ffacs: (01437) 771222

Hywel Dda Health Board Headquarters
Merlins Court, Winch Lane, Haverfordwest,
Pembrokeshire, SA61 1SB
Tel Nr: (01437) 771220
Fax Nr: (01437) 771222

Cadeirydd / Chairman
Mr Chris Martin
Prif Weithredwr /Chief Executive
Mr Trevor Purt



- 2 -

3. The lead Consultant has a particular interest in SDB. He holds a research degree (MD) in this area and supervises a higher degree for postgraduate students. It is interesting to note that all MDs awarded in sleep apnoea in Wales have originated via this source. The clinical team is very active in research and are supported by a dedicated sleep / NIV nurse and a technician with a special interest in SDB. The lead Consultant has 4 sessions per month dedicated to this service in his current job plan.
4. The main treatment options include CPAP in accordance with NICE guidance. Some patients are referred to Swansea for mandibular advancement devices and occasionally we offer bilevel ventilation. In very difficult cases, patients are referred for bariatric surgery. Modafanil is recommended for residual sleepiness when established on CPAP. All the above fall within national guidelines (eg. SIGN/BTS).
5. We currently have over 1100 patients on CPAP therapy.

I trust the information detailed above is useful to the Committee although we would be happy to assist with any further enquiries should this be required.

Yours sincerely

Trevor Purt
Chief Executive