

# Clinical Path for Patients with Obstructive Sleep Apnea Hypopnea Syndrome

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**Abstract:** This study investigated the usefulness of a clinical path for patients with sleep apnea hypopnea syndrome at Fukuoka University Hospital. The clinical path consists of a one-night stay while undergoing full-scale polysomnography with the accidental removal of instruments and inadequate condition in sleep used as variances.

Among the patients who were admitted to Fukuoka University Hospital from May 31, 2003 to October 22, 2003, 41 patients (34 males and 7 females) with obstructive sleep apnea hypopnea syndrome were enrolled in the study. Our clinical path had only one variance in a 43-year-old male patient in whom an electrode accidentally came off his right lower limb during sleep. Other patients finished the polysomnography regimen without any accidents. The total time in bed, total sleep time and sleep efficiency were  $593 \pm 41$  min,  $444 \pm 60$  min and  $75.0 \pm 9.6\%$ , respectively.

This clinical path is thus considered to be acceptable for successfully and effectively performing polysomnography in patients with suspected sleep apnea hypopnea syndrome at Fukuoka University Hospital.

**Key words :** Obstructive sleep apnea hypopnea syndrome, Polysomnography, Sleep efficiency, Clinical path