



University Hospitals
Coventry and Warwickshire
NHS Trust

Complex Sleep Service Update

Michelle Goodlad

Principal Sleep Physiologist

UHCW NHS Trust

History Of The Complex Sleep Service At UHCW NHS Trust

- Since 1997 there has been a sleep disordered breathing service at UHCW NHS Trust.
- In 2006 allocated a side room on the respiratory ward, as part of the new UHCW hospital
- Pilot polysomnography tests started 2009
- There were problems:
 - Ward noise
 - Winter bed pressures
 - IT support
 - No funding for physiology staff to stay overnight or for analysis of studies

History Of The Complex Sleep Service At UHCW NHS Trust

- In 2010 pilot abandoned to concentrate improving the SDB service.
- In 2014 there were thoughts about starting a full complex sleep service.
 - Dedicated Sleep Physician
 - Employed another Senior Sleep Physiologist
 - Waiting time for tests/results from other hospitals were getting longer
- August 2015 the first proposal was written which was agreed on principle by the Directorate and Finance Teams.

History Of The Complex Sleep Service At UHCW NHS Trust

- Sept 2016 Suitable accommodation was found and plans were put in place.
- Dec 2016 Funding secured from the Trust and a sizable donation from the Friends of St Cross.
- After a change of venue..... Building work started in 2017
- In Early 2018 equipment was ordered
- And after a few software/internet connection issues

Finally.....12/11/2019

Good Morning All

It is 4.15am and the first patient is tucked up in bed having his sleep study in the Complex Sleep Unit.

I want to take this opportunity to thank you for your help and support in getting the Complex Sleep Service up and running.

I didn't realise when I started writing the business plan that it would take quite so long but we got there in the end, and I really appreciate the effort you all put in to help create the first Complex Sleep Unit in Coventry & Warwickshire.

I know we all have busy work schedules and this makes your time even more invaluable.

Regards
Michelle

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**And The First
Patient Was
Admitted**



hospitals
and
NHS Trust

Why Expand The Sleep Service?

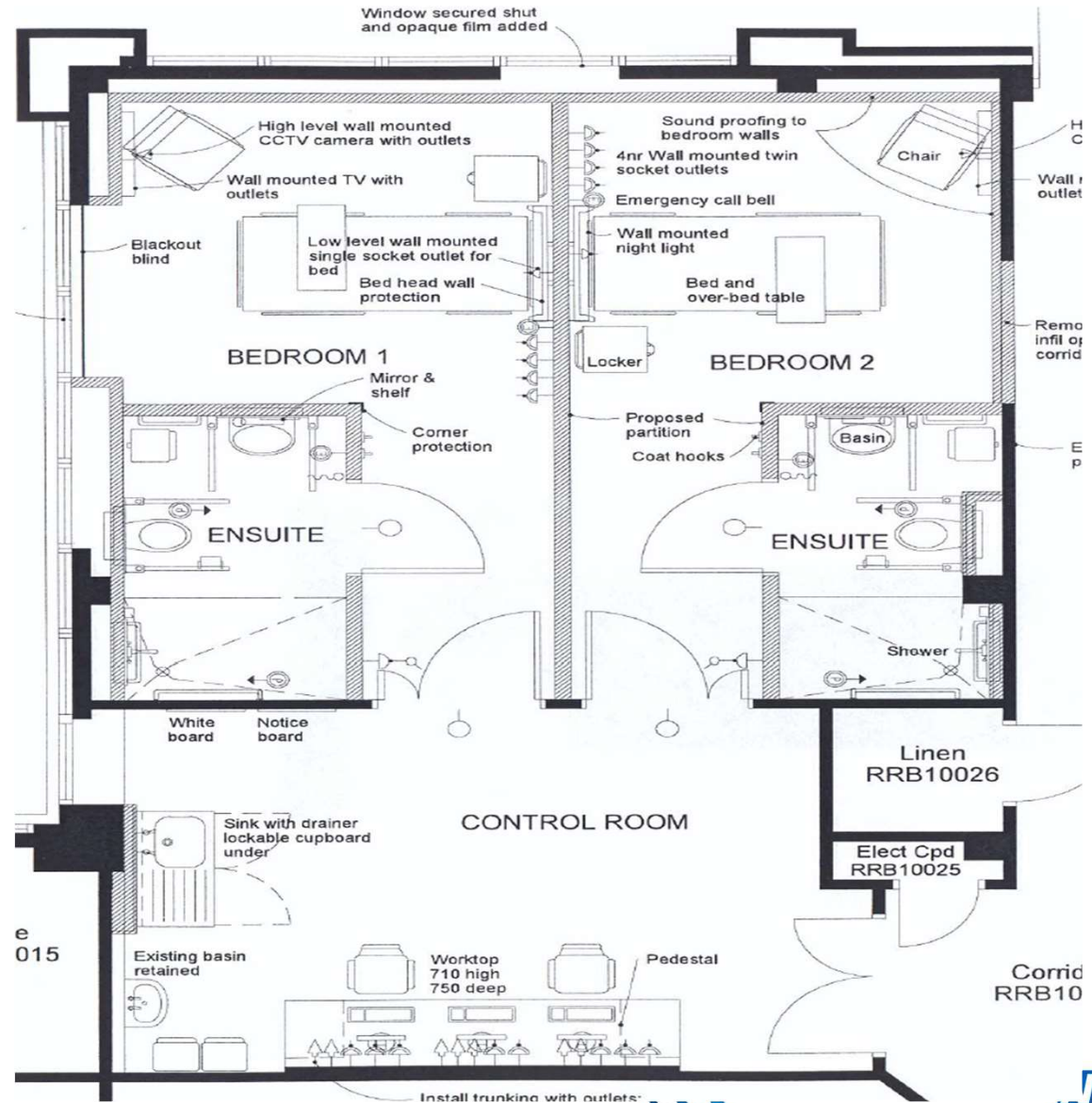
Deliver comprehensive, neurological & respiratory sleep medicine service. There no other complex sleep service in Coventry & Warwickshire

We wanted to specialise in conditions such as:

- Complex Sleep Apnoea
- Unusual behaviours during sleep such as sleepwalking and acting out dreams
- Restless legs
- The causes of excessive daytime sleepiness.
- Narcolepsy
- Insomnia
- PTSD

4 Plans
Later...!!

The Complex Sleep Unit



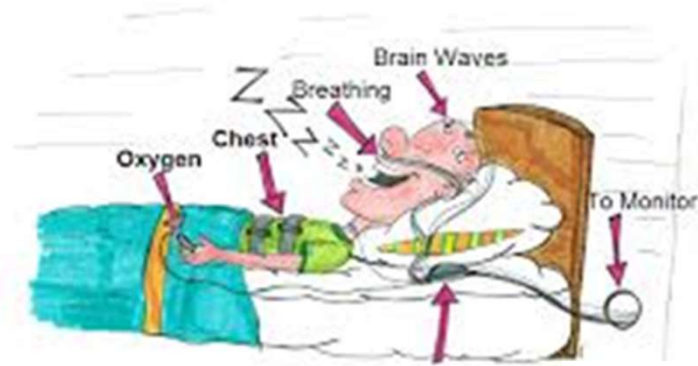
A Bit Of Imagination Needed



Brand New Facilities



Complex Sleep Equipment



Where we are now....

- A bespoke 2 bedded sleep unit at St Cross Hospital with the potential to expand
- Employs 4 specialist Sleep Physiologists
- Employs 1 associate Sleep Physiologist (working overnight)
- Using brand new sleep equipment using up-to-date technology
- 6 PSG sleep studies/week
- MSLT/MWT studies
- Actigraphy clinic
- Specialist consultant & Sleep Physiologist led clinics at Rugby St Cross

The 2018/2019 Aims Of The Complex Sleep Service...

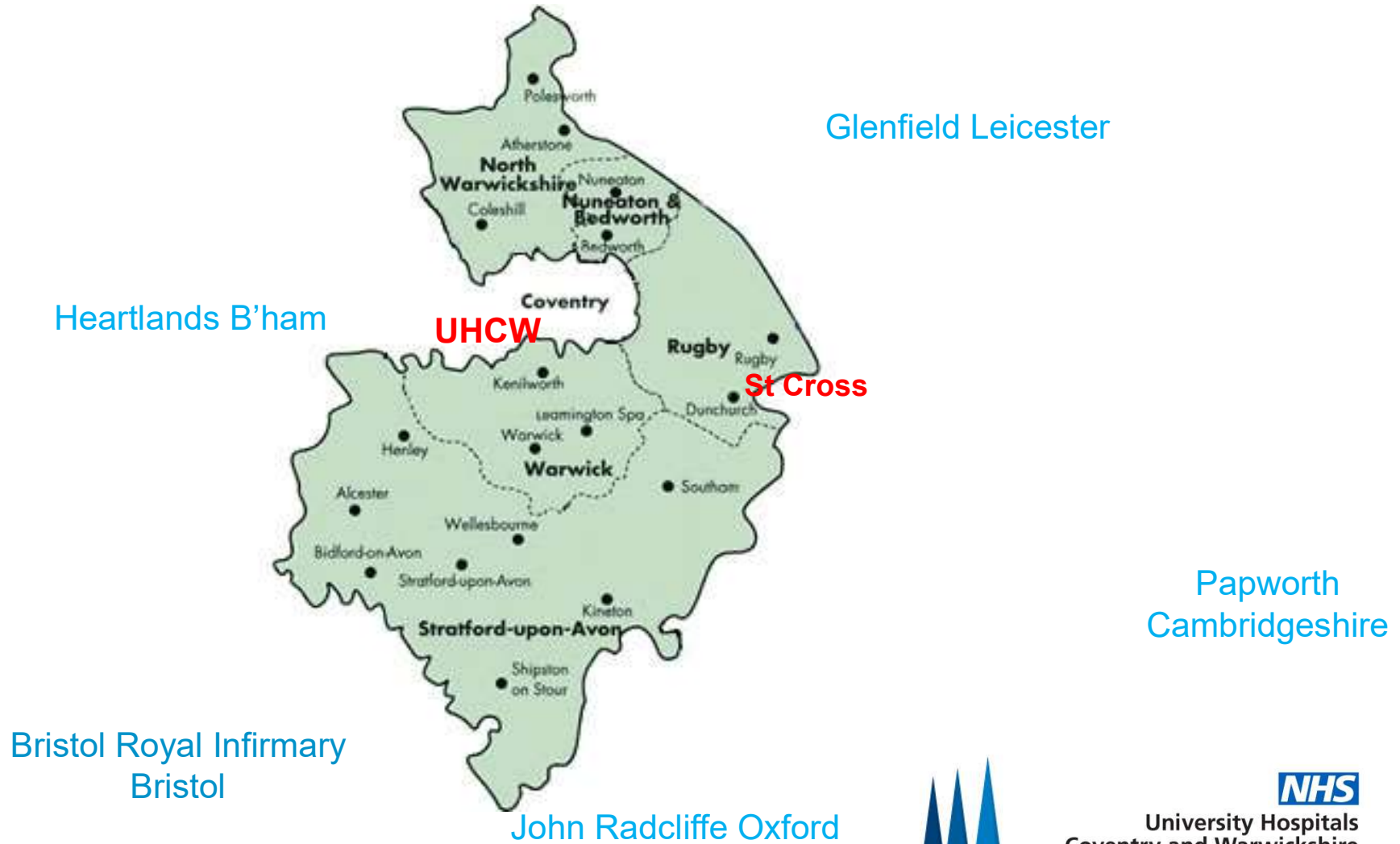
We wanted to:

- To provide diagnosis & treatment for patients with all sleep conditions
- Build a good sleep team with a strong foundation.
- Put good working practices and standards in place
- Build up a good foundation of training for the sleep team

The 2018/2019 Aims Of The Complex Sleep Service...

- Increase the profile of the sleep service and hospital by promoting the service to the outside world.
 - Teaching other disciplines about sleep service
 - Promote to local GPs make them aware of sleep conditions
- Shorten waiting times for complex sleep tests for local patients closer to home and offer tests to patients outside the area.

Potential Patient Area



Number of Tests Performed

	PSG	MSLT	Actigraphy
12/11/2018-30/03/2019	52	21	15- (service started 10/01/19)
Current			
Waiting times to test	1 month	6 weeks	2 weeks
Current			
Waiting times to	1month	1 month	1 week
TOTAL/YEAR PROJECTED 2019/2020	180	50	100

To Infinity and beyond.....

- Collaborating with Warwick University with sleep research.
- Collaborate with other sleep units.
- Continuous audit & improvement of services
- Training of future physiologists
- Development of insomnia service
- Development of hypoventilation service
- perform of Meaningful Wakeful Tests
- Continue to promote the service
- Expansion of service
 - Increase number of studies
 - Increase staff



**A Special Thank You To The
Friends Of St Cross and
Everyone who helped with
this project**

