



### **Multidisciplinary Sleep Apnea Clinic at VCU Health: A First Year Retrospective**

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#### **Objectives:**

The Multidisciplinary Sleep Apnea Clinic (MDSC) at VCU started in 2018 and represents a true multidisciplinary clinic where each patient is evaluated simultaneously by ENT, Sleep Medicine, OMFS and Dental Sleep. The objective of this presentation is to review the results during the first 12 months of operation.

#### **Material and Methods:**

IRB approval was obtained by VCU Health to conduct a retrospective review of all patients evaluated between February 2018 and January 2019 in the MDSC. All patients presenting to the clinic had a diagnosis of OSA and history of CPAP failures. The primary endpoint was either 50% reduction in their AHI and achieving a level less than 20 or becoming CPAP compliant.

#### **Results:**

19 patients were evaluated in MDSC between February 2018 and January 2019. All patients were CPAP non-compliant, 50% had prior sleep apnea surgery and 16% had previously used oral appliance therapy. Clinic recommendations included: oral appliance (50%), upper airway surgery or upper airway stimulation (50%), sleep endoscopy (32%), CPAP modifications (11%) and maxillomandibular advancement (11%). Out of the 19 patients, 5 (26%) either withdrew or were lost to follow-up. (Table 1)

#### **Conclusions:**

The MDSC at VCU Health is one of only a handful of true multidisciplinary clinics in the United States. Although a significant number of patients were either lost to follow-up or are currently awaiting outcome data, available data shows this approach to be highly effective in those who are otherwise treatment failures.



Patient	BMI	Sex	Previous Interventions	Pre-Intervention AHI	Post-Intervention AHI	Intervention Recommended	Outcome
1	29	F	- Dental Appliance - BiPAP	36	3.1	Inspire	HNS compliant
2	29.9	M	- CPAP	5.1		MAD	
3	26	F	- Dental Appliance - CPAP	9		MAD	
4	25	F	- CPAP - Septoplasty	13.9	3.1	MAD	OAT compliant
5	22.7	F	- CPAP	37.9		Inspire	
6	28.7	F	- CPAP	6.3	3.1	MAD	OAT compliant
7	29.3	M	- DISE - Sinus surgery	35		Hyoid suspension	
8	46	M	- CPAP	107.8		DISE Septoplasty ITR	BiPAP compliant
9	35	M	Unknown	Unknown		DISE Adenoidectomy ITR	CPAP compliant
10	34.2	M	- CPAP - UPPP	97	47.6	MMA Hyoid suspension	
11	51.6	M	- CPAP - UPPP	17		Hyoid suspension Tongue base suspension	
12	42	M	- UPPP	100.2		MMA Tonsillectomy Uvulectomy	
13	32.5	M	- Epiglottectomy - Lingual tonsillectomy - Uvulectomy	36	12.5	MAD	
14	37.1	M	- CPAP	85		CPAP	CPAP compliant
15	36.6	M	- UPPP - CPAP	19.2		DISE Septoplasty ITR MAD	Improved CPAP Tolerance

\*OAT (oral appliance therapy). HNS (hypoglossal nerve stimulation). MAD (mandibular advancement device). DISE (drug induced sleep endoscopy)

Table 1.