

Symposium B4: Tailored Interventions

A Tailored Intervention to Promote CPAP Adherence in Adults with Newly-diagnosed CPAP-treated OSA: Designing a Pilot Randomized Controlled Trial

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Purpose: To examine the effect of a tailored intervention on continuous positive air pressure (CPAP) adherence among obstructed sleep apnea (OSA) patients at high risk for non-adherence and determine feasibility/acceptability of the intervention to guide refinement of the intervention for future testing.

Theoretical Framework: The tailored intervention and critical indicator measure employed extends from Social Cognitive Theory.

Methods: A randomized controlled trial will enroll newly-diagnosed OSA adults to a control group, usual care (n=30), or treatment group, tailored intervention (n=30). Using the Self-efficacy Measure in Sleep Apnea (SEMSA) as a critical indicator, the intervention includes education, skills training, and perception modification and is delivered in 4 phases. Primary outcome is CPAP use at 1 week, 1 month, and 3 months. Analysis includes effect size determination for future study design and feasibility/acceptability of intervention based on clinician group interviews, resource requirements, costs, outcome data management strategies/definitions, participant enrollment/accrual/retention, and participant experience of conditions from semi-structured interviews.

Conclusions and Implications: The results of this novel study will importantly guide future studies of tailored interventions to promote CPAP use in adults with OSA. No previous studies have tested a tailored intervention in this population; further, the intervention and measures employed are empirically-guided and founded in a theoretical framework.