Work Productivity Outcomes in Patients with Obstructive Sleep Apnea (OSA) Treated with CPAP

Primary Investigator: Malika Atmakuri, MD (PGY6/R5)
Faculty Mentor: Edward M. Weaver, MD, MPH
Study Team: Jane Edelson; Vishesh Kapur, MD, MPH; Tanya Meyer, MD

Aims/Goals: (1) Quantify the change OSA-related work productivity before and 3 months after initiation of CPAP therapy; (2) Test construct validity of the Work Productivity and Activity Impairment for OSP “WAPAI-OSP”; (3) Define the WPAI-OSA minimal clinically important difference.

Results & Interpretation: To date, 130 subjects have completed both initial and follow-up surveys. Compared to pre-CPAP WPAI scores, post-CPAP scores improved by 30% - +/- 8% [95% CI 24-33%]. A Pearson’s correlation test between CPAP use and change in CPA revealed that increased CPAP use by the hours resulted in a lower WPAI score.

Conclusions and Future Directions: Participants who utilized their CPAP more than 4 more per night had a significant improvement in work productivity compared those who used the CPAP less. The analysis for evaluating the construct validity of the WPAI for OSA are still in progress and have not yet been completed.

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