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## A Comparison Between an Internet Communications Platform and Traditional Obstructive Sleep Apnea Support

Obstructive Sleep Apnea (OSA) is a critical health problem and a danger to the public's health and safety. The prevalence of OSA and consequent morbidity and mortality are on the rise.

Approximately 30 million people have OSA, with men being more likely to develop OSA; a particular correlation has been observed as men increase in age and obesity. Patient follow up care is critical to the effective and long-term correction of OSA.

The primary goal of this project is to minimize the amount of telephone contact required to monitor each patient's progress. To this end, the project is evaluating a new technology that allows the patient to answer questions daily on a stand-alone device that records their response. At the end of each day, the device will contact the project server at a 1-800 number, uploading the patient's responses and downloading the next day's questions. Trained medical personnel access and review patient responses on the server, contacting the patients if any abnormalities in the patient's responses are observed.

The application of a telemedicine solution has already been proven to reduce costs in the treatment of sleep disorders. This new technology has the potential to provide even greater savings in patient follow up care and reduced visits to the emergency room.

This project provides an objective measure to evaluate the effectiveness of this new technology, and may provide a basis for deploying it throughout the Army Medical Command.

### Points of Contact:

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