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Quality Management on Sleep Medicine via Telemedicine: Overseas Online Transfer of Polysomnograms via Internet

Sleep disorder breathing is currently recognized as a major public health problem. The Walter Reed Army Medical Center (WRAMC) Sleep Disorder Center has already proven that there is over a 50% cost savings with transmitting and evaluating sleep studies over the Internet to WRAMC verses referring patients to outside sleep clinics for patient care. With the shortage of formally trained sleep evaluation specialists within the military, this project evaluates the results of sleep studies by physicians formally trained verses physicians who were trained on-the-job.

Polysomnographies are first scored and interpreted at the Sleep Disorder Center in Landstuhl, Germany and transferred over the Internet to the WRAMC Sleep Disorder Center for independent scoring and interpretation. A comparison of the two reports will be made and impact on Quality-of-Assurance assessed.

The highest quality of clinical diagnosis and treatment can be maintained for patients of the US Military Health Care System while stationed in other countries while reducing transportation costs and lost time for active duty military.

This project provides an objective measure to evaluate the effectiveness of sleep evaluators who have not received formal training in sleep management and assess the effectiveness of transmitting polysomnographies from overseas locations.

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