

Can't read this email? [Click here](#)

OSA project update February



Dear Lianne

A belated Happy New Year to all supporters of the British Lung Foundation's obstructive sleep apnoea (OSA) project.

Here is an update of the progress we've made in achieving each of the project's four overarching goals since our last newsletter in November 2011, as well as the project's priorities as it enters its second year.

For all the details visit our project update page on the BLF website [here](#).

Progress towards four main goals since November

1. Promote OSA as a strategic priority for the BLF and Department of Health

- The Project Manager continued to visit sleep clinics and hold key meetings with sleep medicine professionals. This will be crucial in influencing change at the Department of Health.
- Ten BLF reports have been created, which will shape the BLF's OSA charter and campaigning priorities.

2. Help increase awareness of OSA among the public and professionals

Public:

- A major success in this period was coverage on [BBC Breakfast News](#). This led to more than 20,000 hits on the OSA pages of the BLF website within a few days.
- The [Daily Telegraph](#) uploaded our video showing a man having an apnoea on their website, and it received 22,000 plays in a week. Other media successes included a Radio 5 live interview with a patient, an article in *Women's Fitness* magazine and an article in the Association of Respiratory Nurse Specialists' newsletter.

Professionals:

- The new ['top tips for GPs'](#) web page was sent to all members of the Primary Care Respiratory Society by the Department of Health.
- We have now reached more than 2,000 health care professionals through a number of different activities.

3. Help find undiagnosed people

- The [NHS Choices](#) website now has a link to the BLF's OSA pages from its OSA section.
- More than 20,000 people have completed the Epworth Sleepiness Scale on the BLF website.

4. Help improve OSA services

- Interviews with more than 20 health care professionals and 30 patients have been collated and will inform year two priorities and the OSA charter.
- The BLF in Northern Ireland has jointly planned and run a pilot OSA support group for diagnosed patients.
- The BLF has supported the development of standards for sleep services in Scotland and Northern Ireland.

Activities planned for the next three months

- The BLF OSA charter will be launched. This will be a key part of our campaign and we want to ensure it has optimum impact to help improve awareness, find undiagnosed people and improve services.
- The new BLF health information leaflet on OSA will be printed after consultation with patients and health care professionals.

Priorities for year two (February 2012 to January 2013)

- Development of a BLF OSA patient information pack, which will be available to sleep clinics to give out to patients.
- Reporting on the mapping of current services, including identifying areas where there are gaps in provision.
- Launch of awareness campaigns in targeted areas.
- The OSA patient survey will question a large number of people with OSA about their condition and the services they have received.

BLF research grants

Please see our website if you are interested in applying for a [research grant](#).

BLF membership

If you are new to working in partnership with the BLF, we would like to encourage you to become a member - have a look at our [membership page](#) for more information.

Pass it on

Please [forward this](#) to any colleagues who might be interested, and encourage them to join this contact list - if each of you forwards to five colleagues, this bulletin will reach nearly 1,000 people.

Thank you

Judy Harris
OSA Project Manager
Judy.harris@blf-uk.org

[BLF Helpline - 08458 50 50 20](#)

Confidential advice and support for anyone affected by lung disease.
Helpline open Monday to Friday, 10am to 6pm. Calls charged at local rate.



Registered Charity 326730 (England and Wales)
Registered Charity SC 038415 (Scotland)
British Lung Foundation is a company limited
by guarantee 01863614 (England and Wales)
BLF Services Ltd (trading subsidiary) 02341027
VAT 648 8121 18



www.lunguk.org

[Unsubscribe from email contact](#)