

# Guidelines at-a-Glance

## ADAPTED FROM

Patil S, Ayappa I, Caples S, Harrod CG, Kimoff RJ, Patel S, Malhotra R. Treatment of adult obstructive sleep apnea with positive airway pressure: an American Academy of Sleep Medicine clinical practice guideline. *J Clin Sleep Med.* 2019; 15(2): 335-343.

## Treatment of Adult Obstructive Sleep Apnea with Positive Airway Pressure: An American Academy of Sleep Medicine Clinical Practice Guideline

### IMPLICATIONS OF STRONG AND CONDITIONAL RECOMMENDATIONS FOR CLINICIAN USERS OF AASM CLINICAL PRACTICE GUIDELINES

#### Strong Recommendation

**(We recommend...)**

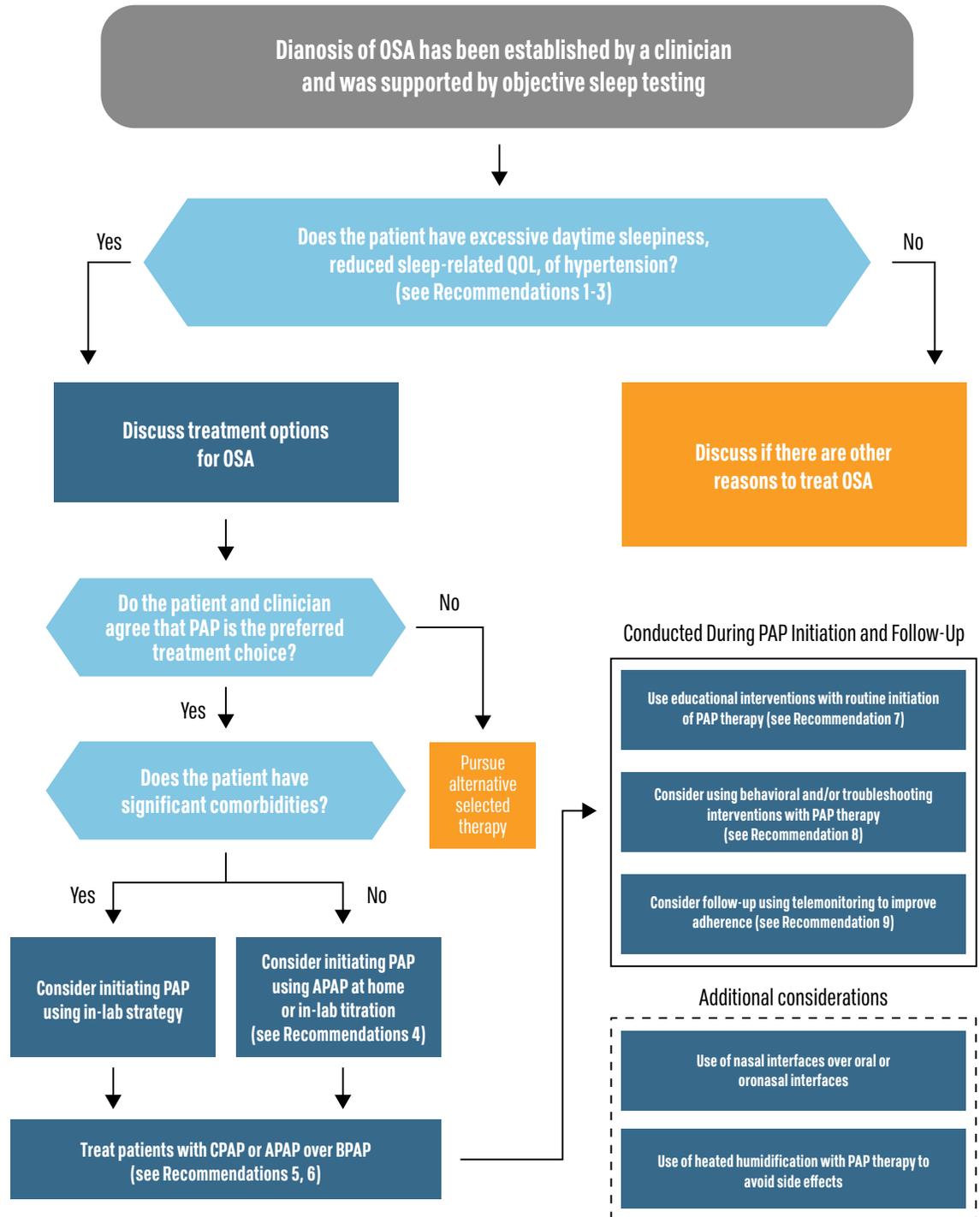
Almost all patients should receive the recommended course of action. Adherence to this recommendation could be used as a quality criterion or performance indicator.

#### Conditional Recommendation

**(We suggest...)**

Different choices will be appropriate for different patients, and the clinician must help each patient arrive at a management decision consistent with her or his values and preferences.

The ultimate judgment regarding the suitability of any specific recommendation must be made by the clinician.



## QUALITY OF EVIDENCE

- ⊕⊕⊕⊕ High
- ⊕⊕⊕⊖ Moderate
- ⊕⊕⊖⊖ Low
- ⊕⊖⊖⊖ Very Low

## BENEFITS VERSUS HARMS

- B>h** Benefits outweigh harms
- B=H** Benefits approximately equal harms
- H>b** Harms outweigh benefits

## PATIENT VALUES AND PREFERENCES

-  Vast majority of patients would use
-  Majority of patients would use
-  Majority of patients would not use
-  Vast majority of patients would not use

## RECOMMENDATIONS FOR THE USE OF PAP TO TREAT OSA IN ADULTS

1. We recommend that clinicians use PAP, compared to no therapy, to treat OSA in adults with excessive sleepiness. [STRONG]

⊕⊕⊕⊕  
**B>h**  

2. We suggest that clinicians use PAP, compared to no therapy, to treat OSA in adults with impaired sleep-related quality of life. [CONDITIONAL]

⊕⊕⊕⊖  
**B>h**  

3. We suggest that clinicians use PAP, compared to no therapy, to treat OSA in adults with co-morbid hypertension. [CONDITIONAL]

⊕⊕⊕⊖  
**B>h**  

4. We recommend that PAP therapy be initiated using either APAP at home or in-lab CPAP titration in adults with OSA and no significant comorbidities. [STRONG]

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**B>h**  

5. We recommend that clinicians use either CPAP or APAP for ongoing treatment of OSA in adults. [STRONG]

⊕⊕⊕⊖  
**B=H**  

6. We suggest that clinicians use CPAP or APAP over BPAP in the routine treatment of adults with OSA. [CONDITIONAL]

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**B>h**  

7. We recommend that educational interventions be given with initiation of PAP therapy in adults with OSA. [STRONG]

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**B>h**  

8. We suggest that behavioral and/or troubleshooting interventions be given during the initial period of PAP therapy in adults with OSA. [CONDITIONAL]

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**B>h**  

9. We suggest that clinicians use telemonitoring-guided interventions during the initial period of PAP therapy in adults with OSA. [CONDITIONAL]

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**B>h**  
