MAJORITY OF PRIMARY CARE PHYSICIANS DO NOT ROUTINELY ENQUIRE ABOUT SLEEP & RELATED BREATHING DISORDERS.

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Introduction
Sleep is important for health. Sleep & related breathing disorders are prevalent. However, they are often under-recognized and diagnosed. This could be related to healthcare providers not actively eliciting a sleep history.

Methods
This is a cross-sectional self-administered survey conducted among a random sample of primary care physicians in Singapore. We recruited 144 physicians working in both private and public sectors from August 2017 to June 2018. IRB approval was obtained (DSRB number 2017/00476). Data was reviewed and summarized as counts and percentages using SPSS, Version 21.0.

Results

- Only 10% of primary care physicians enquired about sleep during consultation.
- Less than 10% of primary care physicians discuss sleep issues with their patients during consultation.

Conclusions
- Although sleep was rated as important, majority of primary care physicians in the study sample did not routinely enquire about sleep & related breathing disorders during their consultation.
- One of the key reasons was due to perceived lack of awareness/knowledge.
- More educational effort need to be put in place to raise sleep awareness/knowledge among primary care physicians.

References

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