

The SAVE Express

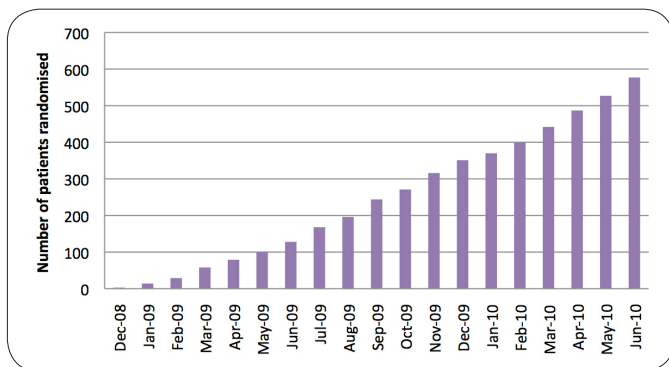
SAVE
SLEEP APNEA CARDIOVASCULAR
ENDPOINTS STUDY

Issue 5 | July 2010

Welcome to our latest edition of the SAVE Express for 2010. Congratulations to our four New Zealand sites who in their first month of active recruitment have recruited a total of eight patients!

600 Patients recruited!

We would like to thank all of our sites as we have now reached over 600 recruited patients! If we continue at this current rate of recruitment, SAVE will be the biggest sleep apnoea trial ever. We could not have reached this important milestone without your continued enthusiasm and hard work. Thank you.



This global total of 605 patients is inclusive of Australia randomising 102 patients, New Zealand randomising 11 patients, and China randomising 492 patients.

Maintaining CPAP use during the trial

To date CPAP adherence has been excellent in the SAVE trial. By June a total of 118 patients assigned to CPAP had been followed for six months and amongst these the adherence to therapy averaged 4.8 hours/night, much higher than in other similar trials. Congratulations! Maintaining these high levels of adherence over the long term will require reinforcing to patients the importance of using CPAP regularly. Also, careful attention should be given if a patient is struggling to use CPAP. Consider problems such as dry mouth or nose (a humidifier may be needed) or mask discomfort (straps may need adjusting, or blue gel cushion insert replaced if damaged or worn out).

Profile: Sir Charles Gairdner Hospital



Left to right: Dr Sutapa Mukherjee, Bernadett Szegeger and Jessica Lee

PI name: Dr Sutapa Mukherjee

PI specialty: Sleep Physician

Study co-ordinators names: Bernadett Szegeger and Jessica Lee

Number of beds in the hospital: 600

Patients randomized to date: 24

Size of catchment population: Sir Charles Gairdner Hospital is the second busiest hospital in Australia with over 76,000 admissions every year, treating approximately 420,000 patients annually. As a major tertiary hospital, Sir Charles Gardiner Hospital offers a comprehensive range of clinical services including cardiac care, trauma, emergency and critical care, orthopaedics, general medicine and general surgery. The Sleep clinic at Sir Charles Gairdner Hospital/Western Australian Sleep Disorders Research Institute sees over 1200 new patients per year and services the entire state of Western Australia (population two million) for sleep disorders. The SAVE study has been well supported by sleep physicians, sleep technologists, cardiologists and neurologists throughout Perth.

Date first patient randomised: 06/10/2009

Best source of patients: Department of Cardiovascular Medicine

Platinum sponsor

PHILIPS
RESPIRONICS



THE GEORGE INSTITUTE
for Global Health



Adelaide Institute for Sleep Health

www.savetrial.org