MedPrO Respiratory Care

November: COPD Awareness Month



Definition

COPD–OSA overlap syndrome is a clinical condition in which a patient has both COPD and OSA, resulting in more significant health risks than either condition alone.

Key Takeaways

Prevalence

Studies including patients with moderate-severe COPD report a 39%-47% instance of COPD-OSA overlap and a prevalence as high as 65% in patients with advanced COPD.

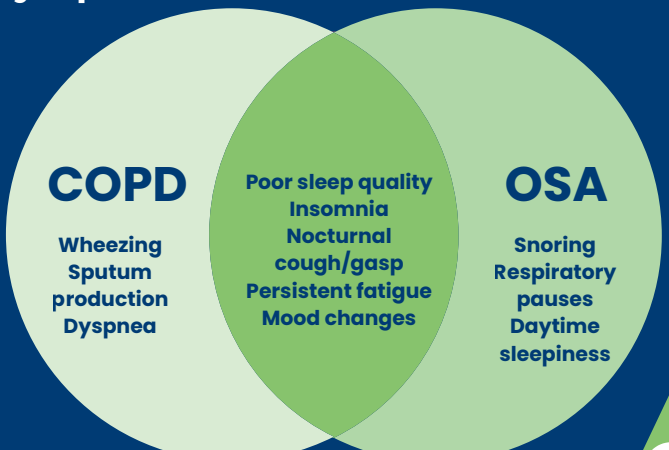
Health Impacts

Patients with documented COPD-OSA overlap syndrome had more frequent COPD exacerbations and more hospital admissions due to exacerbations compared to patients with COPD alone.

Presentation

COPD-OSA overlap syndrome patients present with worse sleep quality, develop worse hypoxemia, and have a higher incidence of cardiometabolic comorbidities, in addition to a worse prognosis in terms of hospitalizations and survival.

Symptoms



Adapted from: Mieczkowski, B., & Ezzie, M. E. (2014). Update on obstructive sleep apnea and its relation to COPD. International Journal of Chronic Obstructive Pulmonary Disease, 9, 349–362. https://doi.org/10.2147/COPD.S42394

COPD & OSA Overlap Syndrome

Clinical Assessment

Exacerbation history and cardiovascular comorbidities should be carefully evaluated and considered during the clinical assessment of COPD patients in addition to standard OSA screening tools.

Treatment

In patients with COPD-OSA overlap syndrome, positive airway pressure (PAP) is one of the most appropriate and well-established management options. A reduction of COPD exacerbations and hospitalizations were demonstrated after starting CPAP in the CPAP compliant/adherent group.

References:

Ivan Zeller, M., & McNicholas, W. T. (2024). Sleep disordered breathing: OSA-COPD overlap. Expert Review of Respiratory Medicine, 18(6), 369-379. https://doi.org/10.1080/17476348.2024.2373790

De la Fuente JRO, Greenberg P, Sunderram J. The overlap of chronic obstructive pulmonary disease and obstructive sleep apnea in hospitalizations for acute exacerbation of chronic obstructive pulmonary disease. J Clin Sleep Med. 2024;20(6):863-870. https://doi.org/10.5664/jcsm.11000

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OCTOBER: ADHD AWARENESS MONTH

The Relationship Between Sleep & ADHD



Why Sleep Matters in ADHD Care

Common Sleep Difficulties & ADHD
- Trouble falling asleep.
- Trouble maintaining sleep.
- Early morning waking.

Impact of ADHD Medications
- Stimulants can make falling asleep harder.
- May shorten overall sleep duration.

Effects of Insufficient Sleep
- Reduced attention and focus.
- Challenges with emotional and behavioral regulation.
- Impaired memory and cognitive functioning.
- Lower academic performance.

Differential Diagnosis
- Sleep apnea and other sleep disorders can mimic or worsen ADHD symptoms.

Medication Effects
- ADHD treatments can directly affect sleep quality.

Symptom Interaction
- Poor sleep can intensify ADHD symptoms.

Key Takeaways
- ADHD and sleep problems share significant symptom overlap.
- Addressing sleep is essential in ADHD assessment & treatment planning.
- If sleep apnea is suspected, diagnosis and treatment should be initiated as part of comprehensive patient care.

Reference:

CADDRA - Canadian ADHD Resource Alliance: Canadian ADHD Practice Guidelines, 4.1 Edition, Toronto ON; CADDRA, 2020.

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