

Is Adherence to PAP Therapy Associated With Healthy Behaviors and Health Care Resource Use Prior to Device Prescription?

STUDY DESIGN

Evaluation of positive airway pressure (PAP) adherence in newly diagnosed OSA from multicenter, longitudinal French cohort **compared with healthy behaviors and health care resource utilization prior to device prescription** using administrative health care database

RESULTS



2,836 patients included
• 65% PAP adherence
(Use \geq 4 h/night)



2 years before PAP initiation, **PAP adherence had ↓ health care resource utilization than nonadherence**

Likelihood of PAP adherence OR (95% CI)



No smoking

1.37 (95% CI, 1.10 to 1.71)

↓ PAP adherent vs nonadherent use



Outpatient consultations

19.0 vs 17.2, $P = .003$



Adherence to ♥ medications

1.43 (95% CI, 1.15 to 1.77)



Emergency department visits

5.7 vs 5.0, $P = .04$



Drowsiness-related accidents

1.39 (95% CI, 1.04 to 1.87)



Hospitalization days

30.7 vs 24.0, $P = .0002$

In this study, patients who adhered to PAP therapy for OSA were more health-seeking and used less health care prior to device initiation than patients who were nonadherent. Until the healthy adherer effect associated with PAP adherence is better understood, caution is warranted in the interpretation of association of PAP adherence and outcomes in nonrandomized cohorts.