

Meeting the holistic needs of patients suffering from OSA – patient engagement and co-production as part of developing a patient education program

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Obstructive sleep apnea (OSA) is a chronic condition which long-term prognosis is dependent on good health-related information and long-term motivation. Currently there is a lack of evaluated educational programs targeted OSA patients, which support long-term motivation.

We **aim** to develop and evaluate the feasibility of a patient education for patients' with OSA, in a hospital setting



Step 1: Course development

The course development was inspired by an **action research approach** and based on 4 focus group interviews with a total of 31 patients with OSA. The focal point for each interview, was OSA patients' motivation and needs in everyday life.

A co-production group consisting of 5 OSA patients, two researchers, a sleep physician and a nurse with in-depth knowledge of OSA, planned an overall program – carried out through three courses.

Step 2: Course framework and feasibility

In the summer of 2022, 22 OSA patients participated in **the three courses**. Each course consisted of two sessions. The first session focused on disease- and treatment specific knowledge. The second session focused on experience-sharing and supporting patient-empowerment. The courses were based on different teaching approaches – respectively; teacher-led teaching, reflective spaces, and virtual teaching. The evaluation consisted of surveys and interviews.

Step 3: Course evaluation

All participants showed **great satisfaction** with the program. Especially the opportunity of experience sharing combined with knowledge from health-professionals was highlighted. However, more knowledge about form and content is needed, and in order to keep focus on long term-motivation the healthcare staff needs further competences regarding user-involving methods. From 2023-2026, a PhD project with precisely these focal points will be carried out.

