

स्लीप एपनिया की प्राथमिक जाँच

Screening of Sleep Apnea

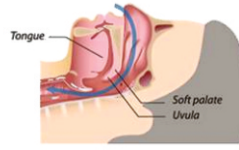
Through Stop Bank Questionnaire

स्लीप एपनिया एक नींद सम्बंधी बीमारी है। जिसमें व्यक्ति नींद के दौरान तेज खर्राटे लेता है और कई बार साँस लेना बन्द भी कर देता है। ऐसा पूरी नींद में सौ बार से भी ज्यादा हो सकता है।

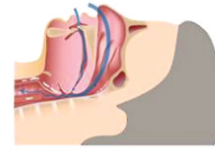
Obstructive Sleep Apnea is a type of Sleep disordered breathing in which patient snores loudly, experiences flow limitation and frequent caseation of breathing in sleep. It may happen over hundred times while sleeping.

नाम
Patient's Name

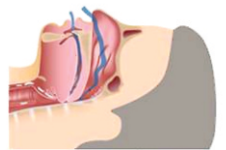
मोबाईल नं०
Contact No



Normal breathing



Snoring - Partial obstruction of the airway



OSA - Complete obstruction of the airway

(QUESTIONNAIRE)

- | | | |
|--|----------|-------|
| ▷ क्या आप तेज खर्राटे लेते है ?
S snoring loudly ? | हाँ/नहीं | Y / N |
| ▷ क्या आपको दिन में नींद आती है और थकावट महसूस करते है ?
T tired and having day time sleepiness ? | हाँ/नहीं | Y / N |
| ▷ क्या रात में सोते हुये साँसे रुक-रुक कर आती है ?
O has anyone observed you stop breathing while you are asleep? | हाँ/नहीं | Y / N |
| ▷ क्या आपको उच्चरक्त चाप की बीमारी है ?
P treated for high blood pressure ? | हाँ/नहीं | Y / N |
| ▷ क्या आप मोटापे से ग्रसित है ?
B BMI > 27 ? | हाँ/नहीं | Y / N |
| ▷ क्या आपकी उम्र 45 वर्ष से ज्यादा है ?
A age over 45 ? | हाँ/नहीं | Y / N |
| ▷ क्या आपकी गर्दन 44cm से ज्यादा है ?
N neck circumference > 44 cm ? | हाँ/नहीं | Y / N |
| ▷ क्या आप पुरुष है ?
G gender male ? | हाँ/नहीं | Y / N |

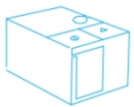
आवश्यक निर्देश

जाँच के परिणाम

{STOP-BANG Score}.....

- जीवनशैली में परिवर्तन
 HST जाँच
 PSG जाँच

जाँच के सकारात्मक परिणाम आने पर नीचे दिये गये किसी एक उपकरण का प्रयोग निर्देशानुसार करें (CPAP, AutoCPAP, Bilevel with Mask)



S.Box



DreamStar



EcoStar



Mask

Sefam

Contact for Home Sleep Testing (HST)

Blue Ocean Medtech

A-1549, 1st Floor, Main Road, Green Field Colony, Sector-42, Faridabad -121001 Haryana (India)

www.blueoceanmedtech.com

TOLL FREE: 1800-102-6404

Blue Ocean Medtech
Bringing healing to doorstep

Offering Comprehensive range of products for Sleep Disordered Breathing

Treatment by continuous positive airway pressure (CPAP) is currently the most effective treatment of OSAS, as its benefits largely outweigh the drawbacks.

CPAP consists in blowing air in the airway to restore normal breathing and sleep patterns during the night using a nasal or a full face mask which is connected via a tube to the device.

- ▷ Ultra-compact
- ▷ Only 644grams
- ▷ Universal power supply
- ▷ Compatible with GoodKnight heated humidifier



EcoStar - Info Manual CPAP
- Auto CPAP



(With Breeze Nasal mask)

Modes	Pressure	Max Flow	Ramp Time	Noise Level	Dimensions	Weight
CPAP, Auto CPAP	4 to 20cm H2O adjustable in 0.5cm H2O increments	150 lpm at 20cm H2O	Adjustable from 0 to 45 min	27 dBA	D x W X H 20 x 14 x 8 cm	750 g without power supply



DreamStar - Info manual CPAP
- Auto CPAP

- ▷ Compact
- ▷ Low Noise
- ▷ Comfort (Intelligent ramp, CC+, Auto On)
- ▷ Specific Calibration



(With Breeze Nasal mask)

Modes	Pressure	Max Flow	Ramp Time	Noise Level	Dimensions	Weight
CPAP, Auto CPAP	4 to 20cm H2O adjustable in 0.5cm H2O increments	180 lpm at 20cm H2O	Adjustable from 0 to 45 min	26 dBA	D x W X H 23 x 20 x 12 cm	1.5 Kg with humidifier 1.4 kg without humidifier



- ▷ Design
- ▷ Technology
- ▷ Ergonomics
- ▷ eHealth

Sbox Auto CPAP



With Breeze Pillows

Modes	Pressure	Max Flow	Ramp Time	Noise Level	Dimensions	Weight
CPAP, Auto CPAP	4 to 20cm H2O adjustable in 0.5cm H2O increments	180 lpm at 20cm H2O without humidifier with 15mm diameter tube	Adjustable from 0 to 45min	26 dBA	D x W X H 24.5 x 14 x 11 cm	1.4 kg without humidifier 1.7 kg with humidifier

Oxygen Concentrator OXYTEC-PRO (0-05lpm)
Lightweight and compact in design



With Breeze Facial mask

DreamStar Duo/ ST Bilevel

- ▷ Compact design
- ▷ Quiet
- ▷ Integrated humidifier and power supply



Modes	Pressure delivered	Max Flow	Advance adjustable settings	Sound Level	Dimensions	Weight
Bilevel	EPAP: 3 to 20 cm H2O adjustable in 0.5 cm H2O increments, IPAP: 3 to 25cm H2O adjustable in 0.5cm H2O increments	180 lpm to 20cm H2O	-10 level trigger sensitivity -Backup I/E 5 rise frequency (Duration time ST) from 0 to speed 25 bpm levels (duo ST from 1/4 to 1/0.5)	27 dBA	D x W X H 23 x 20 x 12 cm	1.4 kg without humidifier 1.5 kg with humidifier

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