## CPD EVENT RECORD OBSTRUCTIVE SLEEP APNOEA

Recording: Learning by Oneself

with Dr Neil Stanley PhD

Obstructive sleep apnoea is a relatively common problem affecting both men and women, although accurate statistics are hard to obtain. The problem causes fatigue, which can be misdiagnosed as chronic fatigue syndrome, or might erroneously be atteibuted to hormonal changes. While it is more common in older, overweight individuals, it can also occur in young patients with no obvious predisposing factors. The speaker explained the signs and symptoms and outlined current treatment options.



**Evaluation, Reflection and Impact on Practice** (this part of the certificate is **not** automatically generated - it has been entered by the participant)