



COMPLEX CPAP CARE CLINIC

Tried CPAP therapy without success?
Find help at the Woolcock Complex
CPAP Care Clinic.

The Woolcock CPAP Clinic offers expert help and advice which is vital to successfully using CPAP. Years of experience and research give our staff the knowledge to help you resolve barriers and help you use CPAP with the desired outcome – to sleep safely and wake feeling refreshed.



CONTACT US

T +61 2 9114 0000
F +61 2 9114 0010
E info@woolcock.org.au

431 Glebe Point Road
Glebe NSW 2037

www.woolcock.org.au

Making CPAP work for you

Woolcock Complex
CPAP Care Clinic



CPAP THERAPY AT THE WOOLCOCK CLINIC

Specialising in the diagnosis and treatment of sleep and breathing disorders.

The Woolcock Clinic is part of the Woolcock Institute of Medical Research – a leader in sleep and breathing research. Our staff have extensive knowledge and experience in CPAP therapy and CPAP troubleshooting, and are supported by a team of doctors who are specialists in sleep and respiratory medicine.

Following diagnosis of obstructive sleep apnea (OSA), CPAP therapy is one of the treatment options.

New patients commencing CPAP therapy at the Woolcock Clinic attend a two hour education session which covers topics such as:

- What is CPAP and how it works?
- What to expect during the next sleep study
- How to go about obtaining a CPAP machine
- The follow up process
- Who to contact for help
- Mask fit session and experiencing what CPAP feels like

Some patients may commence CPAP therapy elsewhere without support and education and this can lead to poor patient outcomes and patients unable to use their CPAP device.

If you experience difficulties using your CPAP, our Complex CPAP Care Clinic is available to help resolve your CPAP issues.

HOW IS THE WOOLCOCK CLINIC DIFFERENT?

The focus of the Complex CPAP Care Clinic is to assist patients who have already been recommended CPAP therapy in optimising their treatment.

Return of sleepiness symptoms can be an indicator of poorly treated OSA.

Lack of support and education when first commencing CPAP therapy increases the chances of a patient having difficulties using it. Our aim is to provide these patients with education and support, focussing on the patient rather than the equipment.

Patients who already have their own equipment can be seen at our Woolcock Complex CPAP Care Clinic for assistance in acclimatisation or restarting treatment. In many cases a patient's own equipment is perfectly fine for use. Even older CPAP equipment can often still be used, and we are able to provide advice on that.

We aim to work with the patient's current equipment, rather than unnecessarily buying new equipment, saving patients money.

If new equipment is recommended we can make some suggestions and assist our patients sourcing it, but we do not sell equipment.

MAKING CPAP WORK FOR YOU

CPAP therapy can be difficult. We have a dedicated CPAP therapist who will work with you through your CPAP difficulties. We focus on education and support to resolve barriers to treatment success.

We have an inter-disciplinary team of clinicians who can be consulted to improve treatment outcomes and are committed to giving our patients the best treatment options possible.

WHAT IF MY SLEEP APNEA SYMPTOMS RETURN?

If you are on CPAP therapy and notice a return of your sleepiness symptoms or return to poor sleep quality, contact our Complex CPAP Care Clinic for a consultation.

There are many reasons for symptoms returning. It might be that your sleep apnea is changing. The machine pressure setting may need to be adjusted or there may be a problem with your mask. As we specialise in treating sleep disorders we are used to dealing with these problems and are the best place to seek help.

WHO CAN ATTEND THE WOOLCOCK COMPLEX CPAP CARE CLINIC?

Patients with the following issues:

- **Patients having difficulties with their CPAP machine or mask**
- **Patients reporting return of sleepiness symptoms**
- **Patients recommended to CPAP therapy who have been unable to tolerate CPAP in the past**
- **Patients who feel their symptoms continue despite using CPAP**
- **Patients who want independent advice on CPAP recommendations**

We are here to help you with any problems with your CPAP. Almost all problems with CPAP can be solved with education, support and persistence.

To book an appointment at the Woolcock Complex CPAP Care Clinic please contact 02 9114 0000.

**Please note a GP referral is required*

The Woolcock Institute of Medical Research is a not-for-profit organisation.

If you are interested in further information about becoming involved in our research studies or donations, please visit our website www.woolcock.org.au.

Your contribution will make a difference.

Thank you for your support.

