

7.01 Evaluation of the Role and Functionality of the Virtual Sleep Clinic in Galway University Hospitals

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Background: Virtual sleep clinics have been shown to be effective in reducing healthcare burden and increasing cost-effectiveness. This study is aimed at assessing how effective the virtual sleep clinic run in Galway University Hospitals is with regards to assessing and discharging patients. **Methods:** A list of patients who attended the virtual sleep clinic was compiled over two months from April 2024 until June 2024. The hospital's electronic healthcare record system (Evolve) was used to review the outcome of the consultations. The patients were categorised into new patients, discharged patients, and patients for further follow-up. **Results:** A total of 199 patients were included in this study. 102 patients (51%) were discharged from the service. We reviewed 35 (18%) new patients, of which 24 of those were discharged. **Conclusion:** This study shows that our virtual sleep clinic is effective at discharging stable patients on established treatment. It allows us to assess and discharge new patients who do not meet criteria for moderate obstructive sleep apnoea on sleep studies. This highlights the potential for virtual sleep clinics to reduce burden and costs on the service. **Keywords:** Sleep medicine, virtual clinics
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