More Than the Mask: What Determines Adherence to CPAP Therapy?

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Abstract

Obstructive sleep apnea (OSA) is one of the most common sleep-related breathing disorders and is associated with an increased risk of cardiovascular, metabolic, neurological, and cognitive complications. Continuous positive airway pressure (CPAP) therapy is considered the gold standard treatment for moderate to severe OSA and effectively reduces symptoms and the long-term health consequences of the disease. Nevertheless, despite its proven efficacy, adherence to CPAP therapy remains one of the greatest challenges in sleep medicine. Adherence to CPAP therapy depends on a complex interaction of clinical, psychological, social, and technological factors. Among these, particular importance is attributed to early experiences with therapy, the subjective perception of treatment benefits, the level of health literacy, the presence of anxiety or claustrophobia, partner and family support, as well as side effects related to the mask and device pressure. Patterns of CPAP use during the first weeks of therapy have been shown to strongly predict long-term adherence. Over the past several years, various strategies have been developed to improve patient cooperation and adherence to CPAP therapy, including educational and behavioral interventions, cognitive behavioral therapy, telemonitoring, and the use of mobile and digital technologies. In addition, there is increasing emphasis on the need for a personalized approach that integrates the medical, psychological, and technological aspects of treatment. This lecture aims to present the key determinants of adherence to CPAP therapy and contemporary approaches to improving long-term cooperation and treatment adherence in patients with OSA.

Keywords: Sleep, Obstructive sleep apnea, Continuous positive airway pressure, Adherence, Compliance

2026. Pavlinac Dodig I.
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Više od maske: što određuje adherenciju na CPAP terapiju?

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Sažetak

Opstrukcijska apneja tijekom spavanja (OSA) jedan je od najčešćih poremećaja disanja tijekom spavanja i povezana je s povećanim rizikom kardiovaskularnih, metaboličkih i neuroloških i kognitivnih komplikacija. Kontinuirani pozitivni tlak u dišnim putovima (CPAP) predstavlja zlatni standard liječenja umjerene i teške OSA-e te učinkovito smanjuje simptome i dugoročne zdravstvene posljedice bolesti. Ipak, unatoč dokazanoj učinkovitosti, adherencija na CPAP terapiju i dalje predstavlja jedan od najvećih izazova u medicini spavanja. Adherencija na CPAP terapiju ovisi o složenoj interakciji kliničkih, psiholoških, socijalnih i tehnoloških čimbenika. Među njima, posebno se ističu rana iskustva s terapijom, subjektivni doživljaj koristi liječenja, razina zdravstvene pismenosti, prisutnost anksioznosti ili klaustrofobije, podrška partnera i obitelji te nuspojave povezane s maskom i tlakom uređaja. Pokazano je da obrasci korištenja CPAP-a tijekom prvih tjedana terapije snažno predviđaju dugoročnu adherenciju. U posljednjih nekoliko godina razvijene su različite strategije za poboljšanje suradljivosti bolesnika i adherencije na CPAP terapiju, uključujući edukacijske i bihevioralne intervencije, kognitivno-bihevioralnu terapiju, telemonitoring te primjenu mobilnih i digitalnih tehnologija. Također, sve se više naglašava potreba za personaliziranim pristupom koji integrira medicinske, psihološke i tehnološke aspekte liječenja. Cilj ovog predavanja je prikazati ključne odrednice adherencije na CPAP terapiju te suvremene mogućnosti poboljšanja dugoročne suradljivosti i pridržavanja terapije u bolesnika s OSA-om.

Ključne riječi: spavanje, opstrukcijska apneja tijekom spavanja, kontinuirani pozitivni tlak, adherencija, pridržavanje terapije

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