

Don't Ignore the Snore: Improving Obstructive Sleep Apnea Screening in Obesity Care

PSUN326
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Background

- Obstructive sleep apnea (OSA) is highly prevalent among people with overweight or obesity and is associated with increased cardiometabolic risk, yet it remains frequently underdiagnosed in obesity and primary care settings.
- Targeted healthcare professional (HCP) education is needed to improve familiarity with validated screening tools and support the integration of evidence-based OSA screening and management into comprehensive obesity care.

Aim

- To determine the **educational impact** and remaining **knowledge gaps** among HCPs following participation in a curriculum focused on the relationship between obesity and OSA, including evidence-based screening and management strategies.

Methods

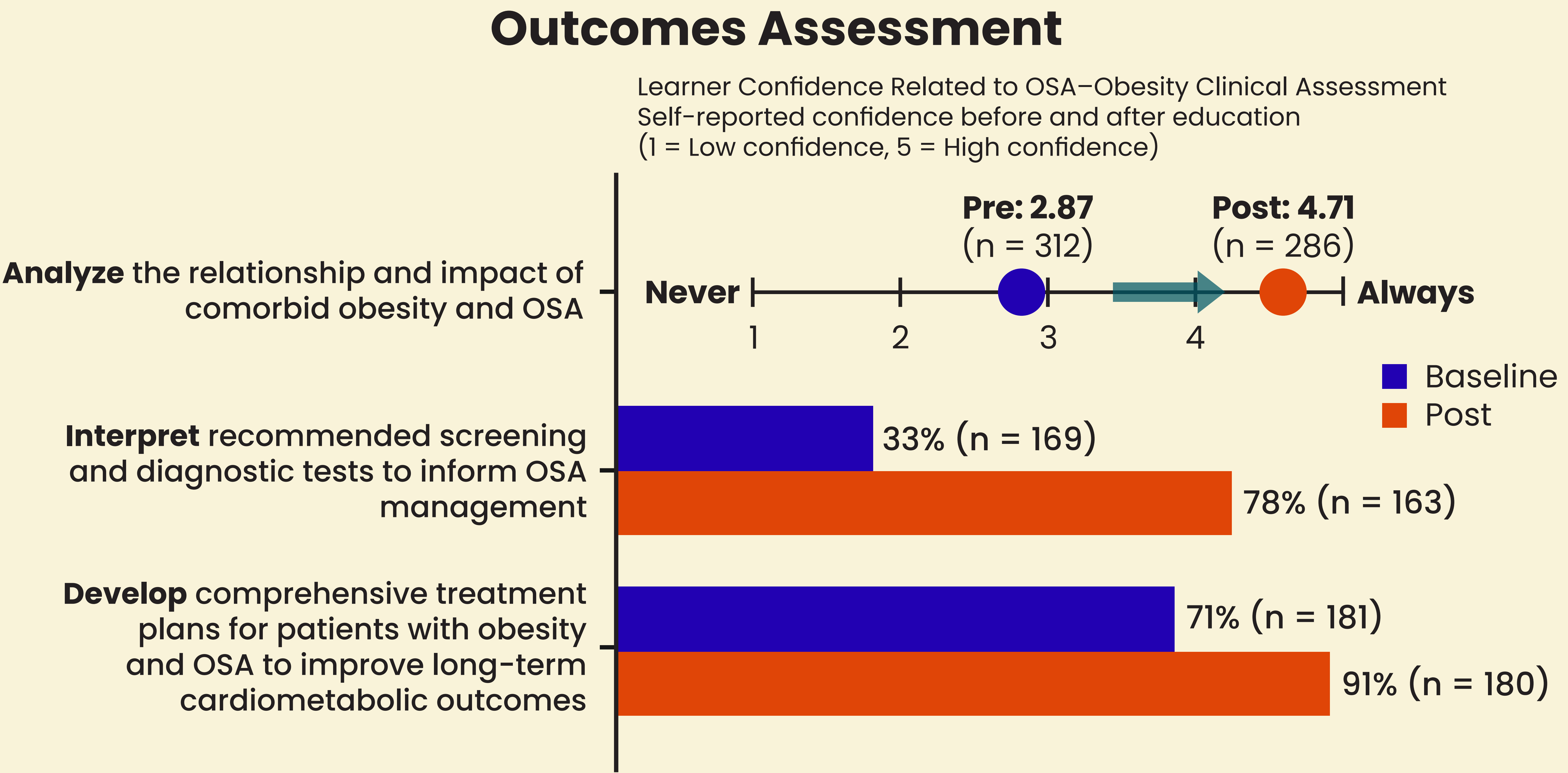
- A CME/CE-certified educational curriculum on the relationship between obesity and OSA, including evidence-based screening and management strategies, was delivered through highly interactive live satellite symposia and enduring online activities, with a focus on active-learning opportunities to engage participants in clinical decision-making.
- Learners were provided with an OSA Bootcamp Practice Tool, designed for HCPs to utilize in practice as a practical OSA screening resource.
- Participating clinicians completed **baseline** and **posteducation** assessments measuring **knowledge, competence, confidence**, and **intended practice changes** related to OSA screening and integration of management into obesity care.
- Remaining educational gaps were identified through analysis of **assessment** results and **qualitative** learner feedback on barriers, clinical relevance, and anticipated patient impact.

Conclusion

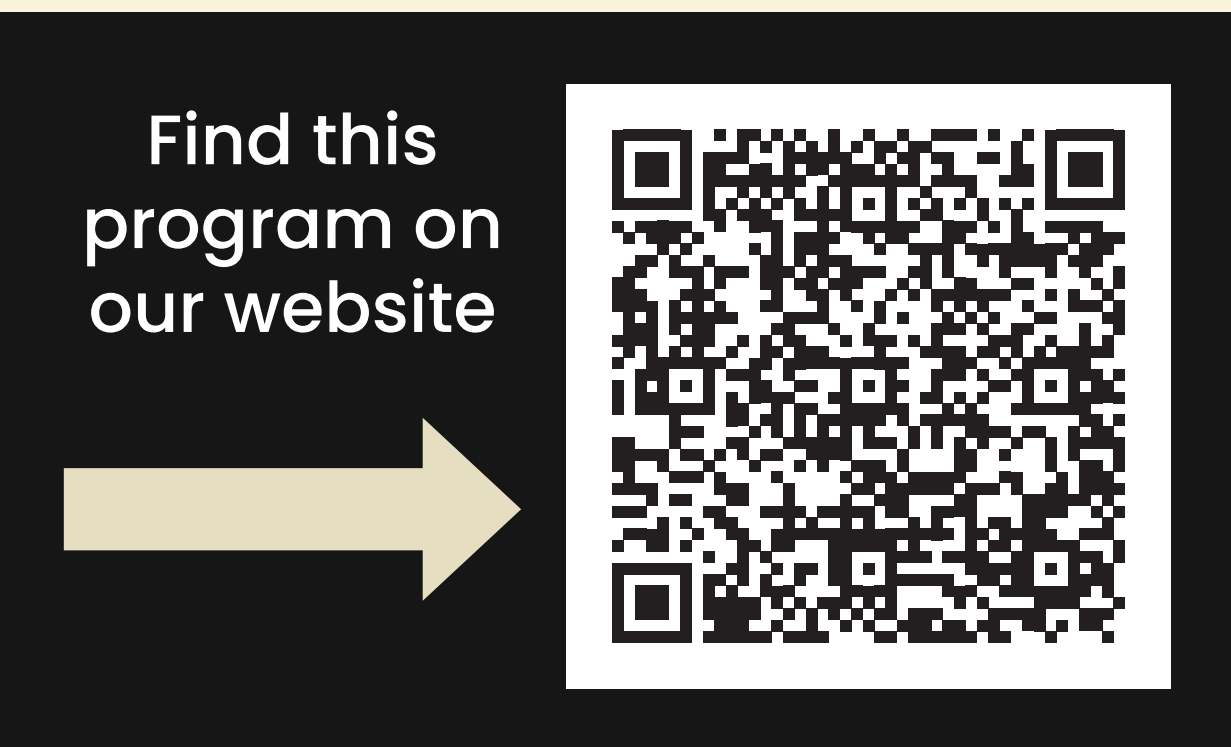
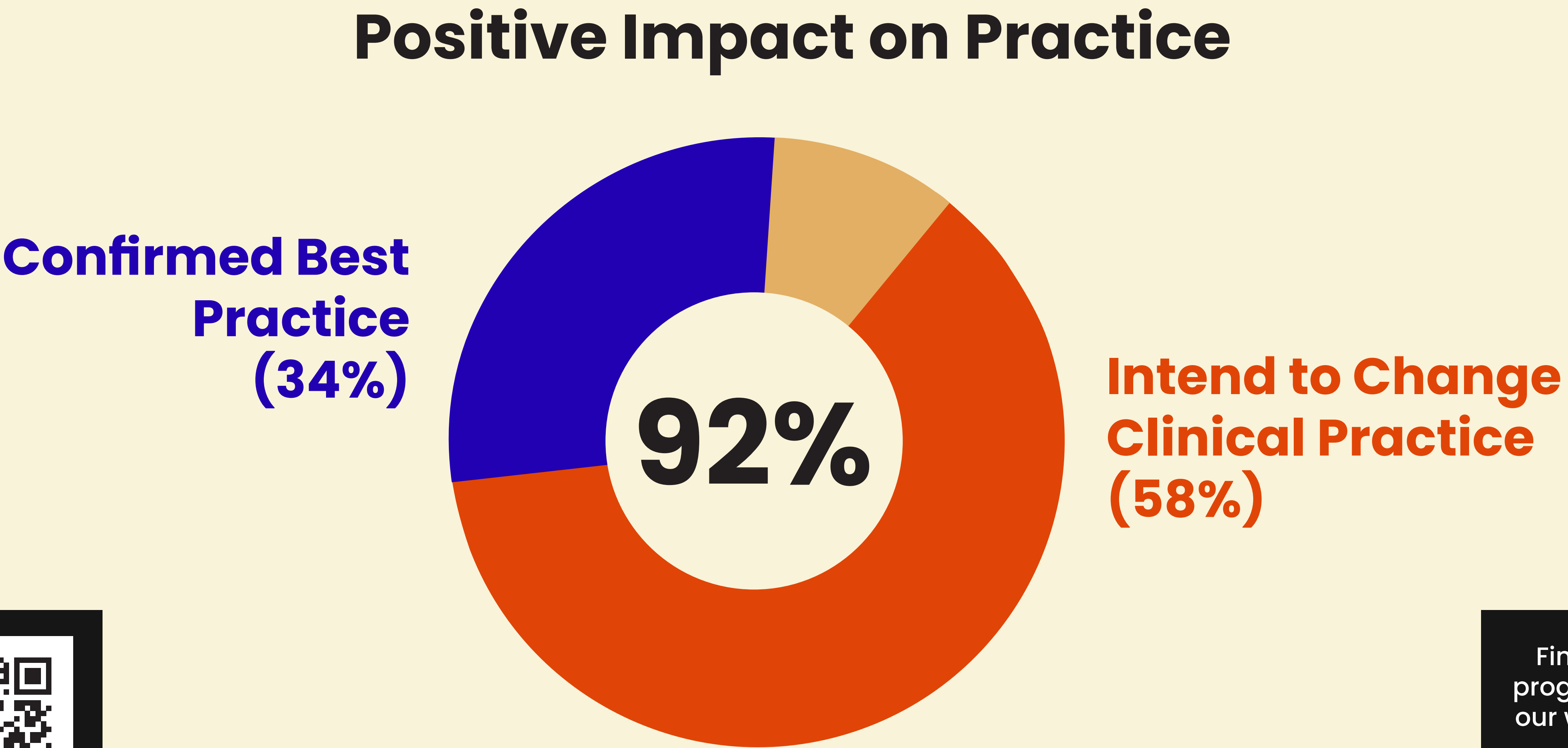
- Education improved confidence and competence in OSA screening, diagnosis, and integration into obesity care, supporting more effective identification and management of OSA in this high-risk population.
- Despite these gains, OSA remains underdiagnosed, with ongoing challenges in identifying appropriate patients for screening, interpreting results, and navigating HSAT vs referral pathways, underscoring the need for continued education on diagnostic pathways and care coordination to improve patient outcomes.

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Education Improves HCP Competence in OSA Screening and Management, but Gaps Remain in Obesity Care

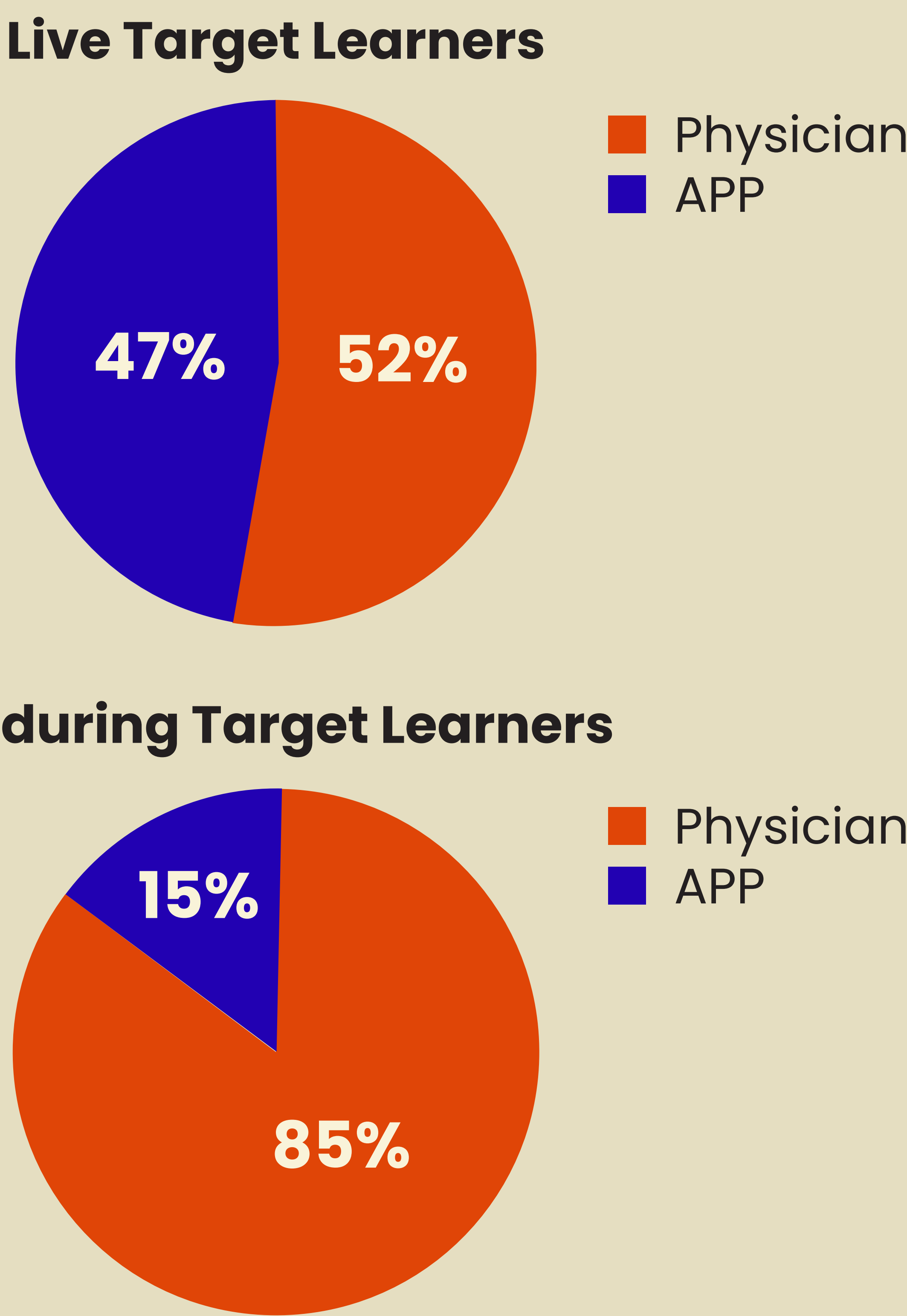


Outcomes assessments conducted across live and enduring activities



Figures

Figure 1. Multidisciplinary HCPs' interaction with program content.



Target Audience	
Activity Type	Physicians, nurse practitioners, and physician associates who manage patients with obesity, including those in obesity medicine, endocrinology, and primary care specialties
Audience to Date	
Live	1371 Overall
Enduring	4675 Overall

Figure 2. Program's impact on patients.

