E.4 Telemonitoring and tele visits vs In person follow up – severe OSAHS

Figure 21: Adherence Hours/day

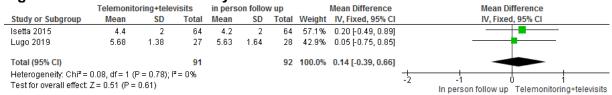


Figure 22: Quality of life – EQ5D ¹, 0-1, lower is worse

| | Telemonitoring+televisits | | | in person follow up | | | | Mean Difference | Mean Difference | | | | |
|---|---------------------------|------|---------|---------------------|------|-------|--------|---------------------|--|--|--|--|--|
| Study or Subgroup | Mean | SD | Total | Mean | SD | Total | Weight | IV, Fixed, 95% CI | IV, Fixed, 95% CI | | | | |
| Isetta 2015 | 0.82 | 0.19 | 64 | 0.88 | 0.2 | 64 | 38.7% | -0.06 [-0.13, 0.01] | | | | | |
| Lugo 2019 | 0.84 | 0.18 | 80 | 0.85 | 0.16 | 74 | 61.3% | -0.01 [-0.06, 0.04] | | | | | |
| Total (95% CI) | | | 144 | | | 138 | 100.0% | -0.03 [-0.07, 0.01] | • | | | | |
| Heterogeneity: Chi² = Test for overall effect: | | | r = 22% | | | | | | -0.2 -0.1 0 0.1 0.2 Favours In P.F.U. Favours Telemonitoring+ | | | | |

^{1.} Lugo study reports SD in telemonitoring group as 18, however this appears to be a typo so 0.18 has been used for our analysis

Figure 23: Quality of life - FoSQ 5-20, lower is worse

| | Telemonitoring+televisits | | | in person follow up | | | | Mean Difference | Mean Difference | | | | |
|---|---------------------------|------|-------|---------------------|------|-------|------------------------|---------------------|--------------------|-----------------|--|--|--|
| Study or Subgroup | Mean | SD | Total | Mean | SD | Total | Weight | IV, Fixed, 95% CI | IV, Fixed, 95% CI | | | | |
| Isetta 2015 | 16.9 | 3.94 | 64 | 18.01 | 2.97 | 64 | 100.0% | -1.11 [-2.32, 0.10] | | | | | |
| Total (95% CI) | | | 64 | | | 64 | 100.0% | -1.11 [-2.32, 0.10] | | • | | | |
| Heterogeneity: Not ap Test for overall effect: | | | | | | -20 | -10 Favours in P FU | 0 Favo | 10 ours Telemon | 20 nitorina+ | | | |

Figure 24: Sleepiness – Epworth scale (ESS), 0-24, higher is worse

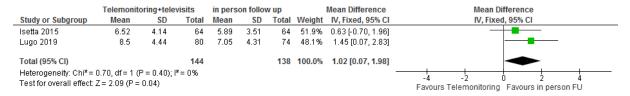


Figure 25: EQ5D - VAS, 0-100, lower is worse

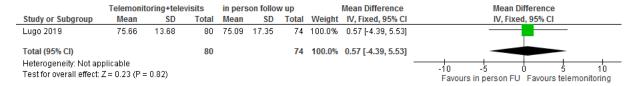


Figure 26: number of OSA related GP visits



Figure 27: number of OSA related specialist visits

