

Table 15: Multimodal telemonitoring versus usual care – severe OSAHS

Quality assessment							No of patients		Effect		Quality	Importance
No of studies	Design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Multimodal telemonitoring	Usual care	Relative (95% CI)	Absolute		
Adherence (follow-up mean 6 months; range of scores: 0-8; Better indicated by higher values)												
1	randomised trials	very serious ¹	no serious inconsistency	no serious indirectness	serious ²	None	117	122	-	MD 0.53 higher (0.07 lower to 1.13 higher)	⊕000 VERY LOW	IMPORTANT
Sleepiness ESS (follow-up mean 6 months; range of scores: 0-24; Better indicated by lower values)												

1	randomised trials	very serious ¹	no serious inconsistency	no serious indirectness	no serious imprecision	None	117	122	-	MD 1.47 lower (2.48 to 0.46 lower)	⊕⊕⊕⊕ LOW	IMPORTANT
Quality of life-SF12-Physical (follow-up mean 6 months; range of scores: 0-100; Better indicated by higher values)												
1	randomised trials	very serious ¹	no serious inconsistency	no serious indirectness	serious ²	None	117	122	-	MD 1.5 higher (0.14 to 2.86 higher)	⊕⊕⊕⊕ VERY LOW	CRITICAL
Quality of life-SF12 - Mental (follow-up mean 6 months; range of scores: 0-100; Better indicated by higher values)												
1	randomised trials	very serious ¹	no serious inconsistency	no serious indirectness	no serious imprecision	None	117	122	-	MD 0.3 higher (0.88 lower to 1.48 higher)	⊕⊕⊕⊕ LOW	CRITICAL
Systolic blood pressure (follow-up mean 6 months; Better indicated by lower values)												
	randomised trials	very serious ¹	no serious inconsistency	no serious indirectness	serious ²	None	117	122	-	MD 0.92 higher (3.65 lower to 5.49 higher)	⊕⊕⊕⊕ VERY LOW	IMPORTANT
Mortality												
Not reported												CRITICAL

¹ Downgraded by 1 increment if the majority of the evidence was at high risk of bias, and downgraded by 2 increments if the majority of the evidence was at very high risk of bias

² Downgraded by 1 increment if the confidence interval crossed one MID or by 2 increments if the confidence interval crossed both MIDs; MID for machine usage (adherence)-1 hour; MID for Systolic and Diastolic BP – 5 mm hg. Established MIDs for SF-36 physical/mental- 2/3; ESS- 2.5; GRADE default MID (0.5XSD)used for all other continuous outcomes.