

LETTERS

After the Initial Consultation.



After the post fitting review.



SOAP

S

Symptoms



O

Observations



A

Assessment



P

Plan





Dear Dr Smith,

I would like to update you on my treatment of John, a patient of your practice who attended our clinic for a consultation regarding oral appliance therapy as treatment for his diagnosed moderate sleep apnoea, and associated symptoms.

John's main concern was the impact of his snoring on his wife's sleep, and they are currently sleeping in separate bedrooms.

He also wakes unrefreshed with excessive tiredness during the day.

As John had a high likelihood of having sleep apnoea, a diagnostic sleep study was organised and this revealed the presence of moderate sleep apnoea.

Based on the recommendations of Dr Paul Graham, the sleep physician, John elected to have a mandibular advancement splint as treatment.



I found John to be a good candidate for a mandibular advancement splint and subsequently a 3D printed nylon appliance has been fitted.

At his recent review, 5 weeks since receiving his appliance, John reported that he was no longer snoring and feeling significantly more refreshed. He has adapted well to the appliance without any side effects.

I will now be reviewing him at 12 monthly intervals, and he will continue to see you for his ongoing medical care.

Regards

Harry



LETTERS AFTER THE POST FITTING REVIEW



Dear Dr Graham,

I'd like to update you on my treatment for Peter who attended for a review, four weeks after receiving his mandibular advancement splint as treatment for his mild OSA (AHI of 14 events per hour).

Peter is pleased to report that he is no longer snoring and is back in the same bed as his partner. He is also waking more refreshed and is less tired during the day. He also reports improvements in memory, concentration and mood.

Apart from some initial tooth tenderness he has adapted well to the appliance without any side-effects and is using it every night.

There is significant mandibular advancement available if this is required at a future time.

I will follow up with Peter at regular 12 monthly reviews and he knows he can see me at any time if any issue arises.

In summary I am pleased with Peter's progress with his oral appliance and will now refer him back to you for a review.

Thank you once again for the referral.

Harry