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An Audit Investigating the Appropriateness of Referrals to the Dental Sleep Clinic at Guy's Hospital

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Introduction: The Guy's Hospital Dental Sleep Clinic receives a large amount of referrals for the construction of mandibular advancement devices. The aim of this audit was to decrease the number of discharges from the Dental Sleep Clinic due to inappropriate referrals.

Materials and methods: This was a three cycle retrospective audit. We collected data from the dental sleep clinic over a three month period to include 100 patients per cycle. The first cycle took place between September 2022 and November 2022. After implementing our first change we recorded data for the second cycle between February 2023 and April 2023. After implementing the second change we recorded data for the third cycle between July 2023 and August 2023.

Results: The findings highlighted that there was a considerable improvement in accepted referrals, from 60% in the first cycle to 65% and 71% in the second and third cycle respectively. The main reason for a declined referral was that the patient had not seen their dentist within the last 6 months.

Discussion: Based on the results of the first cycle of the audit we implemented two interventions. The first was to update

the website page of the Dental Sleep Clinic to make the referral criteria more accessible for referrers and patients. The second intervention was presenting the findings and updating clinicians on our referral criteria to the Guy's Sleep Medicine Team, where the majority of referrals are from.

Conclusion: The introduction of the referral criteria to the website and presentation to the sleep medicine team at Guy's Hospital, led to a significant reduction in declined referrals. Nevertheless, our standard of 100% acceptance was not met. Further studies assessing and improving patients' ability to access dental care would be beneficial in improving acceptance rates.

Biography

Seema Tania Imantabari is a professional based in Rickmansworth, England, United Kingdom. She is recognized for her dedication to excellence and continuous personal and professional growth. Seema actively contributes to her field with a forward-thinking and collaborative approach. She is known for her strong commitment to community values and professional integrity. Seema continues to expand her expertise while making a positive impact in her environment.