

City Hospital  
Dudley Road  
Birmingham

**Respiratory Department** - For queries please telephone: 0121 507 4586/5835/5682 or email at: [swb-tr.SWBH-GM-Respiratory-medsec@nhs.net](mailto:swb-tr.SWBH-GM-Respiratory-medsec@nhs.net)

AH/LG/RXK4290760

Transcribed: 13/04/2017 Clinic Appointment Date: 30/03/2017 Site:

2 - MAY 2017

Dr BA Andreou  
Oldbury Health Centre  
Albert Street  
Oldbury  
West Midlands  
B69 4DE

|                |
|----------------|
| SEEN BY DOCTOR |
| NOTES          |
| ACTION         |

Dear Dr Andreou,

**Re: MISS Marie Michelle Brown DOB: 18/09/1975 NHS Number: 6082765451 RXK4290760**

Thanks for referring this patient to the sleep clinic where she was seen today. She tells me that she has a significant history of anxiety and depression. She explained that she was involved in some sort of incident in 2010 whereby Police broke into her flat (they were concerned about her safety). Since then, she has been having difficulty falling to sleep and it sounds like a bit of post traumatic disorder. She says that she keeps getting the feeling that somebody is going to break into her flat again which causes difficulty in falling asleep. She, therefore, ends up feeling tired and sleepy in the day time but she was unsure of any snoring going on when asleep and denies any apnoeic episodes. She says she tries to go to bed around 10.30 pm and wakes up a couple of hours after that and then she tries to fall asleep again so it sounds like she has pretty poor sleep quality. Her Epworth score is only 5. She suffers from anxiety, depressions is a smoker and occasionally drinks alcohol. SAFE & WELL  
CHECK IN  
ERROR

She does drive and denies any accidents whilst driving. Her current medication includes Zopiclone, Circadin, Lansoprazole. Her weight is 89 kg, Height 1.68 m giving her a BMI of 31.

Her history does not, typically, suggest sleep disordered breathing it sounds more like anxiety and post traumatic stress syndrome and depression and poor sleep quality. In order to exclude any sleep disordered breathing I have requested sleep studies today and, if that confirms OSA, she will be offered

Sandwell & West Birmingham Hospitals NHS Trust is research active. During your appointment you may be asked to participate in a research study if you are eligible

