

Legal Aspects Team
Health Records Department
Gartnavel General Hospital
1053 Great Western Road
Glasgow
G12 0YN



MMA LEGAL LIMITED
STOK
43-59 PRINCES STREET
STCOKPORT
SK11RY

Date: 22nd May 2026
Your Ref: 100069
Our Ref: LAT/ACCESS/JM
Enquiries to: JESSICA MCGHIE
Direct Line: 0141 211 3039
Email: Jessica.mcghie@nhs.scot

Dear Sir/Madam

Re: Subject Access Request under the General Data Protection Regulation

Patient: ROBERT LEITCH

D.O.B: 15/08/1977

Thank you for your request received 6th May 2026 in which you seek a copy of your client's personal information.

Your request has been dealt with in line with our requirements under Article 15 of the General Data Protection Regulation and I now attach the following:

**NHS GREATER GLASGOW AND CLYDE HOSPITALS
PLEASE NOTE ANY RADIOLOGY WILL FOLLOW VIA EMAIL LINK**

Please be aware that these health records have been reviewed by a clinician and any information identifying or provided by a third party has been removed.

We process personal information to enable us to provide healthcare services for patients; support and manage our employees; to carry out research and clinical trials; maintain our accounts and records and to carry out data matching under the national fraud initiative. We also use CCTV systems for crime prevention.

This personal information can be both clinical and non-clinical in nature and can include

- Patient health records, photographs or radiology images
- Video/telephone recordings, including CCTV images
- Witness statements
- Incident reports
- Complaints files
- Emails

The source of our data includes Patients, General Practitioners, Healthcare, Social and Welfare organisations, Legal representatives and Police forces.

We sometimes need to share the personal information we process with the individual themselves and also with other organisations as listed above. Where this is necessary we are required to comply with all aspects of the General Data Protection Regulation

Where these organisations are based outside Europe we take all appropriate safeguards to protect your information.

Health records are kept for a limited time and this is noted below for your information

- Adult general hospital records – six years after the date of last entry
- Maternity records – 25 years after the birth of the last child
- Children's and young people's records – until the child or young person's 25th birthday.
- Mental health records – 20 years after the date of the last contact

If you have any queries, please do not hesitate to contact us.

If you are unhappy with how your request has been dealt with please contact the NHSGGC Data Protection Officer. Their contact details are noted below

Data Protection Officer
Information Governance Department
NHS GG&C – 2nd Floor
1 Smithhills Street
Paisley
PA1 1EB
Email: data.protection@ggc.scot.nhs.uk

Yours sincerely

Legal Aspects Team

ELECTRONIC PATIENT RECORDS

ALL HOSPITAL RECORDS HELD NHSGGC

ACS

BEATSON HOSPITAL

CANNIESBURN HOSPITAL

DENTAL HOSPITAL

GARTNAVEL GENERAL HOSPITAL

GLASGOW ROYAL INFIRMARY

INVERCLYDE ROYAL HOSPITAL

NEW VICTORIA ACH

PRINCESS ROYAL MATERNITY

QUEEN ELIZABETH UNIVERSITY HOSPITAL

ROYAL ALEXANDRA HOSPITAL

ROYAL HOSPITAL FOR CHILDREN

STOBHILL HOSPITAL

VALE OF LEVEN

WEST AMBULATORY CARE HOSPITAL

WESTERN INFIRMARY RECORDS

Including:

BADGERNET

CAREVUE

RADICAL ILLUSTRATION

METAVISION

PHYSIOTHERAPY

RADIOLOGY

WEST MARC

LABS

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Gartnavel Sleep Clinic

Dr C Carlin Consultant Physician
Dr M Rouse GP with Specialist Interest
Mrs H Ambler Clinical Physiology Manager
Mrs D Mortimer Secretary

Telephone: 211 3482 - Secretary
211 3108 - Respiratory lab
211 6735 - Helpline
211 3072 - Clinic reception

First clinic



appointment

P:
di:

1508773076

LEITCH

Robert

ROYAL AN LOCHAN

Tighnabruaich, Argyll

M

15/08/1977

PA21 2BE

07867 301 85

Clinic date:

Busie

Height 183 cm Weight 127.3 kg Neck size 20 BP 152/93 SpO2 95
BMI 38 Epworth 20/24 STOP 3/4 STOP-BANG 4/8

Referral from: GP ☒ Other (specify) _____

Daytime symptoms: (unrefreshing sleep, intrusive daytime sleepiness, headache, impaired concentration or memory, accidents, cataplexy, restless legs)

Can have a good sleep / other things look fine / Mammies job / Can't sleep
Has to have a sleep at night / Falls asleep at night / Heavy dog / Falls asleep /

Nighttime symptoms: (snoring, witnessed apnoeas, choking awakenings, if and why fragmented sleep, nocturia, parasomnia features, sleep paralysis, hypnagogic or hypnopompic hallucinations)

Gets to sleep ok / Wakes 2-4 hrs at night / Snors - worse at this / Wakes little

History: Wakes 8:30 - 2pm

Sleep hygiene: (caffeine, alcohol, TV and computer use, bedtime, risetime, shiftwork, posture)

12mid - 8am / No alcohol / 4 x coffee / 2-2 litres water / Snoring 420/day

Driving or occupational issues:

Chet / Non Driver

No comorbis

Mood:

Stable

Other history: (eg hypertension, diabetes, cardiorespiratory disease, CVA, family history sleep disorder)

Nil

FH - nil

Medications: (hypnotics, SSRIs, other antidepressants, opiates, other sedatives, others)

G-codamol

ENT issues: (nasal status, tonsils, previous surgery, macroglossia, goitre)

Nil

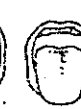
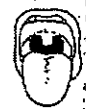
Dentition: Healthy ☒

False teeth ☐

Retrognathia ☐

Exam findings: (neurological, other)

Oropharynx



Class 1

Class 2

Class 3

Class 4

☐

☒

☐

☐

Provisional Diagnosis & Plan: POC + MCLST

Driving advice given? ☐

Weight loss advice given? ☒

Signature

Nil

N/A

Gartnavel Sleep Clinic

Dr C Carlin Consultant Physician
Dr M Rouse GP with Specialist Interest
Mrs H Ambler Clinical Physiology Manager
Mrs D Mortimer Secretary

Telephone: 211 3482 - Secretary
211 3108 - Respiratory lab
211 6735 - Helpline
211 3072 - Clinic reception



Patient
data

1508773076

LEITCH

Robert

ROYAL AN LOCH
Tighnabruach, Argyll

M
15/08/1977

PA21 2BE

Epworth sleep questionnaire

We are trying to find out how likely you are to doze off or fall asleep in the following situations, in contrast to just feeling tired. This refers to your usual way of life in recent times. Even if you have not done some of the things recently, try to work out how they would have affected you. Choose the most appropriate number for each situation:

0 = would never doze 1 = slight chance of dozing
2 = moderate chance of dozing 3 = high chance of dozing

Situation	Chance of dozing
Sitting and reading	3
Watching television	3
Sitting inactive in a public place	2
As a passenger in a car for an hour without a break	3
Lying down to rest in the afternoon when circumstances permit	3
Sitting and talking to someone	2
Sitting quietly after lunch without alcohol	2
In a car while stopped for a few minutes in the traffic	2

STOP - BANG questionnaire (we will check your BMI and collar size in the clinic today)

Questions	Yes	No
Do you snore loudly (louder than talking or loud enough to be heard through closed doors?)	✓	
Do you often feel tired, fatigued or sleepy during daytime?	✓	
Has anyone observed you stop breathing during your sleep?	✓	✓
Are you now or have you been treated for high blood pressure?		✓
Is your BMI more than 35 kg/m ² ?	✓	
Is your age over 50 years old?		✓
Is your neck circumference greater than 40cm / 16 inches?	✓	
Are you male?	✓	

Sometimes

Sleep questions

Do you often experience:-	Yes	No
Fatigue?	✓	
Problems with remembering things?	✓	
Unrefreshing sleep?	✓	
Irritability?		
Tiredness during the day?	✓	
Problems with concentration?		
Problems with attention?		✓
A need to take planned or unplanned naps?	✓	
At night:-		
Do you often waken yourself choking or with snoring?	✓	
Are you restless?	✓	
Has anyone observed you stop breathing during your sleep?	✓	✓
Do you snore?	✓	
Is your sleep disrupted by a need to go to the bathroom frequently?	✓	
Do you ever talk or move abnormally in sleep?		✓
Do you act out dreams?		✓

Sometimes

??

Sometimes

Clinic Letter

Gartnavel General Hospital
1053 Great Western Road
Glasgow
G12 0YN
0141 211 3000

Dr. S Saleem
Church Street Surgery
30 Church Street
Dunoon
PA23 8BG

Main
Switchboard:
Department:
Contact Tel:
Enquiries to:
Letter Date:
Reference:
Dictated
Date:
Transcribed
Date:

Respiratory Medicine
0141 451 6088
Jean.Riach@ggc.scot.nhs.uk
13/04/2018
GM/LH
13/04/2018
25/04/2018

Dear Dr. S Saleem,

**Robert Leitch; D.O.B: 15 Aug 1977; CHI: 1508773076
COT HOUSE INN, SANDBANK, Dunoon, Argyll, PA23 8QS**

Attendance: Specialty - Respiratory Medicine; Clinic - GGCCRE0-DR CARLIN SLEEP CLINIC FRI PM

Date and Time of Appointment - 13/04/2018 15:30

Clinical Comments:**Diagnosis:**

1. Obstructive sleep apnoea syndrome
2. Narcolepsy - for a trial of Modafinil

I reviewed this 40 year old gentleman in the Sleep Clinic today. He has had a long standing history of sleep disruption and intrusive daytime somnolence. He had a full polysomnography done in July 2017, which indicates a severe sleep disordered breathing at this point. His AHI was 42 and an ODI of 16 events per hour. He had REM without atonia but no sleep movement disorder. As a result he was commenced on CPAP and has been using this on a regular basis for at least 6 or 7 hours a night every night. Unfortunately, despite this treatment he has an Epworth of 24. He has, however, managed to hold down his regular job as a chef, and does work most mornings and some evening shifts. He does find that he has a nap during the day to counteract his daytime somnolence.

MSLT following his full polysomnography showed a reduced sleep onset and achieved REM in all 4 naps. This was diagnostic of narcolepsy. In the first instance he was trialled with CPAP alone, but in view of his daytime somnolence not improving with the CPAP, I have chosen to give him a trial of Modafinil in addition to this. I have advised him to start with a dosage of 200 mgs once in the morning and try this for at least 1 week. I have advised him on the common side effects, mostly being GI. He can then increase and add in an additional dose of 100 mgs at midday, if he feels that he still requires this to overcome his daytime somnolence. I have given him a hand written letter to had in to

your practice for him to get a repeat prescription for this. He can titrate his dose up as required to a maximum dose of 400 mgs a day. He is due to have an apnoea review at the start of July, and I have timed his return appointment with our Sleep Ventilation Clinic at the same time. He is to continue on his Modafinil if tolerated until his review in July.

Please do not hesitate to contact me if you have any questions about this gentleman's visit to the clinic.

Yours sincerely

Grace McDowell

Clinical Fellow - Sleep and Breathing Support Medicine

Electronically Signed: Dr Grace McDowell, Doctor

cc.

Clinic Letter

Dr. AJ MacGregor
Dr Taylor-kavanagh & Partner
246 Argyll St
Dunoon
PA23 7HW

Main
Switchboard:
Department:
Contact Tel:
Enquiries to:
Letter Date:
Reference:
Dictated
Date:
Transcribed
Date:



Gartnavel General Hospital
1053 Great Western Road
Glasgow
G12 0YN
0141 211 3000

Respiratory Medicine
0141 451 6088
Jean.Riach@ggc.scot.nhs.uk
06/01/2017
MR/ED
06/01/2017
17/01/2017

Dear Dr. AJ MacGregor,

Robert Leitch; D.O.B: 15 Aug 1977; CHI: 1508773076
Royal An Lochan, Tighnabruaich, Argyll, PA21 2BE

Attendance: Specialty - Respiratory Medicine; Clinic - GGCCRE0-DR CARLIN SLEEP CLINIC FRI PM

Date and Time of Appointment - 06/01/2017 13:50

Clinical Comments:

ESS 20/24, STOP 3/4, STOP-BANG 6/8

Thank you for your referral of this 39 year old man to Dr Carlin's Sleep Clinic. He was seen in 2013 with a sleep test at this time. He tells me he feels many mornings he has had great a sleep. Other mornings he can feel quite tired and could just go back to sleep. He manages his job although he can fall asleep a couple of hours after getting up and has fallen asleep eating toast at work. He does have to have a sleep most afternoons. He falls asleep if he was watching television without fail and just feels tired the whole time. He gets to sleep at night quite easily. He wakes 2 - 4 times/night. He snores and is aware of this and wakes himself occasionally. He works 8.30 a.m. - 2 p.m. having reduced his hours. He has tried to change his lifestyle, improving his diet, losing weight and reducing smoking but was fairly disgruntled today that this has not improved things despite having been advised to do this at the last Clinic. He tries to go to bed before midnight and gets up at 8 a.m. for work. He doesn't drink alcohol. He drinks 4 cups of coffee/day. He drinks 2x 2 litre bottles of Im Bru Xtra which he informs me is caffeine free. He smokes less than 20 cigarettes/day. He doesn't take any cannabis or other drugs. He works as a chief, he is a non driver. He describes his mood as being stable.

There is no past medical history or family history of note.

He is on Co-codamol occasionally.

On examination today his height was 1.83 metres, weight was 127 kgm giving a BMI of 38, neck size was 20", blood pressure 152/93, oxygen saturation on air was 95%. His teeth are his own. There were no ENT issues. He was Mallampati Class 2.

I discussed his previous sleep test with him which was normal and showed no evidence of abnormality in terms of obstructive sleep apnoea. He did seem to have some sleep fragmentation although there was no obvious cause for this. He again said that he was very unhappy that he had been told to lose weight, exercise, he had reduced his work hours and reduced his work stress and he still was exhausted all the time. I have suggested that we do a polysomnograph with planned naps, MLST and have a look to try to rule out any other sleep disorder. I did wonder if he possibly had mild narcolepsy although the sleep test before would not really suggest that. He is however extremely tired all the time and can sleep very easily and I felt this was worth doing. He wasn't particularly keen to do this but has agreed and we will be in touch with an appointment. We will obviously write to him and to the GP with his results.

Than you for your help.

Yours sincerely

Dr Mary Rouse

GP with special interest

Electronically Signed: Dr Mary Rouse1, Doctor

cc.

Acute Services Division

Emergency Care and Medicine Services Directorate

Department of Respiratory Medicine

DR. CARLIN'S RESPIRATORY CLINIC

Garthavel General Hospital
1053 Great Western Road
Glasgow G12 0YN
Switchboard: 0141 211 3000
Fax: 0141 211 3464



Clinic 12/02/2013
Dictated 12/02/2013
Typed 20/02/2013
Our Ref CC/LH
Enquiries to 0141 211 3482

Dr Louise Taylor-Kavanagh
Drs Campbell
246 Argyll St
PA23 7HW

Dear Dr Taylor-Kavanagh

Robert Leitch ~ 15/08/1977 ~ CHI: 1508773076 ~ CRN: 64597456K
01 Pier Road, Royal Brae, Innellan, PA23 7TE

Mr Leitch came for sleep testing. Contrary to my expectations this was reassuring. Full analysis will take some time but there is no major obstructive sleep apnoea. There is some minor flow limitation in keeping with his build but this will not be causing particular sleep disruption.

I therefore think his daytime sleepiness is a result of his shift-work and previous extended hours. He has cut his hours back further but he is still finding fatigue a problem. I have suggested further attempts at weight loss; adopting something of an exercise routine and I have explained that it takes many months at least for sleep routines to recover from shift work upsets.

I haven't arranged further review but if there's anything arising from the full analysis on his polysomnography I'll be in touch again.

Yours sincerely

Chris Carlin
Consultant Physician

Acute Services Division

Emergency Care and Medicine Services Directorate

Department of Respiratory Medicine

DR. CARLIN'S RESPIRATORY CLINIC

Gartnavel General Hospital
1053 Great Western Road
Glasgow G12 0YN
Switchboard: 0141 211 3000
Fax 0141 211 3464



Clinic 04/01/2013
Dictated 04/01/2013
Typed 24/01/2013
Your Ref
Our Ref CC/CM
Enquiries to 0141 211 3482

Dr Louise Taylor-Kavanagh
Drs Campbell
246 Argyll St
PA23 7HW

Dear Dr Taylor-Kavanagh

Robert Leitch ~ 15/08/1977 ~ CHI: 1508773076 ~ CRN: 64597456K
01 Pier Road, Royal Brae, Innellan, PA23 7TE

Many thanks for referring this young gentleman who I think quite likely has obstructive sleep apnoea syndrome.

He is overweight, he does smoke and he previously took alcohol to excess and prominent snoring, choking awakenings, unrefreshing sleep, poor concentration and day time sleepiness have been long lying problems, much worse over the last 3-4 years. There has been some partial improvement as he has achieved 3-stone weight loss and cut back his busy split shift working as a chef in a hotel. He now works 2am-2.30pm and 6-10.30 pm. He falls asleep uncontrollably in the afternoon and he will often be asleep in bed shortly after his shift is finished.

There is no nasal trouble. Oropharynx isn't overtly crowded. His teeth aren't very healthy. BMI is 36 and a weight of 121 kilos today. Collar size is 19 inches. Epworth sleepiness score was 20/24. Blood pressure was 122/94.

I have of course advised on further weight loss. I have also said he must stop smoking. I explained the suspected diagnosis to him and discussed the possibility of treatment. Given the travel distances we will arrange to investigate him as an over night inpatient to stay in the sleep room in the coming weeks. If this confirms sleep apnoea we will proceed on to initiate CPAP the following morning and I will write with an update after all of that.

Currently he doesn't drive but he is aware of the responsibilities should that change in future.

Yours sincerely,

Chris Carlin
Consultant Physician

Letter to Patient:

Robert Leitch
Royal An Lochan
Tighnabruaich
Argyll
PA21 2BE

Main
Switchboard:
Department:
Contact Tel:
Enquiries to:
Letter Date:
Reference:
Dictated
Date:
Transcribed
Date:



Gartnavel General Hospital
1053 Great Western Road
Glasgow
G12 0YN
0141 211 3000

Respiratory Medicine
0141 451 6088
Jean.Riach@ggc.scot.nhs.uk
29/08/2017
CC/LH
07/08/2017
16/08/2017

Dear Mr Leitch,

Thank you for coming for the repeat sleep test recently and I have now got the full results from these. I know the team had started you up trialling CPAP equipment to see if that would be helpful after a sleep test. From the initial discussions that you had with them you have been using CPAP and your remote monitoring of this is all satisfactory. You haven't however felt that this helped your sleepiness.

Your sleep test results otherwise are quite different from before and I think that helps us pin things down and I think we can also talk about trialling you with some treatment to help with daytime sleepiness.

I would like to see you back at my sleep clinic and I have asked for you to get an appointment.

Best wishes.

Yours sincerely

Chris Carlin

Consultant Physician

Sleep, Breathing Support & Respiratory Medicine

Enc

Electronically Signed: Dr Chris Carlin, Consultant

cc. Dr A J MacGregor
Dr Taylor-Kavanagh & Partner

246 Argyll St
Dunoon PA23 7HW

Hospital use only	Clinic	Day Date	Time	Hospital No.
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REFERRAL LETTER MEDICAL IN CONFIDENCE		Attachments Respiratory Medicine - 25012016 Referral 65039
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Additional Support Needs:
No known ASN requirements

REFERRAL TO			
Respiratory Medicine - Sleep GGC General Referral		Consultant / receiving practitioner and/or specialty clinic	
West Glasgow 1053 Great Western Road Glasgow G12 0YN		Hospital and hospital address Hospital location code: G516H Email address: -	
Urgency of referral Date of referral	Routine 04-Oct-2016	Date sent	04-Oct-2016

PATIENT DETAILS		Patient's address	
Surname	LEITCH	ROYAL AN LOCHAN TIGHNABRUAICH PA21 1BE Contact number(s) Voice: 07867301185	
Forename(s)	ROBERT		
Title	MR		
Sex	Male		
Date of birth	15-Aug-1977		
CHI no.	1508773076		
Area of Residence	-		

101012258178K	Unique Care Pathway Number: 101012258178K
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REGISTERED GP DETAILS				Practice address	
Name	Dr Alida Macgregor			KYLES MEDICAL CENTRE SCHOOL ROAD TIGHNABRUAICH ARGYLL PA21 2BE Contact number(s) Voice: 01700811207	
GMC code	6120486	GP code	69540		
Practice name	Kyles Medical Centre				
Practice code	84773				

REFERRING GP DETAILS				Practice address	
Name	Dr. Alida MacGregor			Kyles Medical Centre Tighnabruaich Argyll PA21 2BE Contact number(s) Voice: 01700 811207	
GMC code	6120486	GP code	69540		
Practice name	Dr A MacGregor & Dr N Hallum (84773)				
Practice code	84773				

CLINICAL INFORMATION**History of presenting complaint****Presenting complaint**

Description: excessive daytime sleepiness

Comment: This patient was originally referred to the clinic in January, he apparently DNA'd an appointment in April but he denies ever receiving an appointment. His symptoms are ongoing and worsening so can he please be given another appointment for review.

Regards

Alida MacGregor

Reason for referral

Care type requested: Out Patient

Expected outcome: Not Specified

Past medical history**Pre-existing conditions** (High & medium priority - all)

Description	Date of onset	Date recorded
Alcohol dependence syndrome	01-Mar-1991	01-Mar-1991

Current medication (Active Repeat medication issued within the last 12 months)

No current medications recorded

Recent medication (Any medication issued within last 90 days not shown above)

Drug name	Quantity	Formulation	Dosage	Frequency	Date started	Date last issued
Omeprazole 20mg gastro-resistant capsules	28	capsule	1 CAPSULE ONCE A DAY	-	29-Aug-2016	29-Aug-2016
Ibuprofen 400mg tablets	84	tablet	1 TABLET THREE TIMES DAILY	-	29-Aug-2016	29-Aug-2016
Co-codamol 30mg/500mg tablets	100	tablet	TAKE TWO TABLETS FOUR TIMES P[more]	-	29-Aug-2016	29-Aug-2016
Co-codamol 30mg/500mg tablets	100	tablet	TAKE TWO TABLETS FOUR TIMES P[more]	-	21-Jul-2016	21-Jul-2016
Co-codamol 30mg/500mg tablets	100	tablet	TAKE TWO TABLETS FOUR TIMES P[more]	-	12-May-2016	12-May-2016
Naproxen 250mg tablets	56	tablet	1-2 TABLET TWICE DAILY	-	12-May-2016	12-May-2016

Blood Pressure

Date Recorded	Systolic	Diastolic
18-Jan-2016	120	84
14-Jan-2016	134	88

Body Measurements

No Body Measurements Recorded

Clinical warnings**Additional Support Needs**

No known ASN requirements

Additional relevant information**Administrative information**

OK to send correspondence to home address?: Yes

Patient will accept any site:Yes

Patient will accept cancellation or short notice appointment (within 1-6 days):Yes

Referred By:Referring GP

Electronic Attachment Present:Yes

Respiratory Medicine -
25012016 Referral 65039

Signature of referring doctor (or other professional) Date

Hospital use only	Clinic	Day Date	Time	Hospital No.
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	REFERRAL LETTER MEDICAL IN CONFIDENCE	Attachments
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Additional Support Needs:
No known ASN requirements

REFERRAL TO		
Respiratory Medicine GGC General Referral		Consultant / receiving practitioner and/or specialty clinic
Western Infirmary/Gartnavel General Dumbarton Road Glasgow G11 6NT		Hospital and hospital address Hospital location code: G516H Email address: -
Urgency of referral Date of referral	Routine 25-Jan-2016	Date sent 25-Jan-2016

PATIENT DETAILS		Patient's address	
Surname	LEITCH	40 ARDENS LATE CRESCENT KIRN DUNOON PA23 8NG Contact number(s) Voice: 07867301185	
Forename(s)	ROBERT		
Title	MR		
Sex	Male		
Date of birth	15-Aug-1977		
CHI no.	1508773076		
Area of Residence	-		

101010702794T

Unique Care Pathway Number: 101010702794T

REGISTERED GP DETAILS				Practice address	
Name	Dr Alida Macgregor			KYLES MEDICAL CENTRE SCHOOL ROAD TIGHNABRUAICH ARGYLL PA21 2BE Contact number(s) Voice: 01700811207	
GMC code	6120486	GP code	69540		
Practice name	Kyles Medical Centre				
Practice code	84773				

REFERRING GP DETAILS				Practice address	
Name	Dr Jenny Leigh			KYLES MEDICAL CENTRE SCHOOL ROAD TIGHNABRUAICH ARGYLL PA21 2BE Contact number(s)	
GMC code	6075978	GP code	69540		
Practice name	Kyles Medical Centre				
Practice code	84773				

Voice: 01700811207

CLINICAL INFORMATION**History of presenting complaint****Presenting complaint**

Description: excessive daytime sleepiness

Comment: Please could you see this 38 year old chef who has ongoing excessive sleepiness during the day. He was previously seen by Dr Carlin in 2013 where sleep studies were unremarkable. He has since changed his job and no longer works shifts as well as losing 4 stone in weight. Despite this he continues to find himself falling asleep during meals, in the middle of conversations and whilst on the bus. He is unable to read a newspaper or watch tv without falling asleep. He also notes that if he is laughing very hard he can feel as though he is unable to move for a short period. He doesn't drink alcohol and has no problem getting to sleep however can wake up once in the early hours of the morning. I wondered about narcolepsy however he denies any history of hallucinations or sleep paralysis.
Epworth Sleepiness Score is 22.
I would appreciate your further assessment with a view to diagnosis as this is having a significant impact on his well being.

Many thanks,

Yours Sincerely

Dr Jenny Leigh

Reason for referral

Care type requested: Out Patient

Expected outcome: Not Specified

Past medical history**Current medication** (Active Repeat medication issued within the last 12 months)

No current medications recorded

Recent medication (Any medication issued within last 90 days not shown above)

<u>Drug name</u>	<u>Quantity</u>	<u>Formulation</u>	<u>Dosage</u>	<u>Frequency</u>	<u>Date started</u>	<u>Date last issued</u>
Flucloxacillin 500mg capsules	20	capsule	TAKE ONE CAPSULE FOUR TIMES A DAY	-	06-Jan-2016	06-Jan-2016
Phenoxymethylpenicillin 250mg tablets	40	tablet	2 TABLETS FOUR TIMES DAILY	-	06-Jan-2016	06-Jan-2016
Phenoxymethylpenicillin 250mg tablets	56	tablet	2 TABLETS FOUR TIMES DAILY	-	31-Dec-2015	31-Dec-2015
Flucloxacillin 500mg capsules	28	capsule	TAKE ONE CAPSULE FOUR TIMES A DAY	-	31-Dec-2015	31-Dec-2015
Flucloxacillin 250mg capsules	28	capsule	1 CAPSULE FOUR TIMES A DAY	-	10-Dec-2015	10-Dec-2015

Blood Pressure

<u>Date Recorded</u>	<u>Systolic</u>	<u>Diastolic</u>
18-Jan-2016	120	84
14-Jan-2016	134	88

Body Measurements

No Body Measurements Recorded

Clinical warnings**Additional Support Needs**

No known ASN requirements

Additional relevant information

Administrative information

OK to send correspondence to home address?:Yes

Patient will accept any site:Yes

Patient will accept cancellation or short notice appointment (within 1-6 days):Yes

Patient has disability or requires wheelchair access:No

Referred By:Referring GP

Electronic Attachment Present:No

Signature of referring doctor (or other professional) Date

Hospital use only	Clinic	Day Date	Time	Hospital No.
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	REFERRAL LETTER MEDICAL IN CONFIDENCE	Attachments
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Additional Support Needs:
No known ASN requirements

REFERRAL TO			
Respiratory Medicine GGC General Referral		Consultant / receiving practitioner and/or specialty clinic	
Western Infirmary/Gartnavel General Dumbarton Road Glasgow G11 6NT		Hospital and hospital address Hospital location code: G516H Email address	
Urgency of referral Date of referral		ROUTINE 07-Nov-2012 Date sent 07-Nov-2012	

PATIENT DETAILS		Patient's address	
Surname	LEITCH	01 PIER ROAD ROYAL BRAE INNELLAN DUNOON PA23 7TH Contact number(s) Voice: 830779	
Forename(s)	ROBERT		
Title	MR		
Sex	Male		
Date of birth	15-Aug-1977		
CHI no.	1508773076		
Area of Residence			

1010044596669	Unique Care Pathway Number: 1010044596669
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REGISTERED GP DETAILS				Practice address	
Name	Dr L Taylor - Kavanagh			246 ARGYLL STREET DUNOON ARGYLL PA23 7HW Contact number(s) Voice: 01369703354	
GMC code	4307206	GP code	69663		
Practice name	Drs Campbell Taylor-Kavanagh Mosley				
Practice code	84256				

REFERRING GP DETAILS				Practice address	
Name	Dr. Louise Taylor-Kavanagh			246 Argyll St Dunoon PA23 7HW Contact number(s) Voice: 01369 703279	
GMC code	4307206	GP code	69663		
Practice name	Drs Campbell & Partners (84256)				
Practice code	84256				

CLINICAL INFORMATION**History of presenting complaint****Presenting complaint**

Description: Sleep apnoea clinic

Comment: Please could you assess this 35 year old gentleman who complains of feeling tired all the time and sleeping excessively. He thinks he may snore but is not aware of any obvious sleep apnoea and he is an ex-smoker. He has lost weight recently but his collar size is still 18 ½ and his Epworth Score is 19. Please could you explore the possibility of sleep apnoea with the patient?

Reason for referral

Care type requested: Out Patient

Expected outcome: Advise

Past medical history**Pre-existing conditions** (High & medium priority - all)

<u>Description</u>	<u>Comment</u>	<u>Date of onset</u>	<u>Date recorded</u>
H/O: alcoholism	Attending AA : DATE_RECORDED=30/06/2003	27-Dec-2002	27-Dec-2002
Alcoholism	Family counselling re alcohol and anxiety problems : DATE_RECORDED=30/06/2003	16-Apr-1991	16-Apr-1991
[X]Anxiety state	counselling re: alcoholism	01-Apr-1991	01-Apr-1991
Nondependent alcohol abuse NOS	-	01-Mar-1991	01-Mar-1991

Current medication (Active Repeat medication issued within the last 12 months)

No current medications recorded

Recent medication (Any medication issued within last 90 days not shown above)

<u>Drug name</u>	<u>Quantity</u>	<u>Formulation</u>	<u>Dosage</u>	<u>Frequency</u>	<u>Date started</u>	<u>Date last issued</u>
Amoxicillin 500mg capsules	21	capsule	1 THREE TIMES A DAY	-	05-Nov-2012	05-Nov-2012
VARENICLINE tabs 1mg	56	tablet	TAKE ONE TWICE DAILY	-	28-May-2012	28-May-2012
FLUCLOXACILLIN caps 250mg	28	capsule	TAKE ONE FOUR TIMES DAILY	-	28-May-2012	28-May-2012

Blood Pressure

No Blood Pressures Recorded

Body Measurements

No Body Measurements Recorded

Lifestyle Risks and Alerts / Examinations and Investigations

<u>Description/Question</u>	<u>Result/Comment</u>	<u>Date</u>
Ex smoker:	Smoking status on date of event: Ex-smoker, Date patient stopped smoking:	05-Nov-2012
Current smoker:	Smoking status on date of event: Smoker, Number of cigarettes smoked per day: 50.	24-Apr-2012
Current smoker:	Smoking status on date of event: Smoker.	21-Mar-2012
Current smoker:	Smoking status on date of event: Smoker, Number of cigarettes smoked per day: 0.	09-Mar-2009
Current smoker:	Smoking status on date of event: Smoker, Number of cigarettes smoked per day: 0.	19-Oct-2006
Teetotaler:	Drinking status on eventdate: Life teetotaler, Units of alcohol drank per week: 0. NOTES: ACTION=No Action Required : PROTOCOL=Alcohol Intake\$\$.	03-Jun-2003

Heavy drinker - 7-9u/day:

Drinking status on eventdate: Current drinker, Units of alcohol drank per week: 0.
NOTES: ACTION=Repeat after an Interval : PROTOCOL=Alcohol Intake\$.

15-Mar-2000

Clinical warnings

Additional Support Needs

No known ASN requirements

Additional relevant information

Administrative information

OK to send correspondence to home address?:Yes

Patient will accept any site:Yes

Patient will accept cancellation or short notice appointment (within 1-6 days):Yes

Patient has disability or requires wheelchair access:No

Referred By:Referring GP

Electronic Attachment Present:No

Signature of referring doctor (or other professional) Date

Previous Patient Notes for Oral and Maxillofacial Surgery (newest at the top).

Note: Specialty search returns patient notes from 13th November 2018 onwards. Patient notes older than that date, tagged Historical Notes, that don't have a specialty assigned can only be viewed within the Patient Notes section in the Clinical Documents tree.

Patient Note		Outpatient Note
Date/Time: 01-Jan-2024 18:38	Created By: FY2 Dentist - Pujan Rai	Role:
Specialty: Oral and Maxillofacial Surgery	Organisation:	Sensitive
Note:		
Patient seen in Treatment room ward 63 (Shona /Pujan)		
Patient referred from Dunoon by GP for R facial swelling and drooping Patient c/o right sided facial swelling lateral to nose for a day. No previous hx of similar swelling.		
Mhx: DM, Complex sleep apnoea, Narcolepsy Meds: Metformin, modafinil, co-codamol Allergic to Ibuprofen		
O/E: diffuse swelling on right maxilla lateral to nose (nasolabial fold obliterated), soft and tender Right infra orbital swelling - puffiness, nontender Mouth opening - normal UR2 tender to palpation and percussion, grade I mobility, Buccal composite restoration Tenderness on the buccal sulcus UR2 UR4 - amalgam restoration, mobility grade I, non tender		
OPG - Secondary caries UR2, UR4, UL2, UL4, Caries LL4		
Plan: 1 Extraction UR2 and drainage 2. Antibiotics and RCT in later date		
Patient prefer to extract the tooth today		
Consent taken		
Procedure: LA 2% Lignocaine 1:80,000 adrenaline 4.4ml given Tooth UR2 elevated out socket explored and washed out with normal saline No pus noted HA POIG		
Oral antibiotics and follow up with his own dentist for further dental treatment		
Worsening advice given		
Pujan Rai Junior clinical fellow		

Patient Agreement to Investigation or Treatment Consent Form.



Patient details (or pre-printed label)

Hospital / clinic / GP practice	
Patient's surname / family	1508773076 LEITCH
Patient's first name	Robert M 97 ARDENSLATE ROAD KIRN Dunoon, Argyll
Date of birth	15/08/1977
CHI number	PA23 8NN
Gender	Male ☐ Female ☐
Special requirements (e.g. other language / communication method)	

Statement for practitioner

(to be filled in by practitioner with appropriate knowledge of proposed procedure)

Describe proposed operation, investigation or other treatment.

Where appropriate specify site or side (write in full).

Extraction of upper right lateral incisor & drainage of infection under local anaesthetics.

Specific risks / complications

Please detail any specific risk/complications related to the procedure that were discussed.

Pain, Swelling, bleeding, bruising, infection, may require further surgery.

I have explained the procedure named on this form to the patient in terms which, in my judgement, are suited to their understanding. In particular, I have fully explained: the intended benefits; appropriate alternatives which are available (including no treatment); any significant risks which may result from the procedure; and any extra procedures which may become necessary during the procedure (please specify major procedures above). I have explained who will be doing the procedure if not myself.

Signature of practitioner

Priscilla

Name / Designation (print)

Priscilla Ren JCF

Date

6/1/2024

Statement to be completed by patient / parent*
(*parental responsibility for a minor without capacity)

You should read this form and the notes below carefully. If there is anything you do not understand ask the Practitioner for an explanation. If the information is correct and you understand the procedure, you should sign the form. You have the right to change your mind at any time, including after you have signed this form.

I understand

- The procedure, important risks and appropriate alternatives which have been explained to me by the practitioner named on this form.
- Who will be performing my procedure on the day
- That any procedure in addition to that named on this form will only be carried out if it is necessary and is reasonable in the circumstances, in relation to the medical treatment proposed, to safeguard or promote physical or mental health.
- That examination for the purpose of teaching will not be undertaken without my consent.

I have been told about additional procedures which may become necessary during treatment. I have listed below any procedures which I do NOT wish to be carried out without further discussion.

I agree

- to the administration of an anaesthetic or to sedation if required,
- to the procedure named on this form,
- to the emergency administration of blood or blood products.

Additionally you have to agree or disagree to the following

to photographic images and video recordings being held in records, and made available for teaching, audit and ethically-approved research purposes, to improve the quality of patient care.

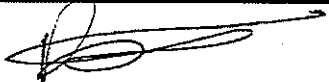
Agree Disagree

☐	☐
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that surplus tissue or other biological material not essential for my diagnosis or future treatment may be used for medical education and ethically approved medical research.

☐	☐
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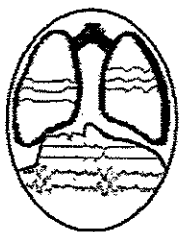
Patient / parent agreement to treatment

Signature		Date	21/1/24
Name (print)	B. LEITCH		

Patient refusal for blood products

Please sign here if you refuse to consent to the emergency administration of blood or blood products, even if this results in death.

Signature	Date
Signature of practitioner	Date



Sleep Disordered Breathing Service

Gartnavel General Hospital

Primary Phys:

Ref. Physician:

Ordering Phys:

Scorer:

Tel: 0141 211 6735

Email: sleepserviceggh@ggc.scot.nhs.uk

Address: 1052 Great Western Road

Glasgow

G12 0YN

Recorder:

Fax: 0141 211 6737

WEB

Patient Data

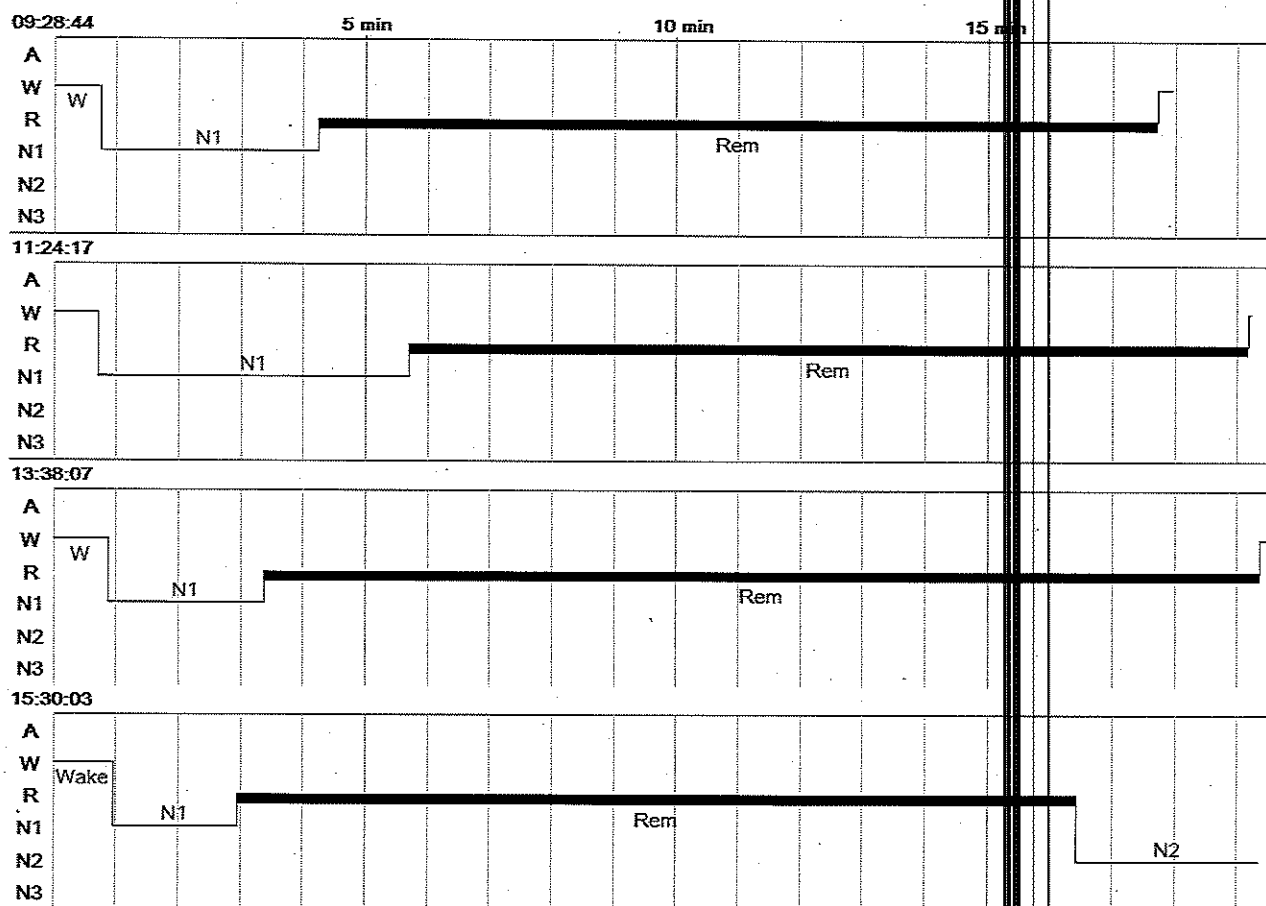
Last Name:	Leitch	ID:	1508773076	Height:	cm
First Name:	Robert	Crit. 1:		Weight:	kg
Date of Birth:	15/08/1977	Crit. 2:		BMI:	kg/m ²

Montage name: GGH ++ MSLT

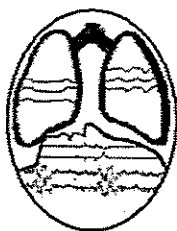
Description:

	from	to	Artefact	Duration
Recorded Time	08/06/2017 09:24:00	08/06/2017 15:50:00		6:26:00

Sleep Stages



MSLT	TIB	REM latency [m]	Latency N1 [m]	Latency N2 [m]	Latency N3 [m]	SOL [m]
Record 1 - 09:28:44	00:17:59	3.5	0.8	-	-	0.8
Record 2 - 11:24:17	00:19:16	5.0	0.7	-	-	0.7
Record 3 - 13:38:07	00:19:39	2.5	0.9	-	-	0.9
Record 4 - 15:30:03	00:19:22	2.0	0.9	16.4	-	0.9
Average	00:19:04	3.3	0.8	16.4	-	0.8



Sleep Disordered Breathing Service

Gartnavel General Hospital

Primary Phys: Dr. C. Carlin

Ref. Physician: Dr. C. Carlin

Ordering Phys: Dr. C. Carlin

Scorer: Chris Canavan RPSGT

Tel: 0141 211 6735

Email: sleepserviceggh@ggc.scot.nhs.uk

Address: 1052 Great Western Road

Glasgow

G12 0YN

Recorder: Emma Giffen

Fax: 0141 211 6737

WEB

Patient Data

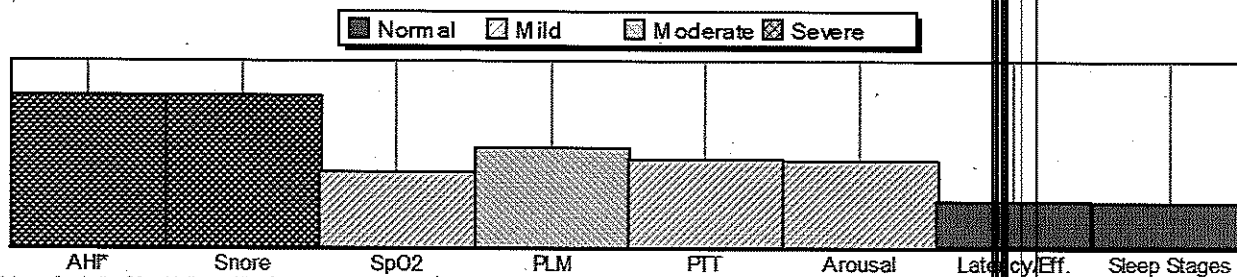
Last Name:	Leitch	ID:	1508773076	Height:	183 cm
First Name:	Robert	Crit. 1:		Weight:	123.0 kg
Date of Birth:	15/08/1977	Crit. 2:		BMI:	36.7 kg/m ²

Montage name: Full PSG GGH ++ Nasal Cannula

Description:

	from	to	Artefact	Duration
Recorded Time	07/06/2017 23:22:00	08/06/2017 06:57:00		07:35:00
TIB	07/06/2017 23:27:55	08/06/2017 06:54:09		07:26:13

Summary



* According to the S3 guidelines of the German Sleep Society

Case History

?narcolepsy

Findings

AHI 42.9 events/hour, ODI 16.2 events/hour. Loud, unambiguous snoring recorded 41.8% of recording duration. Reduced baseline SpO2 93%.

Sleep efficiency 94.8%. All sleep stages were identified. Reduced REM sleep, increased Stage 1 as percentage of total sleep time.

REM without atonia observed, but no sleep movement disorder activity present.

Relatively normal hypnogram, sleep architecture and progression.

Reduced sleep latency of 0 minutes (patient asleep by time lights switched off.), prolonged REM latency of 1 hour 43 minutes.

Restless throughout. Fragmented hypnogram. Class. Arousal (Index): 32.77 /h

Leg movement activity present. PLM's (Index): 29.5 /h

Essentially normal evening capillary blood gas status with:

Severely raised ESS of 22/24, mildly raised anxiety (8) and moderately raised depression (12) from HAD scale on night of recording.

MSLT findings: Sleep was achieved in all 4 nap opportunities with a reduced mean sleep onset latency of 0.8 minutes. Sleep onset REM periods were observed in all nap opportunities.

Diagnosis

Results in keeping with a severe degree of sleep disordered breathing with associated loud, unambiguous snoring. Sleep efficiency was maintained, sleep architecture and progression was relatively normal with only minor fragmentation. Sleep onset latency was grossly reduced, patient asleep as recording commenced, and sleep was quickly re-established following lead reattachments.

MSLT showed sleep achieved on all nap opportunities, with a severely mean reduced sleep onset latency in keeping with patients perceived daytime somnolence.

Quick progression to REM sleep observed in all nap opportunities. Results are in keeping with Narcolepsy.

Category	Percentage
N2	45%
N3	15%
W	10%
R	5%
N1	25%

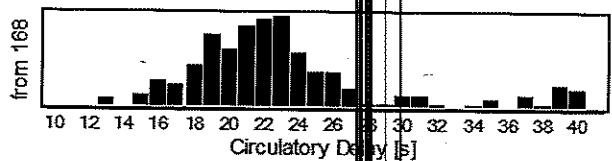
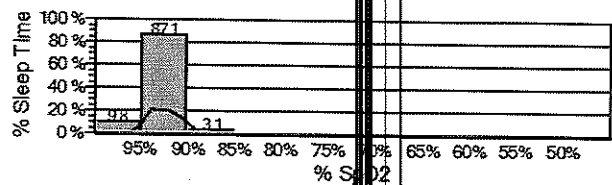
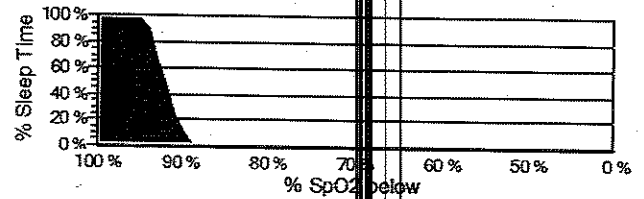
	Number (Index)
Obstructive	80 (12.1)
Mixed	-
Central	6 (0.9)
Undef Ap.	-
Total Ap.	86 (13.0)
Hypopnea	197 (29.8)
A+H	283 (42.9)
Limitation	1 (0.2)
RERAs	-
RDI	284 (43.0)

	REM	Non-REM	Sleep
Apnea (Index)	14 (28.5)	72 (11.8)	86 (13.0)
Hypopnea (Index)	12 (24.4)	185 (30.3)	197 (29.8)
AHI [/h]	52.9	42.1	42.9
Flow Limitation (Index)	-	1 (0.2)	1 (0.2)
RERAs (Index)	-	-	-
Max. Apnea Duration [s]	36	22	36
Max. Hypopnea Duration [s]	26	42	42
Average Apnea Dur. [s]	15.9	11.1	11.9
Average Hypopnea Dur. [s]	16.7	13.0	13.3
Artefact [min]	21 (41.6%)	6 (1.6%)	27 (6.4%)

Position	Supine	not Supine	Left	Right	Prone	Upright
Sleep Time Fraction [%]	32.9	67.1	35.2	6.9	24.9	-
RDI	75 (32.3)	209 (44.2)	138 (55.5)	14 (28.8)	57 (32.4)	-
Obstructive Apnea (Index)	29 (12.5)	51 (10.8)	34 (13.7)	2 (4.1)	15 (8.5)	-
Central Apnea (Index)	-	6 (1.3)	5 (2.0)	-	1 (0.6)	-
Mixed Apnea (Index)	-	-	-	-	-	-
Hypopnea (Index)	46 (19.8)	151 (31.9)	98 (39.4)	12 (24.7)	41 (23.3)	-
Flow Limitation (Index)	-	1 (0.2)	1 (0.4)	-	-	-
RERAs (Index)	-	-	-	-	-	-

O2 Saturation

	Number (Index)	Time
Number of Desaturations	109 (16.2)	
Minimal SpO2 [%]	86	01:37:57
Baseline O2 Saturation	93	
Average SpO2 [%]	93	
Number desaturations < 90 %	34	4.0 %
Number desaturations < 80 %	-	0.0 %
SpO2 Time < 90 %	3.1 %	00:12:20
Biggest Desaturation [%]	8	06:08:54
Average Desaturation [%]	4.7	27.1 s
Longest Desaturation [s]	94.5	04:00:01
Average Min. Saturation [%]	90	
Deepest Desaturation [%]	87	06:12:55
Sum all desaturation	00:49:08	12.2 %
Average Circulatory delay [s]	23.3	
Artefact [min]	19.3 (4.6%)	



Periodic Leg Movement (PLM)

	Sleep	REM	Non-REM	Wake	Total
Total LMs (Index)	330 (46.8)	84 (99.8)	246 (39.6)	27 (90.0)	357 (48.6)
Isolated-LMs (Index)	122 (17.3)	21 (25.0)	101 (16.3)	8 (26.7)	130 (17.7)
PLMs (Index)	208 (29.5)	63 (74.9)	145 (23.4)	19 (63.3)	227 (30.9)
Resp-LMs (Index)	29 (4.1)	15 (17.8)	14 (2.3)	4 (13.3)	33 (4.5)
Body Position-LMs (Index)	4 (0.6)	-	4 (0.6)	6 (20.0)	10 (1.4)
PLMs with Arousal (Index)	26 (3.7)	8 (9.5)	18 (2.9)	1 (3.3)	27 (3.7)
LMs with Arousal (Index)	28 (4.0)	3 (3.6)	25 (4.0)	2 (6.7)	30 (4.1)

PLMs Distribution

Time	Sleep	Wake
07:06 23:27 - 00:00	0 (0.00)	0 (0.00)
08:06 00:00 - 01:00	4 (4.00)	0 (0.00)
01:00 - 02:00	37 (37.00)	3 (3.00)
02:00 - 03:00	21 (21.00)	5 (5.00)
03:00 - 04:00	39 (39.00)	3 (3.00)
04:00 - 05:00	40 (40.00)	4 (4.00)
05:00 - 06:00	7 (7.00)	1 (1.00)
06:00 - 06:54	60 (66.47)	3 (3.32)

Snore Analysis

	All	Prone	Supine	Left	Right	Upright
Snore (Index)	3151 (446.9)	969 (551.1)	929 (400.1)	1101 (443.2)	152 (3.3)	-
Absolute Snore [min]	48.6	19.1	11.0	17.0	1.6	-
Snore episodic [min]	176.9	55.8	48.7	65.4	7.2	-

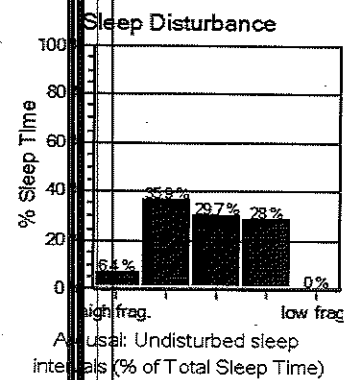
Snore episodic [% TST] 41.8

Arousal

	REM	Non-REM	Sleep	
Total	25 (29.7)	206 (33.2)	231 (32.8)	
Arousal EEG/EMG	10 (11.9)	117 (18.8)	127 (18.0)	
Pleth	15 (17.8)	89 (14.3)	104 (14.8)	
Respiratory MA	5 (5.9)	36 (5.8)	41 (5.8)	17.7 %
Flow Limitation MA	-	-	-	0 %
Desaturation MA	4 (4.8)	7 (1.1)	11 (1.6)	4.8 %
PLM MA	8 (9.5)	18 (2.9)	26 (3.7)	11.3 %
LM MA	3 (3.6)	25 (4.0)	28 (4.0)	12.1 %
Snore MA	-	32 (5.2)	32 (4.5)	13.9 %
Heart rate MA	-	-	-	0 %
Spontaneous MA	5 (5.9)	88 (14.2)	93 (13.2)	40.3 %
Artefact [min]	0.0	0.1	0.1	0.0 %

Pulse Transit Time

Inc./Dec. (Index) 241 (36.7)





AirView™

Gartnavel Hospital
1053 Great Western Road
Glasgow
Scotland, G12 0YN

Email: Duncan.mackfarlane@nhs.net

Leitch, Robert

09/06/2017 - 22/06/2017

Patient ID: 1508773076

DOB: 15/08/1977

Age: 39 years

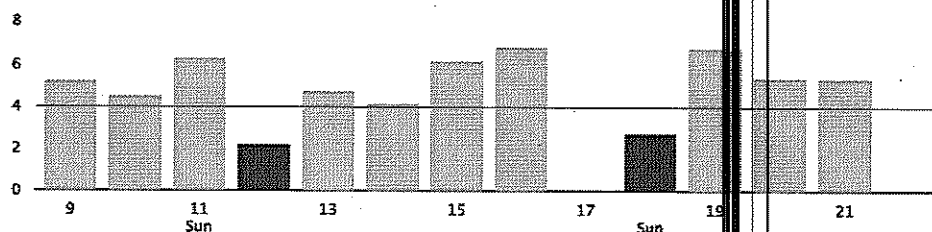
Compliance Report

Usage		09/06/2017 - 22/06/2017
Usage days		12/14 days (86%)
>= 4 hours		10 days (71%)
< 4 hours		2 days (14%)
Usage hours		59 hours 58 minutes
Average usage (total days)		4 hours 17 minutes
Average usage (days used)		5 hours 0 minutes
Median usage (days used)		5 hours 15 minutes

AirSense 10 AutoSet	
Serial number	23171334619
Mode	AutoSet
Min Pressure	4 cmH2O
Max Pressure	20 cmH2O
EPR	Off
EPR level	1
Response	Standard

Therapy	
Leaks - L/min	Median: 4.5 95th percentile: 29.1 Maximum: 91.0
Events per hour	AI: 2.1 HI: 0.9 AHI: 3.0
Apnoea Index	Central: 0.2 Obstructive: 1.7 Unknown: 0.1
Cheyne-Stokes respiration (average duration per night)	0 minutes (0%)

Usage - hours



Gartnavel Sleep Lab CPAP Initiation

Name: Robert Leitch

CHI: 1508773076

First visit baseline data

Date: 08.06.17

Seen by: G. Scanlon

Sleep study: Patient had full poly and MSLT that are yet to be reported – some SDB and narcolepsy

Epworth: 22

Cognitive test:

HAD – A: 8

HAD – D: 12

Comments: Patient was issued APAP with Airfit 20 FFM and put on Airview the day after his full poly as per Dr Carlin's request. He coped well with short lab based trial and is very keen to commence treatment. Mask hygiene discussed and sleep helpline card issued.

Second visit

Date:

Seen by:

APAP data:

Comments:

6 week review visit

Date: 21/06/2017

Seen by: RT

Epworth: 12

Cognitive test:

HAD – A:

HAD – D:

Comments: 12/14 avg 5hr AHI 2.1, reasonable usage with identified dryness issues – humidification issued. Limited perceived benefit from use but happy to continue useage and aware to get in touch should anything change

CPAP model / serial number:

23171334619 046

Mask:

AirFit 20

Consolidation visit

Date:

Seen by:

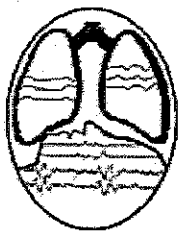
Comments:

Consolidation visit

Date:

Seen by:

Comments:



Sleep Disordered Breathing Service

Gartnavel General Hospital

Primary Phys.: **Dr. C. Carlin**

Ref. Physician:

Ordering Phys.:

Scorer: **Duncan Macfarlane**

Tel.: 0141 211 6735

Email: sleepserviceggh@ggc.scot.nhs.uk

Address: 1052 Great Western Road

Glasgow

G12 0YN

Recorder: **Robin Tourish**

Fax: 0141 211 6737

WEB

Patient Data

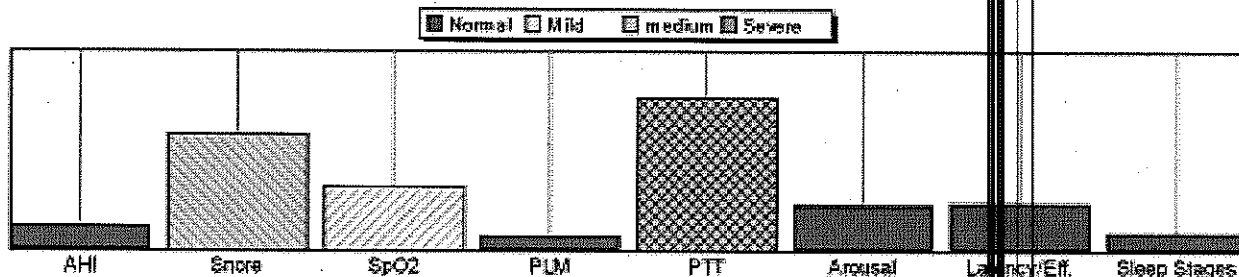
Last Name:	Leitch	ID:	1508773076	Height:	180 cm
First Name:	Robert	Crit. 1:		Weight:	120.0 kg
Date of Birth:	15/08/1977	Crit. 2:		BMI:	37.0 kg/m²

Montage name:

Description:

	from	to	Artefact	Duration
Recorded Time	12/02/2013 00:03:00	12/02/2013 07:41:00		7:38:00
TIB	12/02/2013 00:05:51	12/02/2013 07:41:00		7:35:08

Summary



Case History

35 year old male with a high clinical probability of OSA. Lives a distance away so outpatient studies would be impractical. For I/P study and commence CPAP if indicated.

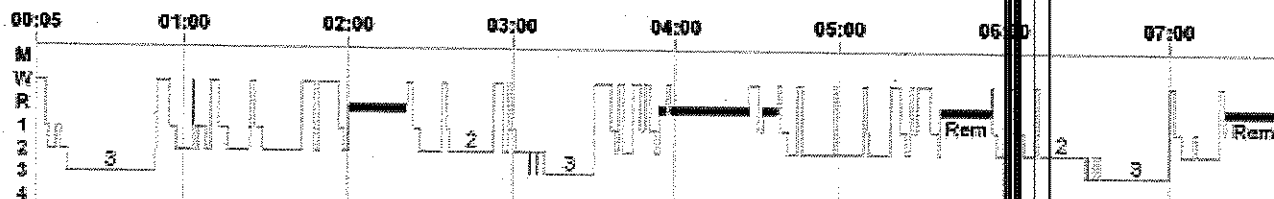
Findings

AHI was within normal limits at 4.8/hr. ODI was normal at <2/hr. There was mild snoring recorded at 10% of the study. Sleep efficiency was good at 85% although there were a number of spontaneous arousals throughout the night. All sleep stages were identified and were relatively normally distributed (slight increase in N1 sleep (13% of TST)). Sleep latency was short at 3min 38sec. REM latency was normal at 1hr 51min. ESS was scored at 18 on the night of the study. He scored moderate depression on the HAD scale.

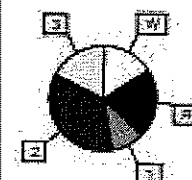
Diagnosis

Results exclude OSA. There is significant sleep fragmentation with no obvious cause.

Sleep Stages



Total Sleep Time (TST)	06:25:00	Sleep Stage	Duration	(%) TIB	(%) Sleep Time
Sleep Efficiency [%]	84.6				
Sustained Sleep Eff. [%]	85.3	Artefact	-	-	-
Sleep Latency Stage 1	00:03:38	Movement	-	-	-
Sleep Latency Stage 2	00:04:38	Wake	01:10:08	15.4	
Deep Sleep Latency	00:11:38	REM	01:37:00	21.3	25.1
REM latency	01:51:00	Stage 1	00:48:30	10.7	12.1
Total Sleep Period (SPT)	07:30:30	Stage 2	02:40:00	35.2	41.1
Sleep Stage Change (Index)	104 (13.7)	Stage 3	01:19:30	17.5	20.1
# Wake (Index)	28 (4.4)	Stage 4	-	-	-
		Light Sleep	03:28:30	45.8	54.1
		Deep Sleep	01:19:30	17.5	20.1



Respiratory Analysis

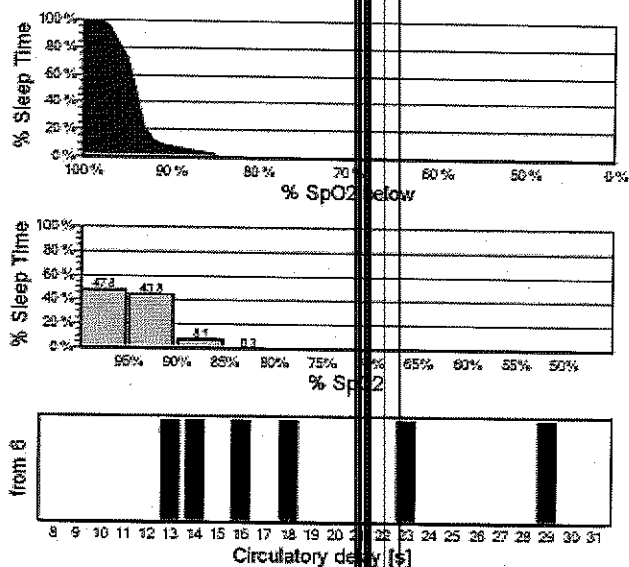
Number (Index)		REM			Non-REM		Sleep	
Obstructive	17 (2.6)	Apnoea (Index)	12 (7.4)	15 (3.1)	27 (4.2)			
Mixed	3 (0.5)	Hypopnoea (Index)	3 (1.9)	1 (0.2)	4 (0.6)			
Central	7 (1.1)	AHI [1/h]	9.3	3.3	4.8			
Undef A.	-	Flow Limitation (Index)	41 (25.4)	85 (17.7)	126 (19.6)			
Total A.	27 (4.2)	RERAs (Index)	-	-	-			
Hypopnoea	4 (0.6)	Max. Apnoea Duration [s]	117	16	117			
A+H	31 (4.8)	Max. Hypopnoea Duration [s]	31	9	31			
Limitation	126 (19.6)	Average Apnoea Dur. [s]	38.8	12.5	24.2			
RERAs	-	Average Hypopnoea Dur. [s]	22.7	9.0	19.3			
RDI	157 (24.5)	Artefact [min]	-	-	-			

Hypopnoea-rules 1: Desaturation 4 %, Ratio 70 %.

Position	Supine	not Supine	Left	Right	Prone	Upright
Sleep Time Fraction [%]	25.8	74.2	14.8	9.1	50.3	-
Total Events (Index)	13 (7.8)	144 (30.3)	34 (35.8)	15 (25.7)	95 (29.5)	-
Obstructive Apnoea (Index)	5 (3.0)	12 (2.5)	-	-	12 (3.7)	-
Central Apnoea (Index)	3 (1.8)	4 (0.8)	1 (1.1)	-	3 (0.9)	-
Mixed Apnoea (Index)	2 (1.2)	1 (0.2)	1 (1.1)	-	-	-
Hypopnoea (Index)	-	4 (0.8)	1 (1.1)	3 (5.1)	-	-
Flow Limitation (Index)	3 (1.8)	123 (25.8)	31 (32.6)	12 (20.6)	80 (24.8)	-
RERAs (Index)	-	-	-	-	-	-

O2 Saturation

	Number (Index)	Time
Number of Desaturations (Index)	10 (1.9)	
Minimal SpO2 [%]	84	05:51:02
Baseline O2 Saturation	94	
Average SpO2 [%]	94	
Number desaturations < 90 %	-	0.0 %
Number desaturations < 80 %	-	0.0 %
SpO2 Time < 90 %	8.4 %	00:27:08
Biggest Desaturation [%]	4	03:07:05
Average Desaturation [%]	4.0	27.9 s
Longest Desaturation [s]	56.8	03:07:05
Average Min. Saturation [%]	92	
Deepest Desaturation [%]	91	02:07:41
Sum all desaturation	00:04:38	1.4 %
Average Circulatory delay [s]	18.5	
Artefact [min]	60.7 (15.8%)	



Periodic Leg Movement (PLM)

	Sleep	REM	Non-REM	Wake	Total
Total LMs (Index)	127 (19.8)	69 (42.7)	58 (12.1)	92 (78.7)	219 (28.9)
Isolated-LMs (Index)	105 (16.4)	59 (36.5)	46 (9.6)	68 (58.2)	173 (22.8)
PLMs (Index)	10 (1.6)	5 (3.1)	5 (1.0)	13 (11.1)	23 (3.0)
Resp-LMs (Index)	12 (1.9)	5 (3.1)	7 (1.5)	5 (4.3)	17 (2.2)
Body Position-LMs (Index)	-	-	-	6 (5.1)	6 (0.8)
PLMs with Arousal (Index)	-	-	-	1 (0.9)	1 (0.1)

PLMs Distribution

Time	Sleep	Wake
12:02 00:05 - 01:00	0 (0.00)	0 (0.00)
01:00 - 02:00	0 (0.00)	0 (0.00)
02:00 - 03:00	1 (1.00)	3 (3.00)
03:00 - 04:00	5 (5.00)	3 (3.00)
04:00 - 05:00	4 (4.00)	3 (3.00)
05:00 - 06:00	0 (0.00)	4 (4.00)
06:00 - 07:00	0 (0.00)	0 (0.00)
07:00 - 07:41	0 (0.00)	0 (0.00)

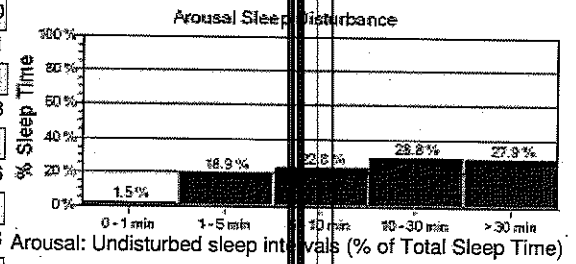
Snore Analysis

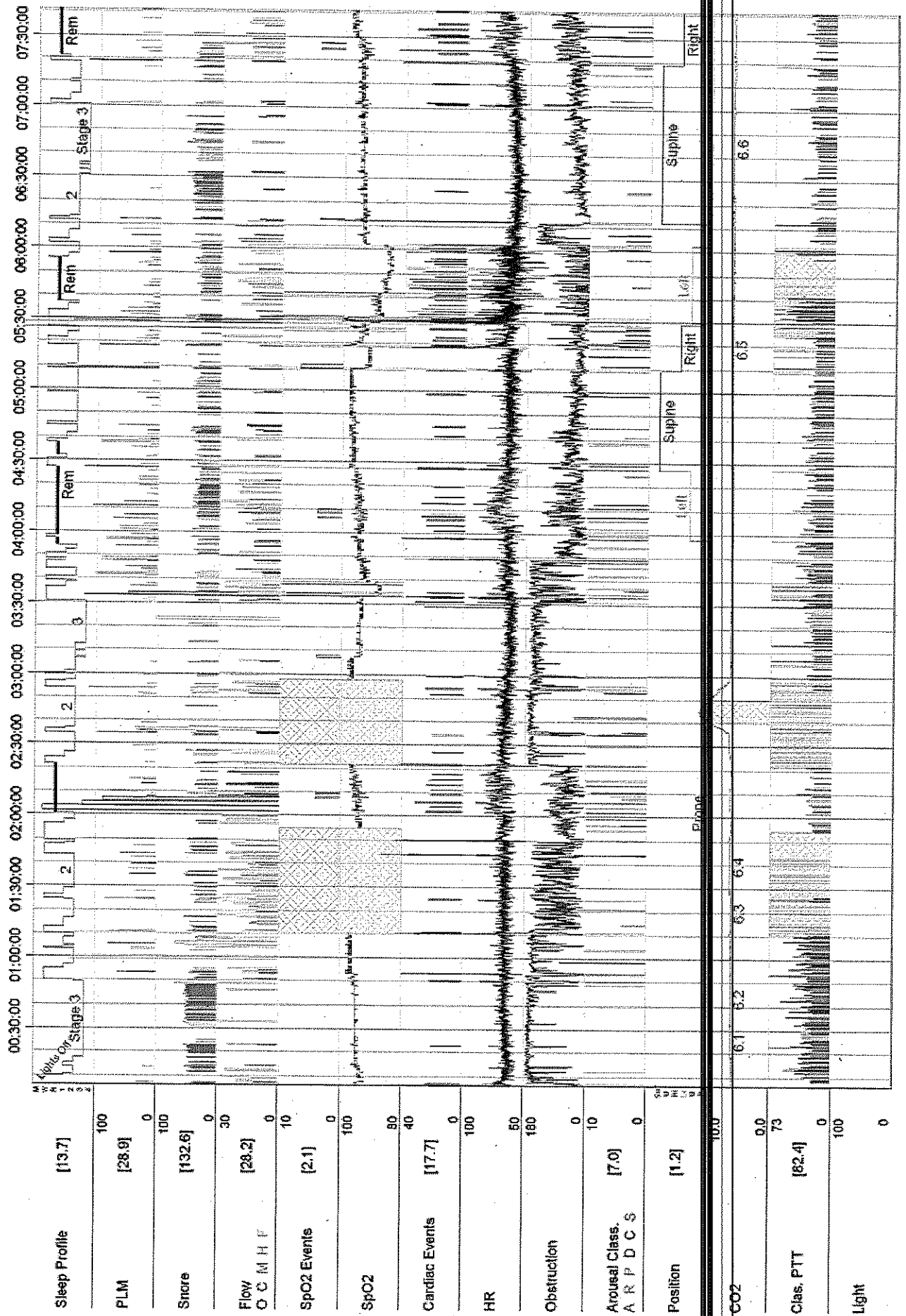
	All	Prone	Supine	Left	Right	Upright
Snore (Index)	825 (128.6)	349 (108.2)	232 (139.9)	225 (236.8)	19 (32.6)	-
Absolute Snore [min]	9.4	4.3	2.4	2.5	0.2	-
Snore episodic [min]	37.7	17.4	9.4	10.7	0.3	-

Snore episodic [% Sleep time] 9.8

Arousal

	REM	Non-REM	Sleep	%
Total	15 (9.3)	24 (5.0)	39 (6.1)	100
Respiratory A.	2 (1.2)	-	2 (0.3)	5.1
Flow Limitation A.	-	2 (0.4)	2 (0.3)	5.1
Desaturation A.	2 (1.2)	2 (0.4)	4 (0.6)	10.3
PLM A.	-	-	-	-
Snore A.	1 (0.6)	-	1 (0.2)	2.6
Heart rate A.	2 (1.2)	-	2 (0.3)	5.1
Spontaneous A.	8 (5.0)	20 (4.2)	28 (4.4)	71.8
Artefact [min]	0.6	0.4	1.1	0.3





XR Orthopantomogram full

Performed	01-Jan-2024 17:38	Received	23-Jan-2024 09:24
Reported	23-Jan-2024 09:22	Order Number	G405H40461594
Status	Final	Source System	MiSys

XR Orthopantomogram full
Robert Leitch
Clinical History :

Final

Right facial swelling

XR Orthopantomogram full :

For autosign off in TrakCare

A radiological report will not be issued for this examination. The referrer (or a more experienced clinical colleague) will interpret and evaluate the outcome of this examination and document this outcome in the patient's case notes within an appropriate time-scale. Should the referrer wish advice or a formal report please contact the Radiology Department. Reference: Procedure 10, Evaluation of Medical Exposure, Ionising Radiation (Medical Exposure) Regulations R(ME) R 2017

Reported by: Dr Sean Kelly
Verified by: Dr Sean Kelly

MANUAL PATIENT RECORDS

ALL HOSPITAL RECORDS HELD NHSGGC	☐		
ACS	☐		
BEATSON HOSPITAL	☐		
CANNIESBURN HOSPITAL	☐		
DENTAL HOSPITAL	☐		
GARTNAVEL GENERAL HOSPITAL	☒		
GLASGOW ROYAL INFIRMARY	☐		
INVERCLYDE ROYAL HOSPITAL	☐	MATERNITY	☐
NEW VICTORIA ACH	☐		
PRINCESS ROYAL MATERNITY	☐		
QUEEN ELIZABETH UNIVERSITY HOSPITAL	☐	MATERNITY	☐
ROYAL ALEXANDRA HOSPITAL	☐	MATERNITY	☐
ROYAL HOSPITAL FOR CHILDREN	☐		
STOBHILL HOSPITAL	☐		
VALE OF LEVEN	☐	MATERNITY	☐
WEST CARE AMBULATORY HOSPITAL	☐		
WESTERN INFIRMARY RECORDS	☐		
<u>Including:</u>			
BADGERNET	☐		
CAREVUE	☐		
MEDICAL ILLUSTRATION	☐		
METAVISION	☐		
PHYSIOTHERAPY	☐		
RADIOLOGY	☐		
WEST MARC	☐		
LABS			

**WESTERN INFIRMARY
NAVEL GENERAL HOSPITALS**

CONFIDENTIAL



64597456K
LEITCH
ROBERT
CHI-1508773076

A

IHS GREATER GLASGOW & CLYDE

Acute Services Division

Emergency Care and Medicine Services Directorate

Department of Respiratory Medicine

DR. CARLIN'S RESPIRATORY CLINIC

Garthnavel General Hospital
1053 Great Western Road
Glasgow G12 0YN
Switchboard: 0141 211 3000
Fax: 0141 211 3464



Clinic 12/02/2013
Dictated 12/02/2013
Typed 20/02/2013
Our Ref CC/LH
Enquiries to 0141 211 3482

Dr Louise Taylor-Kavanagh
Drs Campbell
246 Argyll St
PA23 7HW

Dear Dr Taylor-Kavanagh

Robert Leitch ~ 15/08/1977 ~ CHI: 1508773076 ~ CRN: 64597456K
01 Pier Road, Royal Brae, Innellan, PA23 7TE

Mr Leitch came for sleep testing. Contrary to my expectations this was reassuring. Full analysis will take some time but there is no major obstructive sleep apnoea. There is some minor flow limitation in keeping with his build but this will not be causing particular sleep disruption.

I therefore think his daytime sleepiness is a result of his shift-work and previous extended hours. He has cut his hours back further but he is still finding fatigue a problem. I have suggested further attempts at weight loss; adopting something of an exercise routine and I have explained that it takes many months at least for sleep routines to recover from shift work upsets.

I haven't arranged further review but if there's anything arising from the full analysis on his polysomnography I'll be in touch again.

Yours sincerely

Chris Carlin
Consultant Physician

Acute Services Division

Emergency Care and Medicine Services Directorate

Department of Respiratory Medicine

DR. CARLIN'S RESPIRATORY CLINIC

Gartnavel General Hospital
1053 Great Western Road
Glasgow G12 0YN
Switchboard: 0141 211 3000
Fax: 0141 211 3464



Clinic 04/01/2013
Dictated 04/01/2013
Typed 24/01/2013
Your Ref
Our Ref CC/CM
Enquiries to 0141 211 3482

Dr Louise Taylor-Kavanagh
Drs Campbell
246 Argyll St
PA23 7HW

Dear Dr Taylor-Kavanagh

Robert Leitch ~ 15/08/1977 ~ CHI: 1508773076 ~ CRN: 64597456K
01 Pier Road, Royal Brae, Innellan, PA23 7TE

Many thanks for referring this young gentleman who I think quite likely has obstructive sleep apnoea syndrome.

He is overweight, he does smoke and he previously took alcohol to excess and prominent snoring, choking awakenings, unrefreshing sleep, poor concentration and day time sleepiness have been long lying problems, much worse over the last 3-4 years. There has been some partial improvement as he has achieved 3-stone weight loss and cut back his busy split shift working as a chef in a hotel. He now works 2am-2.30pm and 6-10.30 pm. He falls asleep uncontrollably in the afternoon and he will often be asleep in bed shortly after his shift is finished.

There is no nasal trouble. Oropharynx isn't overtly crowded. His teeth aren't very healthy. BMI is 36 and a weight of 121 kilos today. Collar size is 19 inches. Epworth sleepiness score was 20/24. Blood pressure was 122/94.

I have of course advised on further weight loss. I have also said he must stop smoking. I explained the suspected diagnosis to him and discussed the possibility of treatment. Given the travel distances we will arrange to investigate him as an over night inpatient to stay in the sleep room in the coming weeks. If this confirms sleep apnoea we will proceed on to initiate CPAP the following morning and I will write with an update after all of that.

Currently he doesn't drive but he is aware of the responsibilities should that change in future.

Yours sincerely,

Chris Carlin
Consultant Physician

Hospital use only	Clinic	Day Date	Time	Hospital No
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REFERRAL LETTER

MEDICAL IN CONFIDENCE

Attachments

REFERRAL TO			
Respiratory Medicine GGC General Referral		— Consultant / receiving practitioner and/or specialty clinic	
Western Infirmary/Gartnavel General Dumbarton Road Glasgow G11 6NT		— Hospital and hospital address Hospital location code: G516H Email address: -	
Urgency of referral	ROUTINE	Date sent	07-Nov-2012
Date of referral	07-Nov-2012		

PATIENT DETAILS		Patient's address	
Surname	LEITCH	01 PIER ROAD ROYAL BRAE INNELLAN DUNOON PA23 7TH	
Forename(s)	ROBERT		
Title	MR		
Sex	Male		
Date of birth	15-Aug-1977	Contact number(s)	
CHI no.	1508773076	Voice: 830779	
Area of Residence	-		

1010044596669

Unique Care Pathway Number: 1010044596669

REGISTERED GP DETAILS		Practice address	
Name	Dr L Taylor - Kavanagh	246 ARGYLL STREET DUNOON ARGYLL PA23 7HW	
GMC code	4307206	GP code	69663
Practice name	Drs Campbell Taylor-Kavanagh Mosley		
Practice code	84256	Contact number(s)	
		Voice: 01369703354	

REFERRING GP DETAILS		Practice address	
Name	Dr. Louise Taylor-Kavanagh	246 Argyll St Dunoon PA23 7HW	
GMC code	4307206	GP code	69663
Practice name	Drs Campbell & Partners (84256)		
Practice code	84256	Contact number(s)	
		Voice: 01369 703279	

CLINICAL INFORMATION**History of presenting complaint****Presenting complaint**

Description: Sleep apnoea clinic

Comment: Please could you assess this 35 year old gentleman who complains of feeling tired all the time and sleeping excessively. He thinks he may snore but is not aware of any obvious sleep apnoea and he is an ex-smoker. He has lost weight recently but his collar size is still 18 1/2 and his Epworth Score is 19. Please could you explore the possibility of sleep apnoea with the patient?

Reason for referral

Care type requested: Out Patient

Expected outcome: Advise

Past medical history**Pre-existing conditions** (High & medium priority - all)

<u>Description</u>	<u>Comment</u>	<u>Date of onset</u>	<u>Date recorded</u>
H/O: alcoholism	Attending AA : DATE_RECORDED=30/06/2003	27-Dec-2002	27-Dec-2002
Alcoholism	Family counselling re alcohol and anxiety problems : DATE_RECORDED=30/06/2003	16-Apr-1991	16-Apr-1991
[X]Anxiety state	counselling re: alcoholism	01-Apr-1991	01-Apr-1991
Nondependent alcohol abuse NOS		01-Mar-1991	01-Mar-1991

Current medication (Active Repeat medication issued within the last 12 months)

No current medications recorded

Recent medication (Any medication issued within last 90 days not shown above)

<u>Drug name</u>	<u>Quantity</u>	<u>Formulation</u>	<u>Dosage</u>	<u>Frequency</u>	<u>Date started</u>	<u>Date last issued</u>
Amoxicillin 500mg capsules	21	capsule	1 THREE TIMES A DAY	-	05-Nov-2012	05-Nov-2012
VARENICLINE tabs 1mg	56	tablet	TAKE ONE TWICE DAILY	-	28-May-2012	28-May-2012
FLUCLOXACILLIN caps 250mg	28	capsule	TAKE ONE FOUR TIMES DAILY	-	28-May-2012	28-May-2012

Lifestyle Risks and Alerts / Examinations and Investigations

<u>Description/Question</u>	<u>Result/Comment</u>	<u>Date</u>
Ex smoker:	Smoking status on date of event: Ex-smoker, Date patient stopped smoking: 30/12/2012.	05-Nov-2012
Current smoker:	Smoking status on date of event: Smoker, Number of cigarettes smoked per day: 50.	24-Apr-2012
Current smoker:	Smoking status on date of event: Smoker.	21-Mar-2012
Current smoker:	Smoking status on date of event: Smoker, Number of cigarettes smoked per day: 0.	09-Mar-2009
Current smoker:	Smoking status on date of event: Smoker, Number of cigarettes smoked per day: 0.	19-Oct-2006
Teetotaler:	Drinking status on eventdate: Life teetotaler, Units of alcohol drank per week: 0. NOTES: ACTION=No Action Required : PROTOCOL=Alcohol Intake\$\$.	03-Jun-2003
Heavy drinker - 7-9u/day:	Drinking status on eventdate: Current drinker, Units of alcohol drank per week: 0. NOTES: ACTION=Repeat after an Interval : PROTOCOL=Alcohol Intake\$\$.	15-Mar-2000

Clinical warnings

Additional relevant information

Administrative information

OK to send correspondence to home address?:Yes

Patient will accept any site:Yes

Patient will accept cancellation or short notice appointment (within 1-6 days):Yes

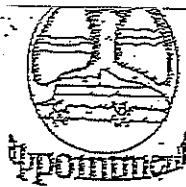
Patient has disability or requires wheelchair access:No

Referred By:Referring GP

Electronic Attachment Present:No

Signature of referring doctor (or other professional) Date

Dept Resp Medicine GGH
Dr SW Banham 211 3482
Secretary 211 0149
Technicians 211 3106



64597456K

LEITCH
ROBERT
01 PIER ROAD
ROYAL BRAE
INNELLAN
CHI-1508773076

M
5/08/1977
FA23 7TE

Referral: GP ENT Neuro Resp med Cardiac En
Issue: Sleepy Snoring Apnoeas Restless Poor sleep Partner Other sleep event
History:

PMH [HF/asthma
DM, HBP, cardiac, CVA

Medicines:

Sleep hygiene

Caffeine, alcohol, posture, times

Work/shiftwork,
driving, machinery, travel

ENT history /findings:

None



Teeth/jaw & other relevant clinical findings

Perilabial po

Neuro /m	Chronic Resp. dis.	Cardiac	ESS[seif] Partn	BP:	BMI:	Collar, ins	Mood *	Metabolic synd.
----------	-----------------------	---------	--------------------	-----	------	-------------	--------	--------------------

*specify

Provisional Diagnosis & Plan

Polysk OSA

PATIENT INFORMATION/QUESTIONNAIRE SLEEP CLINIC GARTHAVAL GENERAL

NAME:

HOSP. NO:

ME

DOB:

64597456K

LEITCH

ROBERT

01 PIER ROAD

ROYAL BRAE

INNELLAN

CHI-1508773076

15/08/1977

M

PA23 7TB

DATE:

4/1/13

PATIENT AND SPOUSE QUESTIONNAIRE

PATIENT: Please answer YES/NO +/- details

1. Do you wake up during sleep with a choking sensation? YES
2. Are you restless during sleep i.e. legs move about? YES
3. Do you wake up in the morning feeling refreshed? NO
4. Do you wake up in the morning with a headache? NO
5. Do you sleep walk? NO
6. Do you have 'hallucinations' starting or ending sleep? NO
7. Do you have vivid dreams? NO
8. How many times do you get up during the night?

SPOUSE:

1. Does the patient snore?
2. Does patient stop breathing during sleep?
3. Is the patient restless during sleep?

Any other relevant information?

We are trying to find out how likely you are to doze off or fall asleep in the following situations in contrast to just feeling tired. This refers to your usual way of life in recent times. Even if you have not done some of the things recently, try to work out how they would have affected you. Choose the most appropriate number for each situation:

0 -would never doze 1 -slight chance of dozing 2 -moderate chance of dozing 3 -high chance of dozing

SITUATION	CHANCE OF DOZING
SITTING AND READING	3
WATCHING TELEVISION	3
SITTING INACTIVE IN A PUBLIC PLACE	2
AS A PASSENGER IN A CAR FOR A HOUR WITHOUT A BREAK	3
LYING DOWN TO REST IN THE AFTERNOON WHEN CIRCUMSTANCES PERMIT	3
SITTING AND TALKING TO SOMEONE	2
SITTING QUIETLY AFTER LUNCH WITHOUT ALCOHOL	2
IN A CAR, WHILE STOPPED FOR A FEW MINUTES IN THE TRAFFIC	2

Thanks for completing form to assist your consultation

Respiratory

Department of Respiratory Medicine

Western Infirmary

Gartnavel General Hospital

OUTPATIENT RECORDS



Name:

Address:



64597456K

LEITCH

ROBERT

15/08/1977

M

01 PIER ROAD

ROYAL BRAE

INNELLAN

PA23 7TE

CHI-1508773076

Unit No.

D.O.B.

Consultant:

GP Name:

Address:

History:

Respiratory / Other:

Past History:

Drug History:

Smoking, alcohol and Social History:

Family History:

Occupational History:

Allergies / pets / atopy:

BCG vaccination

Yes / No

Examination

Clubbing Yes / No
Lymphadenopathy Yes / No
Cyanosis Yes / No
ENT
Dyspnoea grade (NYHA)

Respiratory:

Cardiovascular:

Other:

Diagnosis and Treatment:

Investigations

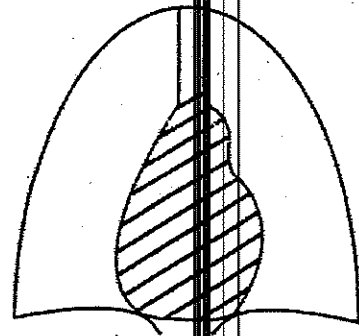
Height:

Weight:

Urine examination:

Pulmonary Function:

Radiology:



Other Investigations:

Information given to patient:

Education: smoking
inhaler technique

Follow - up:

Signature:

Respiratory medicine follow up

Name:	 64597456K LEITCH ROBERT M 01 PIER ROAD 15/08/1977 ROYAL BRAE INNELLAN CHI-1508773076 PA23 7TE
Address:	
Unit No.:	
B.:	

Date:

Current problem(s):

Current treatment(s):

Action:

FEV1/FVC:

follow-up:

Current problem(s):

Current treatment(s):

Action:

FEV1/FVC:

follow-up:

Respiratory medicine follow up

Name:
Address:

Unit No.:

D.O.B.:

Date:

Current problem(s):

FEV1/FVC:

Current treatment(s):

Action:

follow-up:

Current problem(s):

FEV1/FVC:

Current treatment(s):

Action:

follow-up: