

Leitch Robert

CHI: 1508773076

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: Respiratory Medicine
Contact Tel: 0141 451 6088
Enquiries to: Jean.Riach@ggc.scot.nhs.uk
Letter Date: 13/04/2018
Reference: GM/LH
Dictated: 13/04/2018
Date:
Transcribed: 25/04/2018
Date:

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

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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.