



## **EXPANDED SLEEP CENTRE OFFICIALLY OPENS**

### *Sleep Tests at Expanded Facility Expected to Jump by 1,800 Per Year*

Winnipeg – Health Minister Theresa Oswald today officially opened the new consolidated Sleep Disorder Centre at Misericordia Health Centre, which will cut waits and improve care for Manitobans suffering a sleep disorder.

“Nearly 10 per cent of the adult population lives with a sleep disorder, and this new, first-class sleep centre will help improve the quality of life for many Manitobans,” Oswald said. “Consolidation and smart planning are already having a dramatic effect on wait times for treatment, and this new facility will allow the number of tests performed each year to nearly double.”

Helen Clark, WRHA regional director of respiratory therapy who is responsible for the Sleep Disorder Centre, praised the work of the SDC team for consolidating the lab and improving its processes, including centralizing the wait list to ensure patients with the highest priority are seen first.

“The team has done a tremendous amount of work to get to this point, streamlining processes and providing patients with better access,” Clark said. “We aim to have increased the number of sleep studies by 1,800 by the end of this year.”

Wait times have already dropped 90 per cent as a result of an increase from eight to 10 beds, a computerized scheduling system and centralized intake process and patient database that streamlines the process of connecting patients with a sleep specialist.

Prior to the start of the project, the two sleep labs, respiratory therapy services and follow-up clinics were fragmented and provided in separate locations. The expanded centre at MHC consolidates diagnosis, treatment and follow-up in one location, cutting wait times and improving care for patients.

Rosie Jacuzzi, president and chief operating officer of Misericordia Health Centre, which houses the SDC, said the bottom line is improved patient care.

“The positive impact this is having on the physical and mental health as well as the quality of life of those suffering from sleep disorders, cannot be underestimated.

“For some, getting timely treatment will allow them to safely return to work, for others it will mean something as basic as getting a good night’s sleep.”

Obstructive sleep apnea is the most common sleep disorder. The main risk factor for obstructive sleep apnea is obesity, with smoking, excessive alcohol intake and family history also playing a role. Obstructive sleep apnea can also increase the risk of other conditions such as hypertension, heart failure and stroke.

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