



CME Article



Center of Excellence for Electronic Learning in
Medical Sciences

Title: Factors Affecting Patient Adherence to Continuous Positive Airway Pressure Therapy for Obstructive Sleep Apnea Disorder: A Multi-Method Approach

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Learning objectives: By studying this paper, the readers will be able to learn:

1. Understand obstructive sleep apnea, its consequences, and treatment.
- 2- Learn the CPAP adherence rate in Iranian patients.
- 3- Identify the quantitative and qualitative factors influencing adherence to CPAP.
- 4- Provide solutions as to how to increase adherence to CPAP.

Target groups:

- Sleep specialists and other physicians involved with the treatment of sleep apnea disorder who seek to raise patients' awareness and eliminate barriers to CPAP adherence
- Researchers who seek to design targeted interventions to address identified barriers
- Sales offices that follow patients and seek to eliminate barriers to CPAP adherence
- Policymakers who seek to eliminate financial barriers