

Barriers and Enablers to Successful Uptake of Continuous Positive Airway Pressure (CPAP) Treatment for Obstructive Sleep Apnoea for Aboriginal and Torres Strait Islander People

Background: This study is the first to engage Aboriginal Australian and/or Torres Strait Islander peoples (Indigenous Australians) to better understand their experience of treatment for obstructive sleep apnoea (OSA).

Objective: To explore Indigenous Australians' experiences of continuous positive airway pressure (CPAP) treatment, enablers and barriers to CPAP therapy.

Methods: A qualitative content analysis was employed. Data were collected by in-depth interviews with 12 Indigenous CPAP users. Results: Lack of knowledge and a sense of shame influence Indigenous health care seeking related to OSA. Support from family and friends are an important factor in influencing the uptake of CPAP therapy and/or persistence with the treatment.

Conclusion: Raising awareness about the health risks of untreated OSA and the benefits of treatment will be an important first step for Indigenous Australians to recognise they have a medical condition and to seek treatment.