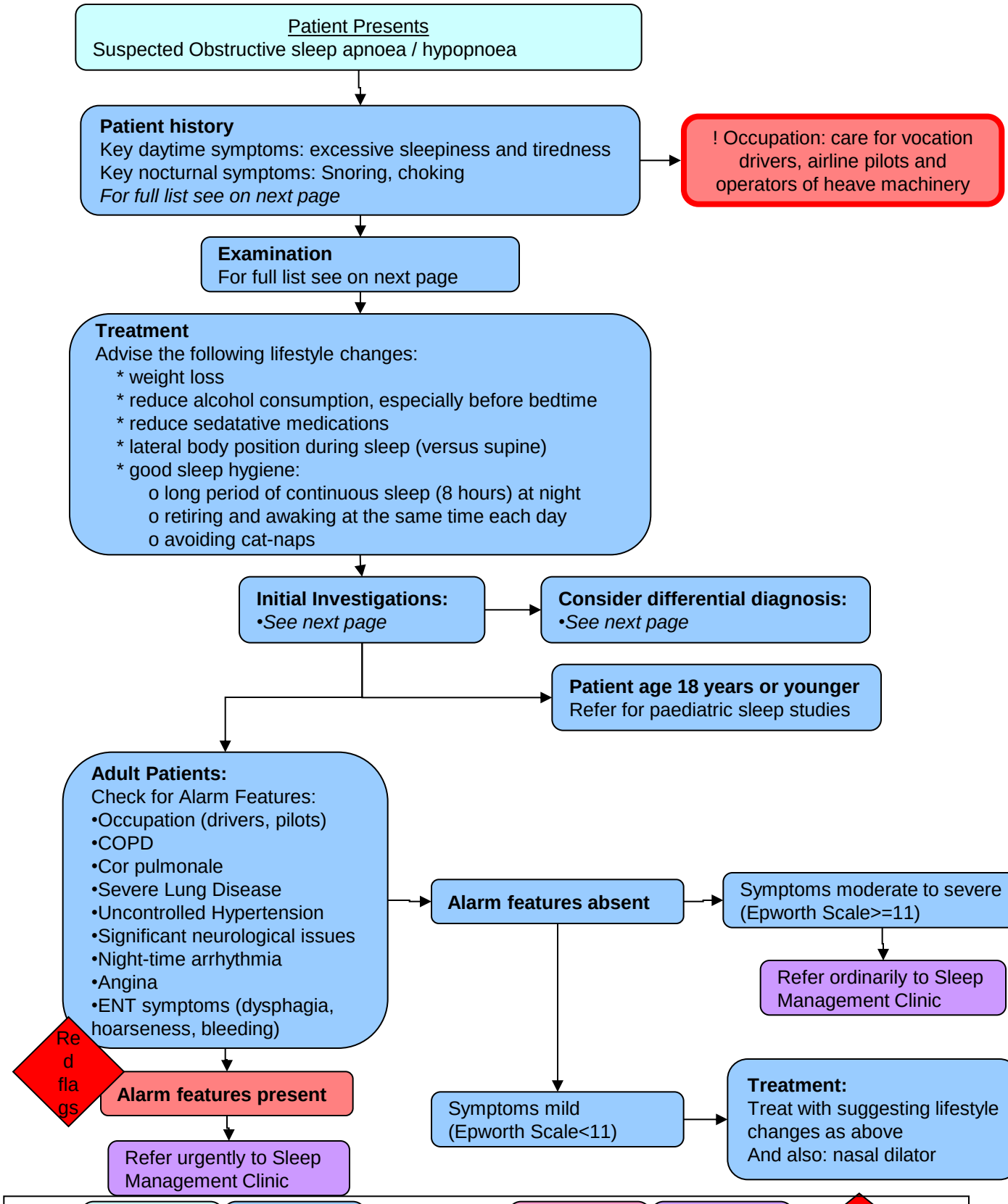
SUSPECTED OBSTRUCTIVE SLEEP APNOEA / HYPOPNOEA

RSP-4 Protocol and Pathway - Respiratory Medicine Specialty (29/03/2011)



CODP Clinical Management Guideline - Adults Version 0.1

Patient Symptoms

Daytime features of obstructive sleep apnoea/hypopnoea syndrome (OSAHS):

* excessive daytime sleepiness
* impaired concentration/cognitive function
* unrefreshing sleep
* irritability/personality change
* decreased libido

Nocturnal features of OSAHS:

* snoring
* choking episodes during sleep
* witnessed apnoeas
* restless sleep
* nocturia

Examination

- BMI
- Neck circumference
- Blood Pressure
- Screen for cor pulmonale
- visually inspect for small jaw size
- assess nasal patency visually
- inspect upper airway for obvious causes of narrowing
- inspect the tongue for macroglossia
- assess dentition and presence or absence of teeth
- assess pharyngeal appearance (tonsillar size, uvular appearance, lumen size)

Initial Investigations:

- spirometry (FEV1 and VC) if co-existent respiratory disease is suspected
- ECG if cardiac co-morbidity suspected
- pulse oximetry for resting SpO2
- consider blood gas measurement if SpO2 94% or below
- a thyroid function test may be indicated if an underlying thyroid cause is suspected
- Assess patient using Epworth Sleepiness Scale

Differential diagnoses include:

- fragmented sleep (poor quality of sleep) unrelated to obstructive sleep apnoea/hypopnoea syndrome (OSAHS)
- sleep deprivation (inadequate quantity of sleep) unrelated to OSAHS
- poor sleep hygiene (irregular sleep patterns, eg due to shift work)
- depression
- narcolepsy
- hypothyroidism
- restless leg syndrome/periodic limb movement disorder
- drugs causing sleepiness: Sedatives, stimulants (caffeine, theophyllines, amphetamines), beta blockers, SSRIs, anticonvulsants
- idiopathic hypersomnolence
- excess alcohol
- neurological conditions, such as: myotonic dystrophy, recent or subacute encephalitis, head injury, Parkinsonian syndromes, neuromuscular weakness
- untreated sleep apnoea may mimic or exacerbate:
    - depression
    - attention deficit/hyperactivity disorder (ADHD)
    - other chronic disorders