

[GA2-59] Another re-visit to the Parental Questionnaire at the Sleep Lab to Help Screen for Pediatric Obstructive Sleep Apnea(OSA)

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Introduction: Pediatric obstructive sleep apnea (OSA) is on the rise. There is no effective pediatric OSA screening method. Although sleep polysomnography is the gold standard, ENT surgeons still rely on clinical history and exam to determine whether to proceed with surgery and if patient requires extended post-operative monitoring. Chung et al have a simple elegant list of questions to screen for OSA in adults. We attempted isolating questions from previously established pediatric questionnaires to determine the highest yield when screening for pediatric OSA.

Method: IRB approval was obtained. We prospectively asked parents or caregiver to fill a 31 question questionnaire for all children sent to the sleep lab. The height, weight, and neck circumference was noted. We retrospectively analyzed the questionnaire and compared it to sleep study data obtained.

Results: The 122 patients were divided into 3 categories of AHI 0-5, 5-10, and >10. These 3 groups were compared in how they answered the first 16 questions on the questionnaire. The total of positive and negative answers were counted. No response or a response of I do not know was counted as a negative answer. Using the Fisher's exact test, we found questions does your child always snore ($p<0.001$), is it hard to wake up your child in the am ($p=0.08$), and is your child overweight ($p=0.04$) statistically significant.

Conclusion: It is accepted that sleep studies are the gold standard for diagnosing OSA. However, they are expensive and time consuming. Also, at times the answer obtained via sleep studies does not fit the clinical picture or parental concerns. Having a limited but high yield screening questionnaire we can better assess the perioperative course for our pediatric patients since it is not feasible to send all patients for a sleep study. It could be a more cost-effective way to screen pediatric patients for OSA. This screening tool could potentially have long range applications.

References

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