

5.07 _A Retrospective Analysis on Increased Prevalence of Central Sleep Apnoea in Post Covid - 19

Subjects

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Aim: Prior to Covid -19 (C-19) when analysis of polysomnography studies is performed the number diagnosed with Central Sleep Apnoea has historically been very low. Since Covid-19 arrived in Ireland – early 2020, it was noted that an increasing number of patients have been diagnosed with Central Sleep Apnoea. The aim of this study was to analyse a set of polysomnography readings from 2019 (pre Covid-19) and a set of studies where patients had reported confirmed post Covid-19 infection, to ascertain any difference in Central Sleep Apnoea prevalence.

Method: A set of readings from 100 sequential patients attending for polysomnography studies during 2019 were compared to an equal sequential set of reported confirmed Covid-19 readings. An Apnoea/Hypopnea Index, (AHI) of >5 was deemed as positive for Sleep Apnoea with a greater number of Central Apnoea's deemed as Central Sleep Apnoea.

Results: Table 1 shows a comparison of analysed polysomnography data from 100 non C-19 subjects' verses 100 post C-19 infected subjects, presented as total percentage change.

Table 1(5.7) – Polysomnography Analysis Results of C-19 Negative v Post C-19 Subjects

Pre/Post Infection (C-19)	Negative	Obstructive	Mixed	Central
Pre C-19 (2019)	6	88	3	3
Post C-19 Infection	4	67	3	26
Total % Change	↓ 33%	↓ 23%	0%	↑ 766%

Conclusion: These results show a marked increase in the prevalence of Central Sleep Apnoea in C-19 positive subjects, an increase of 766%.

Conflict of Interest: None to declare