

1.12 Can the participation of patients' partners, improve the accuracy of The Epworth Sleepiness Scale, in the evaluation of potential Obstructive Sleep Apnoea?

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The Epworth Sleepiness Scale (ESS) is used in the assessment of potential sleep apnoea. Its role is to indicate a patient's perception of daytime sleepiness. Although the ESS is frequently used in clinical practice, there are still disputes over its reliability as a subjective screening tool. The aim of this review is to assess the utility of the ESS by comparing the partners' ESS estimation with that of the patient.

Forty-five patients and respective partners were randomly selected. The ESS were completed by the patients and their partners separately. ESS was categorised 0-10 and ≥ 11 .

The average ESS scores were significantly higher when completed by the partner (11.68) compared to patient (5.82). In all cases, the patient underestimated their score when compared to the partner. 97% of the patients had an AHI of ≥ 5 , with a mean of 40.16 events/hour. Our results show that the partner's ESS compares favourably with the severity of the sleep study's results, whereas the patient's ESS does not.

The disparity in the ESS score between patient and partner suggest that having the patient and partner both complete the ESS will result in a more authentic score and a better understanding of the patients' daytime sleepiness.

References:

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