

1.18 Are we doing the necessary investigations to monitor for cardiometabolic risk factors in confirmed cases of obstructive sleep apnoea in our centre?

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Background: Obstructive sleep apnoea (OSA) is a prevalent condition characterized by the collapse of the upper airway during sleep. While polysomnographic indices like apnea-hypopnea index (AHI) and oxygen desaturation index (ODI) are commonly used for OSA diagnosis, recent research has focused on novel quantitative markers such as hypoxic burden and desaturation severity¹. These markers have shown strong associations with cardiovascular morbidity. Current evidence also strongly suggests all patients diagnosed with OSA should be screened for metabolic syndrome².

We assessed the current practice in our centre to determine whether the necessary blood investigations are being conducted to effectively identify and manage associated cardiometabolic disorders in confirmed OSA patients.

Method: We conducted a retrospective audit to evaluate whether patients with confirmed OSA had appropriate blood investigations completed for cardiometabolic workup.

Results: As part of the comprehensive cardiometabolic screen, the following blood investigations were analysed: Lipids, HbA1c, Brain natriuretic peptide (BNP), thyroid function tests (TFTs), renal and liver profile.

28.8% had lipid profiles recorded, 26.8% had HbA1c levels, 31.9% had TFTs, whilst 10% had BNP levels.

Conclusions: Basic on this audit cycle there is scope to improve the management of cardiometabolic risk factors in our OSA patients. We aim to implement a tool in order to improve this.

Conflict of Interest: The authors declare that they have no conflict of interest.

References

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