SYMPOSIUM 6

COMMON RESPIRATORY DISORDERS IN CHILDREN

S6.1

SNORING IN CHILDREN: WHEN TO INVESTIGATE

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Is it estimated that between 3 - 12% of preschool children snore. The majority of these children is healthy, without other symptoms and has primary snoring. But, about 2% of snoring children have obstructive sleep apnoea syndrome (OSAS), a sleep-disordered breathing (SDB) characterized by upper airway obstruction that disrupt normal ventilation during sleep leading to serious health morbidity. The differentiation of primary snoring and obstructive sleep apnoea syndrome (OSAS) is difficult on clinical grounds. Full polysomnography (PSG) is the gold standard procedure in the diagnosis of OSAS, however it’s used in clinical setting is limited by several factors. The procedure required trained personnel in the paediatric sleep medicine, is labour intensive, time-consuming and very costly. Selection of snoring patients who require further investigation is based on the evaluation of detailed sleep symptoms, clinical findings and associated risk factors related to SDB. Other screening modalities will be discussed.