Predicting Obstructive Sleep Apnea in People with Down Syndrome

Brian G. Skotko, MD, MPP1,2, Eric A. Macklin, PhD3, Marco Muselli, MSc4,5, Lauren Voelz, BS6, Mary Ellen McDonough, RNI, Emily Davidson, MD, MPH2,6, Veerasathpurush Allareddy, BDS, MBA, MHA, PhD, MMSc7, Yasas S.N. Jayaratne, BDS, PhD8, Richard Brunn, DDS9, Nicholas Ching, DDS10, Gil Weintraub, MD11, Lisa Albers Prock, MD, MPH2,6, David Gozal, MD, MPA12, and Dennis Rosen, MD2,13

1. Down Syndrome Program, Division of Medical Genetics, Department of Pediatrics, Massachusetts General Hospital, Boston, Massachusetts; 2. Department of Pediatrics, Harvard Medical School, Boston, Massachusetts; 3. Biostatistics Center, Massachusetts General Hospital and Harvard Medical School, Boston, Massachusetts; 4. Rulex, Inc., Boston, Massachusetts; 5. Institute of Electronics, Computer, and Telecommunication Engineering, National Research Council, Genoa, Italy; 6. Down Syndrome Program, Division of Developmental Medicine, Department of Medicine, Boston Children’s Hospital, Boston, Massachusetts; 7. Department of Orthodontics, The University of Iowa College of Dentistry and Dental Clinics, Iowa City, Iowa; 8. Division of Orthodontics, Department of Craniofacial Sciences, University of Connecticut School of Dental Medicine, Farmington, Connecticut; 9. Department of Dentistry, Boston Children’s Hospital, Boston, Massachusetts; 10. Children’s Dentistry, El Centro, California; 11. Beth Israel Deaconess Medical Center, Boston, Massachusetts; 12. Department of Pediatrics, The University of Chicago, Chicago, Illinois; 13. Division of Respiratory Diseases, Department of Medicine, Boston Children’s Hospital, Boston, Massachusetts

BACKGROUND

• Obstructive sleep apnea (OSA) in individuals with Down syndrome is associated with multiple morbidities.
• An overnight sleep study or polysomnogram is the gold-standard for diagnosing OSA.
• The AAP recommends that all people with Down syndrome, ages 3-35, who were already enrolled in the Down Syndrome Program at Boston Children’s Hospital.
• While noninvasive, sleep studies are not insignificant procedures for individuals with Down syndrome (DS). They are often expensive, not readily available, poorly tolerated, and inconvenient.

OBJECTIVES

• To develop a novel model that could predict OSA in individuals with Down syndrome.
• The model should use comfortable, practical, and cost-effective measures for diagnosing OSA in individuals with Down syndrome.

DESIGN/METHODS

All people with Down syndrome, ages 3-35, who were already enrolled in the Down Syndrome Program at Boston Children’s Hospital.

exclusion: already had adenoids, tonsils, or both removed; previous sleep study within past 6 months

Nonin WristOx2 Model 3150

RESULTS

<table>
<thead>
<tr>
<th>Predicted Results</th>
<th>AHI ≤ 1</th>
<th>1 &lt; AHI ≤ 5</th>
<th>AHI &gt; 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Actual Results</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>AHI ≤ 1</td>
<td>none</td>
<td>29</td>
<td>3</td>
</tr>
<tr>
<td>1 &lt; AHI ≤ 5</td>
<td>mild</td>
<td>8</td>
<td>6</td>
</tr>
<tr>
<td>AHI &gt; 5</td>
<td>mod-severe</td>
<td>3</td>
<td>2</td>
</tr>
</tbody>
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Positive Pred (PPV): AHI > 1
Negative Pred (NPV): AHI > 5

Variables in Final Model

• Questionnaires: CSHQ, SRBD
• Medication usage (e.g., thyroid, reflux meds)
• Anthropometric measurements (e.g., BMI)
• Vital signs (e.g., BP, Awake Spo2)
• Age
• Physical exam (e.g., Mallampati, neck circum)

CONCLUSIONS

With simple procedures that can be collected at minimal cost, the proposed model accurately predicted when patients with DS were less likely to have moderate to severe obstructive sleep apnea and thus may not need a diagnostic sleep study.

Before we recommend implementing this predictive model, we are validating our prediction accuracy with a new set of patients.

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CONTACT: bskotko@mgh.harvard.edu