Active Clinical Referral Triage Guide – Obstructive Sleep Apnoea Syndrome

Symptoms

Common:
- Daytime somnolence
- Witnessed apnoeas
- Unrefreshing sleep
- Snoring/choking

Other:
- Sleep fragmentation
- Headaches
- Nocturia
- ↓ Memory/concentration

Assessment

Epworth Sleepiness Score
(BLF link)
≥10 indicates excessive daytime sleepiness

STOP-BANG Score
(BSSAA link)
≥5 indicates high risk

Common Comorbidities

- Elevated BMI
- Persistent hypertension
- Cardiovascular disease: Atrial fibrillation; stroke
- (Acromegaly)
- (Hypothyroidism)
- (Facial abnormalities e.g., retrognathia)

One symptom alone insufficient

Unlikely OHSAS if both low

May tip balance of probability

Probability of OSAHS

Low

Other recognised diagnosis e.g., narcolepsy?

Yes → Onward referral

No → Back to referrer

Moderate to High

Patient opt-in information sent

Patient opts for assessment*:
- Home sleep study
- Patient questionnaire

Diagnostic Pathway

Urgent Assessment*

- Safety sensitive occupations e.g., HGV driver
- Unstable cardiovascular disease
- Pregnancy

(Otherwise, routine assessment)

Adapted from NICE guideline NG202, August 2021