HYPERTENSION AND OBESITY ARE PREDICTORS OF BEING HIGH-RISK FOR OBSTRUCTIVE SLEEP APNEA IN MALE HEALTHCARE WORKERS

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Obstructive Sleep Apnea (OSA) is a common problem in adult males and, if untreated, it is a contributing factor for sudden death, stroke, coronary artery disease, and cardiac arrhythmias. In resource-limited settings, screening using the Berlin questionnaire is sensitive for OSA detection. We aimed to identify the elements of the Berlin questionnaire most sensitive for OSA detection in male healthcare workers. Male healthcare workers over the age of 35 and currently working at the Faculty of Medicine, Khon Kaen University were randomly enrolled. A Thai version of the modified Berlin questionnaire was distributed. The study population required was 273 subjects to provide a confidence value of 95% ± 5%. Factors in the questionnaire associated with OSA risk were evaluated using a multivariate logistic regression analysis. Of the 135 respondents (49.45% response rate), 41 (30.4%) were identified as being at high risk of OSA. Frequent snoring, high body mass index and hypertension were independently associated with being at risk for OSA. The BMI of 22.97 kg/m^2 had sensitivity and specificity of 82.91%. Habitual snoring, hypertension, and being overweight are three independent items from the Berlin questionnaire to predict OSA in Thai male healthcare workers.