Upper Airway Clinic Treatment Algorithm for OSA in children 3 years of age and older

OSA: Obstructive Sleep Apnea  
OI: Obstructive Index  
PSG: Polysomnogram  
CPAP: Continuous Positive Airway Pressure

Results of PSG and clinic visit

- OI > 5
  - Chart Conference
  - CINE MRI
  - Medical Treatment (CPAP, weight loss) or CPAP titration
  - Repeat PSG in 3 mths (diagnostic or split)  
  - UAC Clinic
  - Follow-up in UAC clinic in 6 mths

- OI < 5
  - UAC Clinic
  - Medical Treatment (Meds, Oxygen or CPAP)+/- CINE MRI
  - Repeat PSG in 3 mths (diagnostic or split)  
  - UAC Clinic
  - Follow-up in UAC clinic in 1 yr

Symptomatic

- Follow-up in UAC clinic in 1 yr

Non-Symptomatic

- Follow-up in UAC clinic in 6 mths
- Is patient symptomatic?
  - YES
    - Repeat PSG
  - NO
    - Then what?

SURGERY EXAMPLES

- ENT
- Plastic surgeries

* PSG 8–12 weeks after procedures
* All time frames measured posttreatment, not patient age
Upper Airway Clinic Treatment Algorithm for OSA in children 0–2 years of age

**RESULTS OF PSG AND CLINIC VISIT**

- **OI > 15**: Start oxygen
- **OI 5–15**: Consider hospitalization
- **OI < 5**: Start oxygen
  - **Time sats < 90% ≤ 2%**: No treatment
  - **Time sats < 90% > 2%**: Oxygen with Hypotonia or Neuro issues or Pulm disease

**POSSIBLE OPTIONS**

- Imaging:
  - Lateral plain film head
  - CXR
  - Chest CT
  - CT cephalogram
- OR:
  - MLB
  - DISE
  - Flexible bronchoscopy
- Visit (exam)

**OVERVIEW**

- **ODI > 2 or time sats < 90% > 2%**: Start oxygen
  - Overnight oxygen sat study on oxygen
    - ODI > 2 and time sats < 90% ≤ 2%

- **ODI < 2 and time sats < 90% ≤ 2%**: No treatment
  - 6 month follow-up UAC clinic visit or CFAT clinic

- **Is patient symptomatic?**
  - **YES**: Complete PSG now
  - **NO**: Repeat PSG at 1 year from last PSG

**SURGERY EXAMPLES**

- Distraction
- Trach
- CPAP
- Oxygen

**MEDICAL THERAPY EXAMPLES**

- Distraction
- Trach

**IF BAD**

- Repeat PSG in 3–6 months (diagnostic or split)

**IF GOOD**

- At 3–6 months complete oxygen split night PSG and UAC clinic
  - Every 3–6 months complete oxygen split night PSG and see in clinic

**IMAGING**

- Lateral plain film head
- CXR
- Chest CT
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- MLB
- DISE
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