



The Philippine Society
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Head and Neck Surgery



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Upper Airway Evaluation in OSA Surgery

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Evaluation of the upper airway and Drug induced sleep endoscopy

A thorough evaluation of the upper airway to identify potential sites of obstruction is critical to successful surgical management of snoring and obstructive sleep apnea. Common methods used to evaluate the upper airway includes a complete head and neck physical examination, awake fiberoptic evaluation with or without Muller's maneuver, Friedman scoring, cephalometry and sometimes even CT or dynamic MRI. We will be discussing the common physical exam findings in patients with OSAS and review how to do Friedman staging. The use of a soft tissue lateral xray to evaluate the adenoids and significance of the adenoid-nasopharyngeal ratio will be discussed. Finally, drug induced sleep endoscopy will be discussed. It is currently still considered the best method to evaluate the upper airway in OSAS patients preoperatively because of the ability to visually study the dynamic airway of a sleeping OSA patient. Hence, it can accurately locate the site of snore sound and obstruction thereby giving you the best possible surgical approach to your patient. DISE procedure will be discussed from patient selection, anesthetic drugs to be used and technique to the proper way of reporting your findings.