



The Philippine Society
of Otolaryngology -
Head and Neck Surgery



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Diagnostic Tests for OSA

Michael Alexius A. Sarte

Rizal Medical Center | Philippines

Polysomnography is the current gold-standard to assess a patient who may be suffering from obstructive sleep apnea (OSA). And although screening sleep studies, sleep questions, and questions regarding quality of life help in the analysis for an impression, integrating all this information will give a greater chance of arriving at a definitive diagnosis. What are the parts of a sleep study which we should focus more on, whether a full night, a screening study, or a questionnaire/s and how can we use this not only to discuss with patients their treatment options, but also to use this as a tool whether patients improve from a particular treatment modality or not.