MEDICAL GUIDANCE FLOWCHART Class: 1 2 3

Trafikstyrelsen
Danish Civil Aviation and Railway Authority

Screening for Obstructive Sleep Apnoea (OSA) Syndrome

Obstructive Sleep Apnoea Risk Factors (OSA-RF)

1. Hypertension

2. Diabetes Mellitus

4. BMI ≥ 30 (BMI ≥ 35 For Class 2, 3, LAPL)
(If BMI ≥ 35 also follow Obesity flowchart)

5. Comorbidities: cardiovascular or cerebrovascular disease, peripheral arterial disease, AF, chronic kidney disease, significant multi-morbidity.

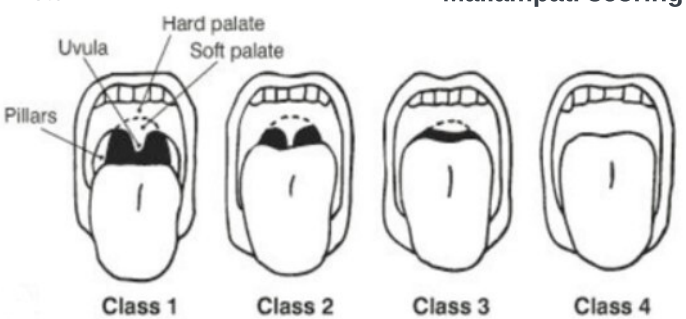
6. Neck circumference ≥ 40 cm

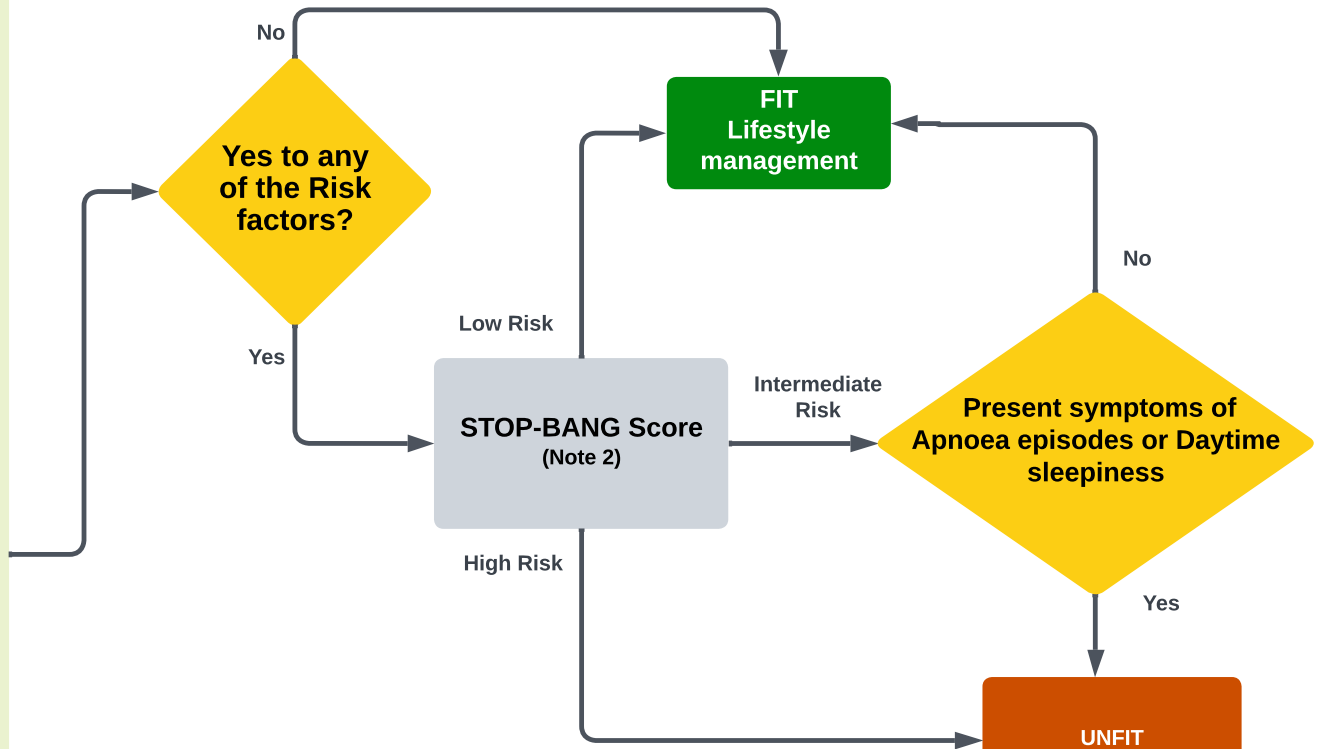
7. Mallampati > 2 (Note 1)

8. Other OSA risk factors
- Previous bariatric history
- Nasal obstruction
- Orthodontic/Retrognathia
- OSA symptoms
  - Daytime sleepiness
  - Snoring
  - Psycho-social issues due to sleepiness
  - Observable apnoae episodes

Note 1

Mallampati scoring





NOTE 2

Questions
1. Do you often SNORE loudly (louder than talking)?
2. Do you often feel TIRED, fatigued or sleepy during the day?
3. Has anyone OBSERVED you stop breathing during your sleep?
4. Do you have high blood PRESSURE?
5. BMI more than 35 kg/m² ?
6. AGE over 50 years?
7. NECK circumference > 40 cm (> 16 inches)?
8. GENDER Male?

Interpretation:
OSA - Low Risk : Yes to 0 - 2 questions
OSA - Intermediate Risk : Yes to 3 - 4 questions
OSA - High Risk : Yes to 5 - 8 questions
or Yes to 2 or more of 4 STOP questions + male gender
or Yes to 2 or more of 4 STOP questions + BMI > 35kg/m2
or Yes to 2 or more of 4 STOP questions + neck circumference 16 inches / 40cm

Send UNFIT Notification to CAA

Refer for Respiratory Polygraphy/Cardiorespiratory Monitoring (CRM)

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