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匠人学术

——符合我国老年睡眠呼吸暂停患者需求的《老年睡眠呼吸暂停综合征诊断评估专家共识》

睡眠呼吸暂停(SAS)是老年人常见睡眠障碍之一,也是多种疾病的诱因,并与阿尔茨海默病、心律失常、高血压、心脑血管疾病及呼吸系统疾病等直接相关。因此,老年人及其家属应高度关注SAS,做到早筛查、早诊断、早治疗。

目前,国外针对老年人睡眠障碍的指南指导对象以欧美人群为主,用于指导我国临床实践存在一定局限性,但国内尚缺少针对老年SAS的诊治指南或共识。《老年睡眠呼吸暂停综合征诊断评估专家共识》由中国老年医学学会睡眠医学分会组织国内专家制订,是符合我国老年SAS患者需求的,可指导临床医生规范开展老年SAS诊断评估工作,帮助患者获得安全、有效且经济的干预措施。

《老年睡眠呼吸暂停综合征诊断评估专家共识》更新了老年SAS的分类标准,对阻塞性睡眠呼吸暂停(OSA)与中枢性睡眠呼吸暂停(CSA)的危险因素及临床表现进行了详细描述,并首次探讨了老年人特有的颞下颌关节紊乱及无牙牙合状态与OSA发病的关系。

针对老年SAS,《老年睡眠呼吸暂停综合征诊断评估专家共识》制订了特有的综合诊断评估方法,包括:(1)完整的睡眠历史记录;(2)从家属或床伴处获得相关信息;(3)明确有无精神疾病、服用处方药、饮酒及认知障碍;(4)详细的体格检查;(5)整夜多导睡眠监测(PSG)或家庭睡眠呼吸暂停监测设备(HSAT);(6)重视呼吸运动监测;(7)老年患者常存在多种疾病,应仔细评估并发症及合并症。

此外,《老年睡眠呼吸暂停综合征诊断评估专家共识》还规范了老年SAS的诊断标准及病情分度标准:对于老年OSA严重程度分级,应充分考虑临床症状、合并症、睡眠呼吸暂停低通气指数(AHI)、夜间动脉血氧饱和度等;主要根据AHI将OSA分为轻、中、重度,但对于>65岁的衰弱老年人,有研究将AHI≥10次/h作为OSA的诊断标准,且不进行病情分度。

王怡, 杨凌麟, 陈宇洁. 符合我国老年睡眠呼吸暂停患者需求的《老年睡眠呼吸暂停综合征诊断评估专家共识》[J]. 中国全科医学, 2022, 25(11): 目次页.



(扫码获取睡眠障碍相关文献)

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