



TRUNG TÂM Y KHOA MEDIC

“ Các phương tiện khảo sát và chẩn đoán giấc ngủ ”

Bs Đặng Văn Mon



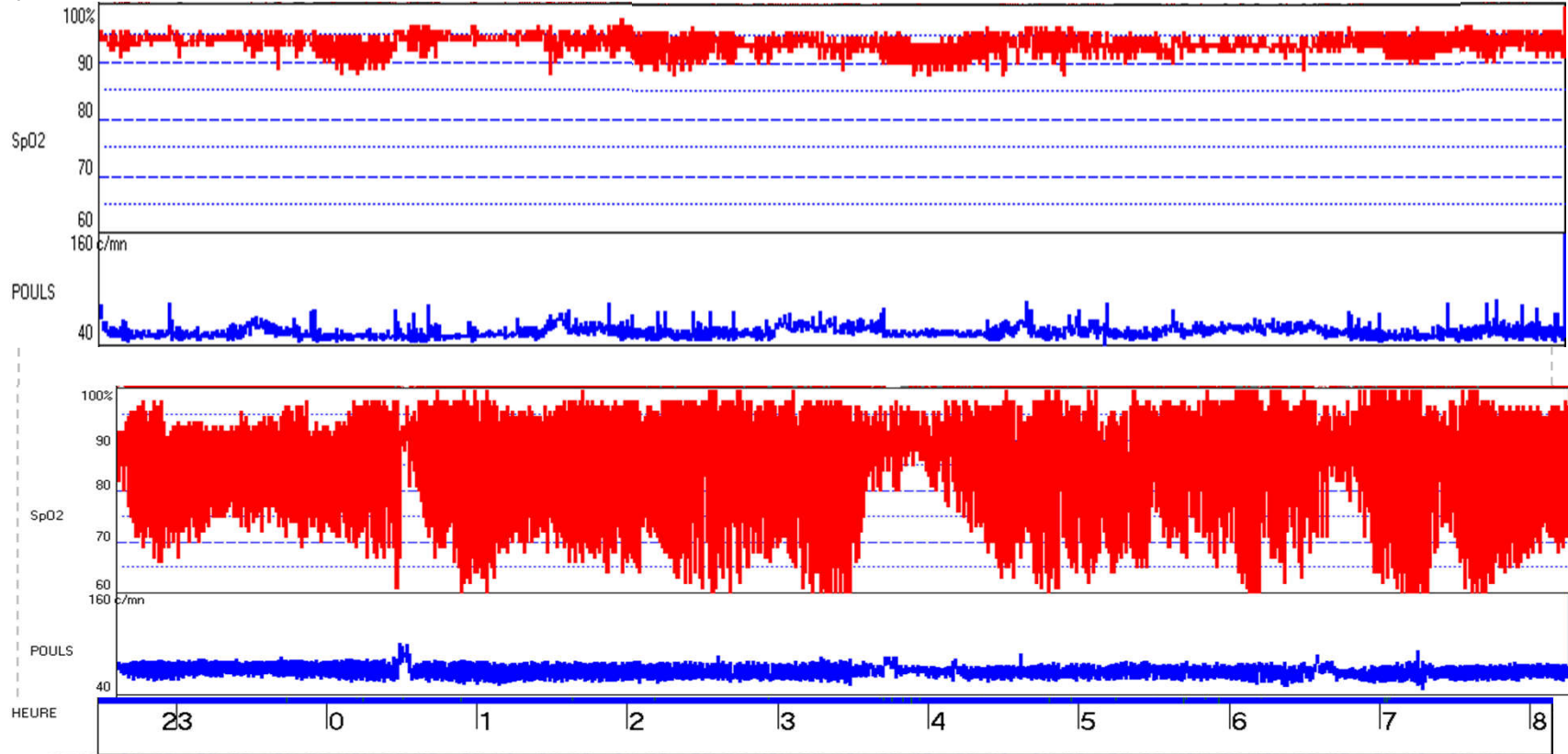


Phương tiện khảo sát và chẩn đoán giấc ngủ

1. Nhật ký về giấc ngủ
2. Bảng câu hỏi về giấc ngủ:
 - ✓ Thang đo chất lượng giấc ngủ Pittsburgh (Pittsburgh Sleep Quality Index)
 - ✓ Thang giấc ngủ Epworth (Epworth Sleepiness Scale)
 - ✓ Thang giấc ngủ Stanford (Stanford Sleepiness Scale)
3. Oximetry with pulse rate
4. Đa ký hô hấp khi ngủ (PolyGraphy)
5. Đa ký giấc ngủ (Polysomnography)

Daniel J, Buysse MD, Martica L Hall PhD, Patrick J Strollo MD (2008) "Relationships Between the Pittsburgh Sleep Quality Index (PSQI), Epworth Sleepiness Scale (ESS), and Clinical/Polysomnographic Measures in a Community Sample". *Journal of Clinical Sleep Medicine*, 4, (6), pp. 563-571.

Martha S, Rosenthal (1998) "Physiology and Neurochemistry of Sleep". *American Journal of Pharmaceutical Education*, 62, pp, 204-208





Oxymétrie

Table 2—Sensitivity and Specificity of Pulse Oximetry When Used To Screen for OSA Compared to NPSG: Results From 11 Published Studies*

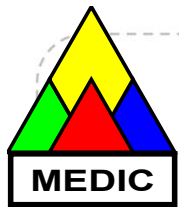
Author/Year	Study Population, No.	AHI/ODI Cutoff Point	Screening Specificity, %	Screening Sensitivity, %
Ryan et al ²⁷ /1995	69	≥ 15	100	31
Levy et al ²⁹ /1996	301	≥ 15	94	77
Rodriguez Gonzalez-Moro et al ⁴⁰ /1996	96	NA	69	91
Schafer et al ⁴¹ /1997	114	NA	41 (92†)	94
Lacassagne et al ⁴⁴ /1997	329	≥ 15	57.8	89
Sano et al ²⁶ /1998	40	≥ 15	83.3	73.5
Olson et al ⁴⁵ /1999	113	≥ 15	70	88
Golpe et al ⁴³ /1999	116	≥ 10	97	84
Brouillete et al ⁴⁶ /2000	349	NA	96	58
Nuber et al ⁴² /2000	70	NA	77.8	85.2–91.8‡
Vazquez et al ³⁰ /2000	246	≥ 15	88	98

*NA = not available.

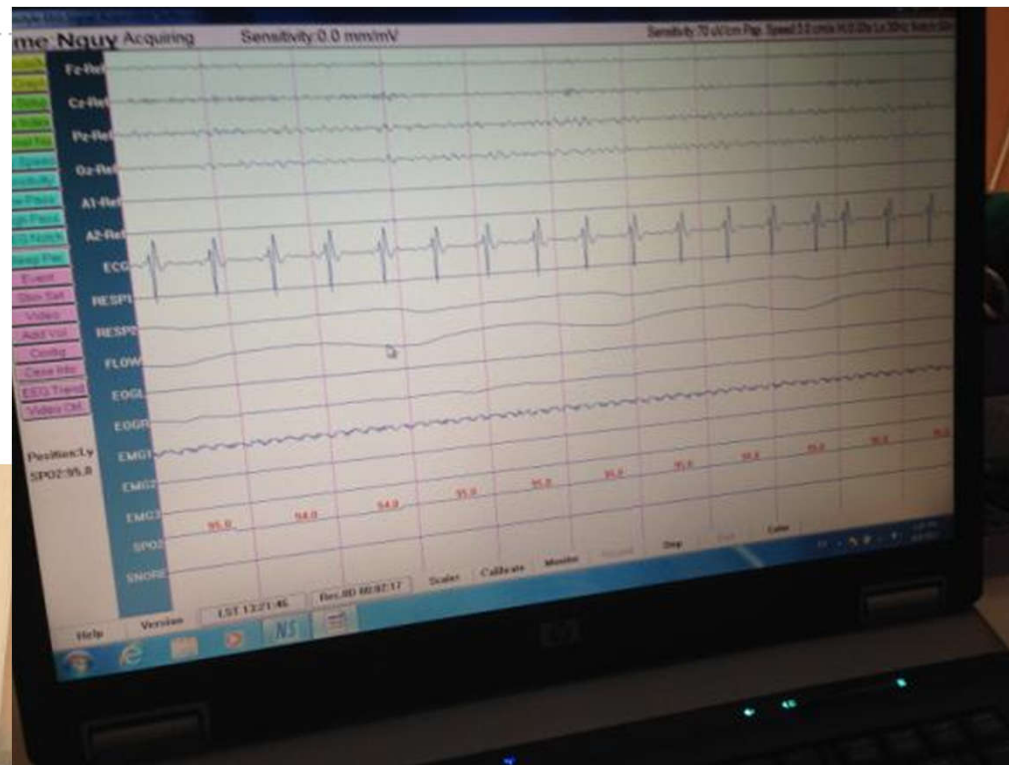
†Combined with questionnaire.

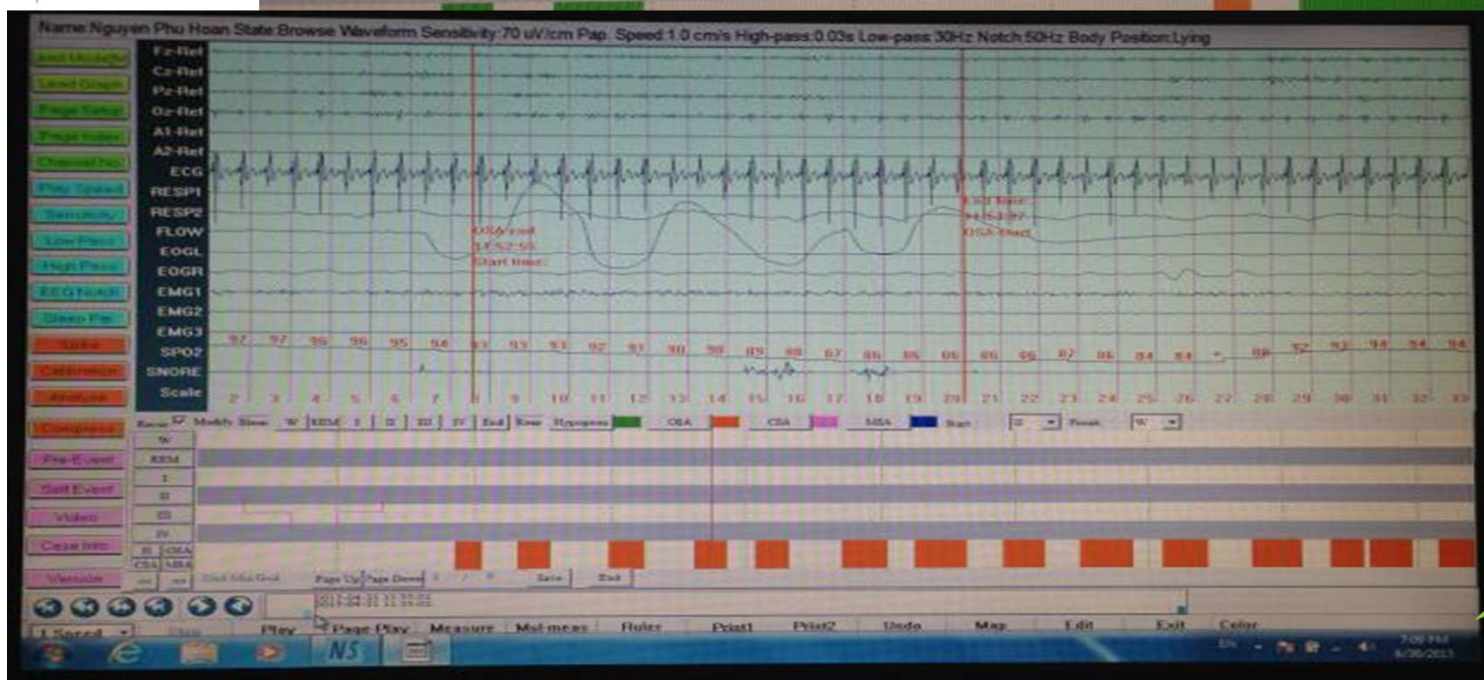
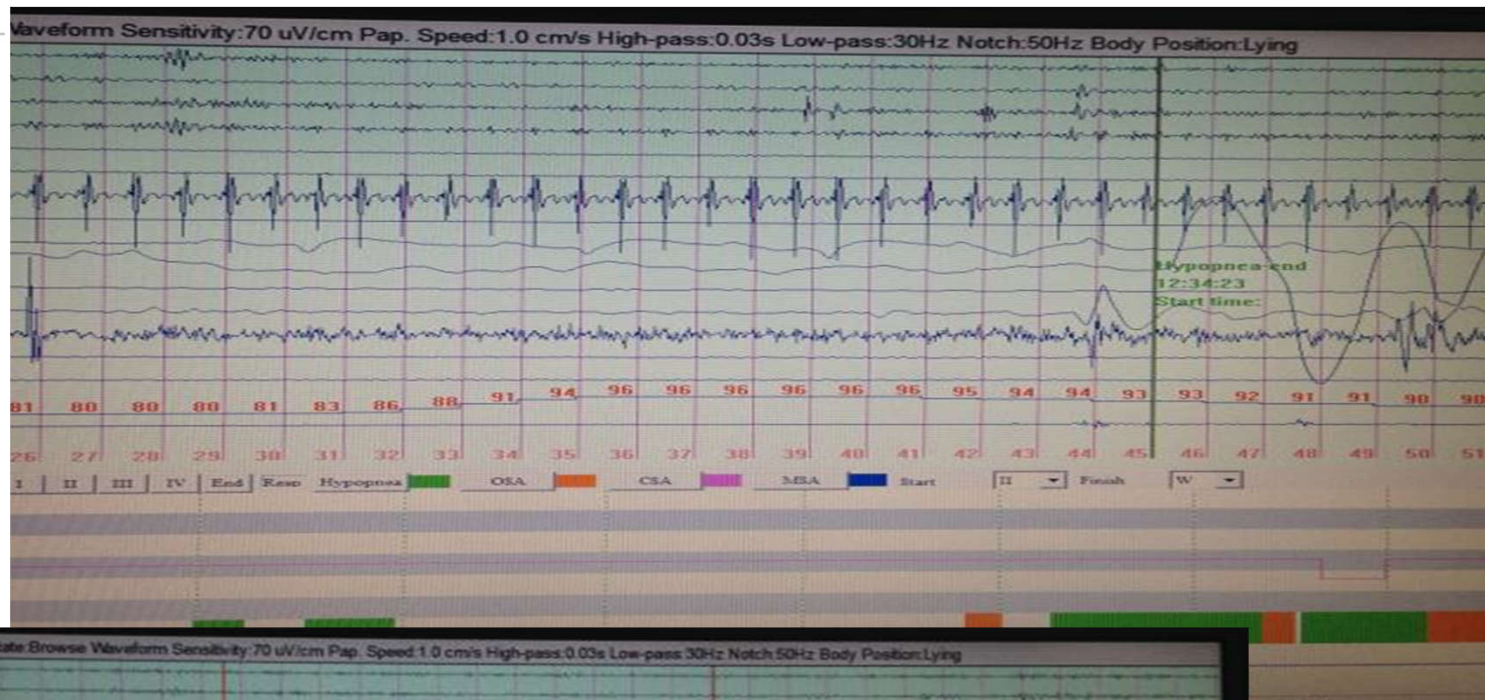
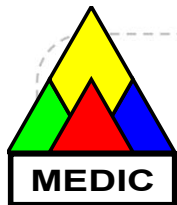
‡Higher sensitivity after rereading unclear desaturations.

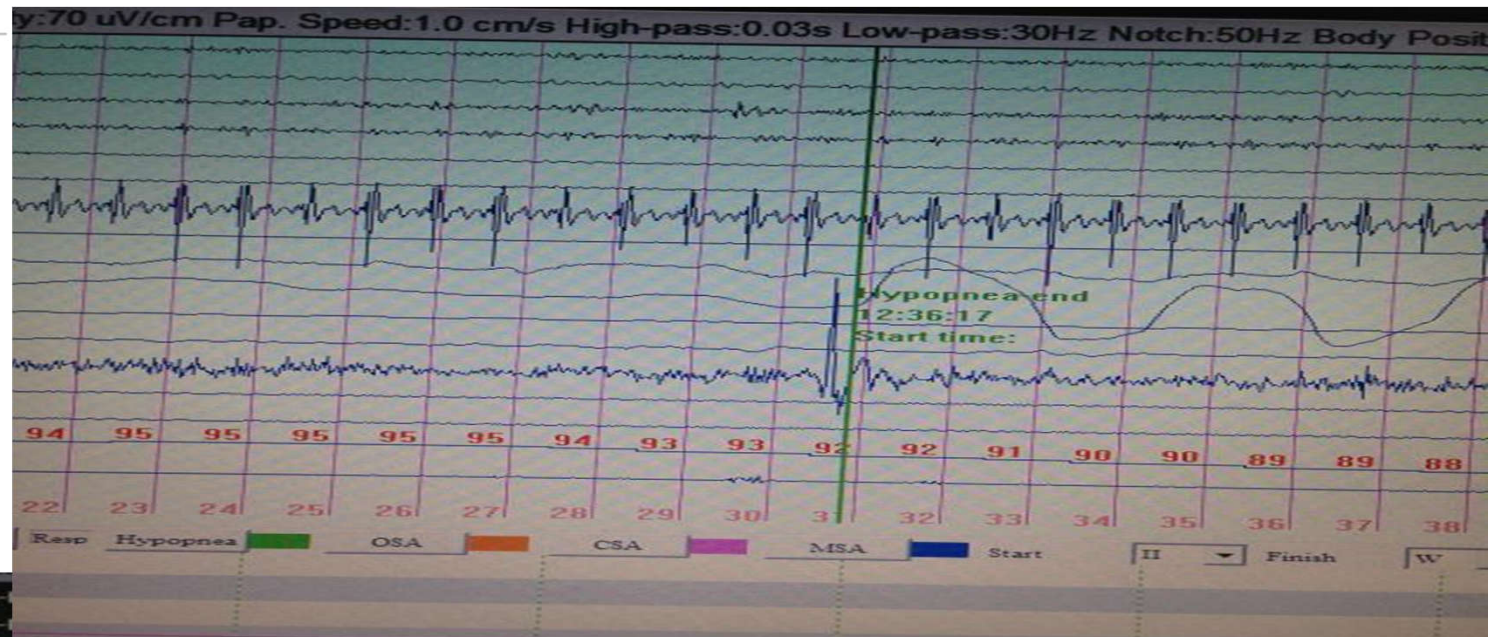
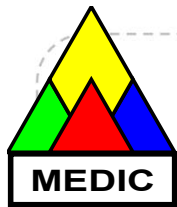


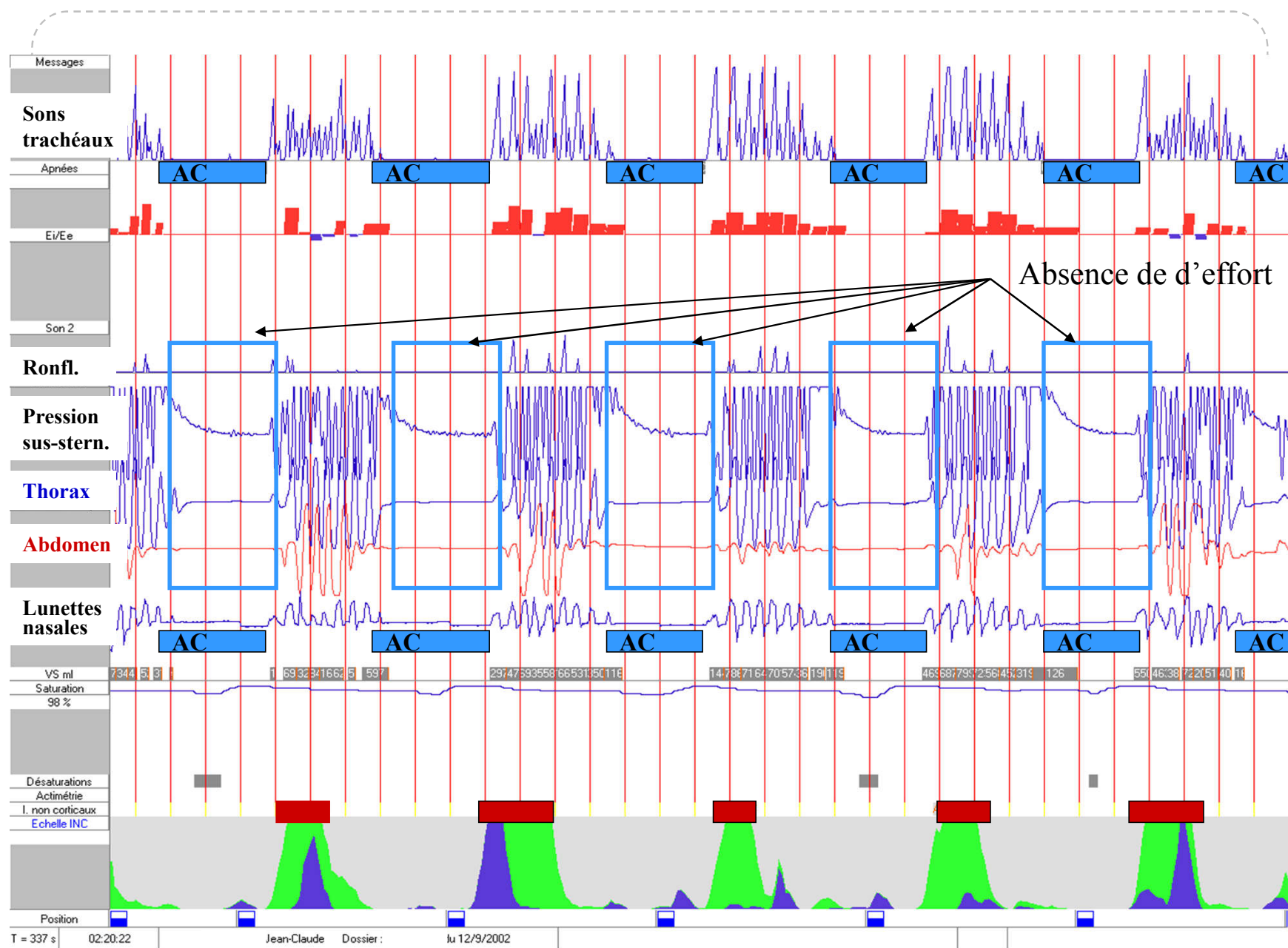


PSG-MEDIC



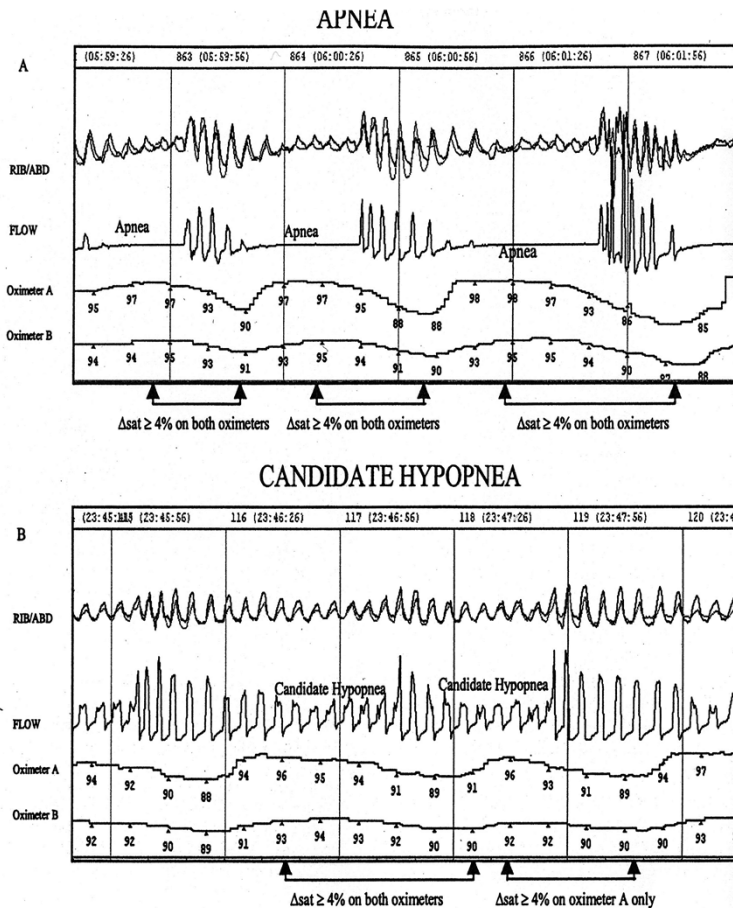






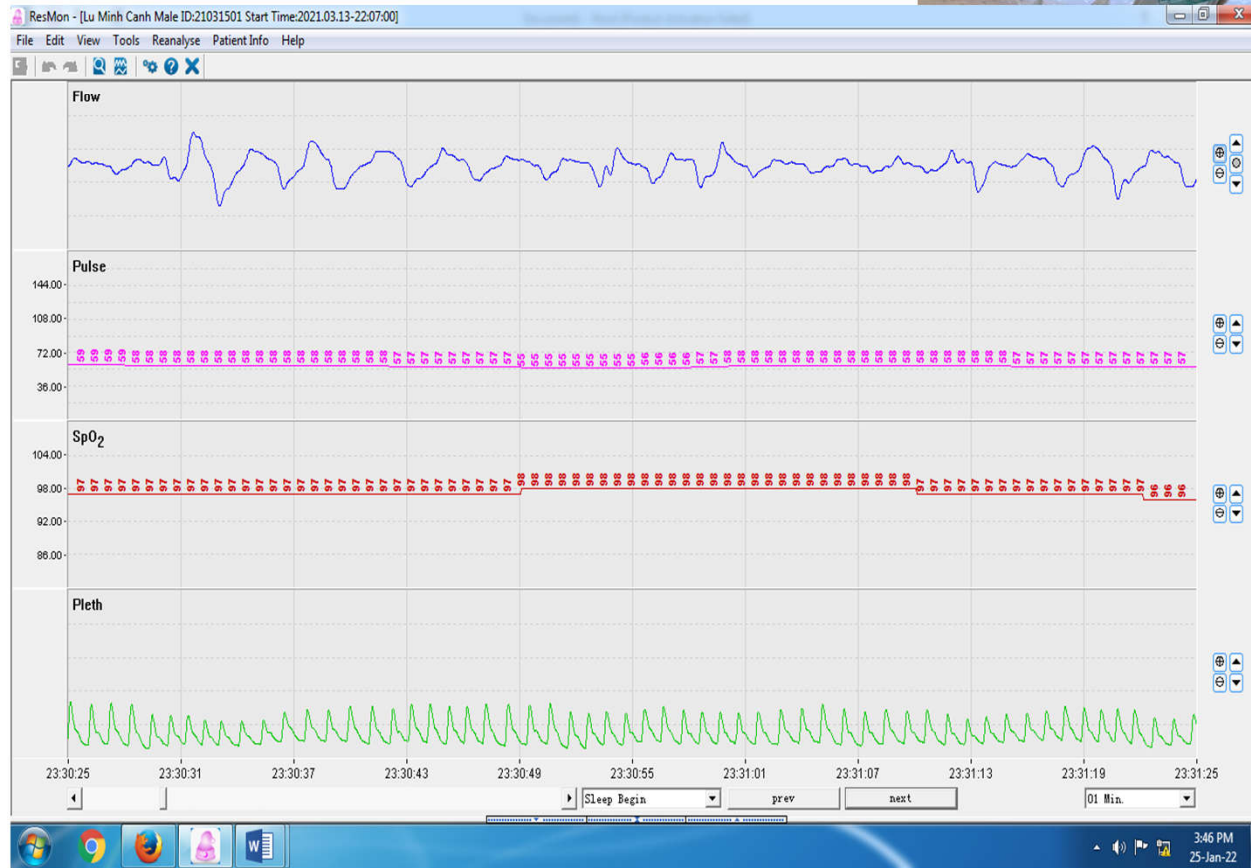
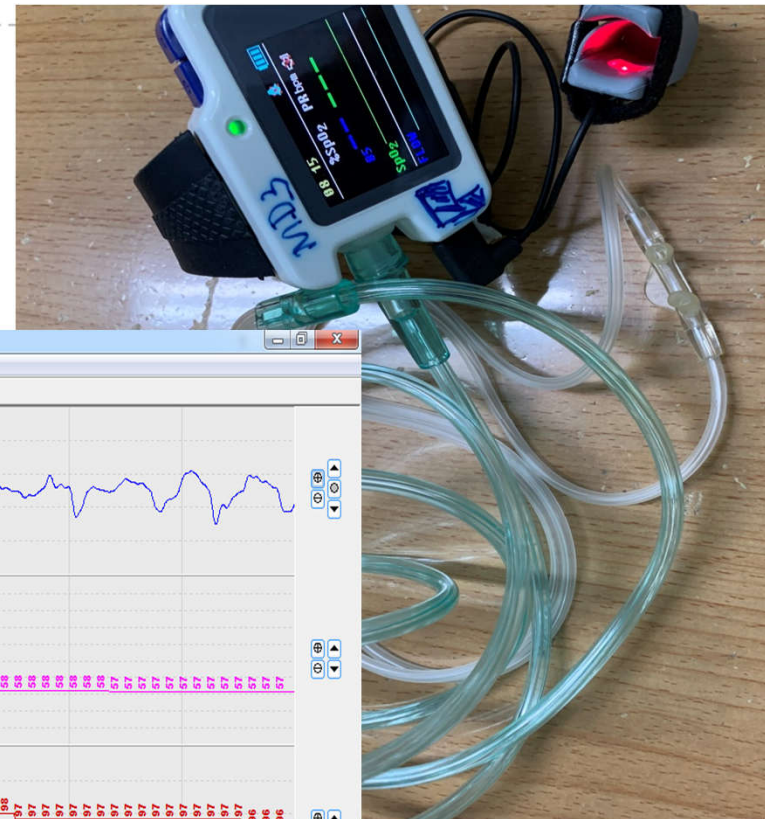


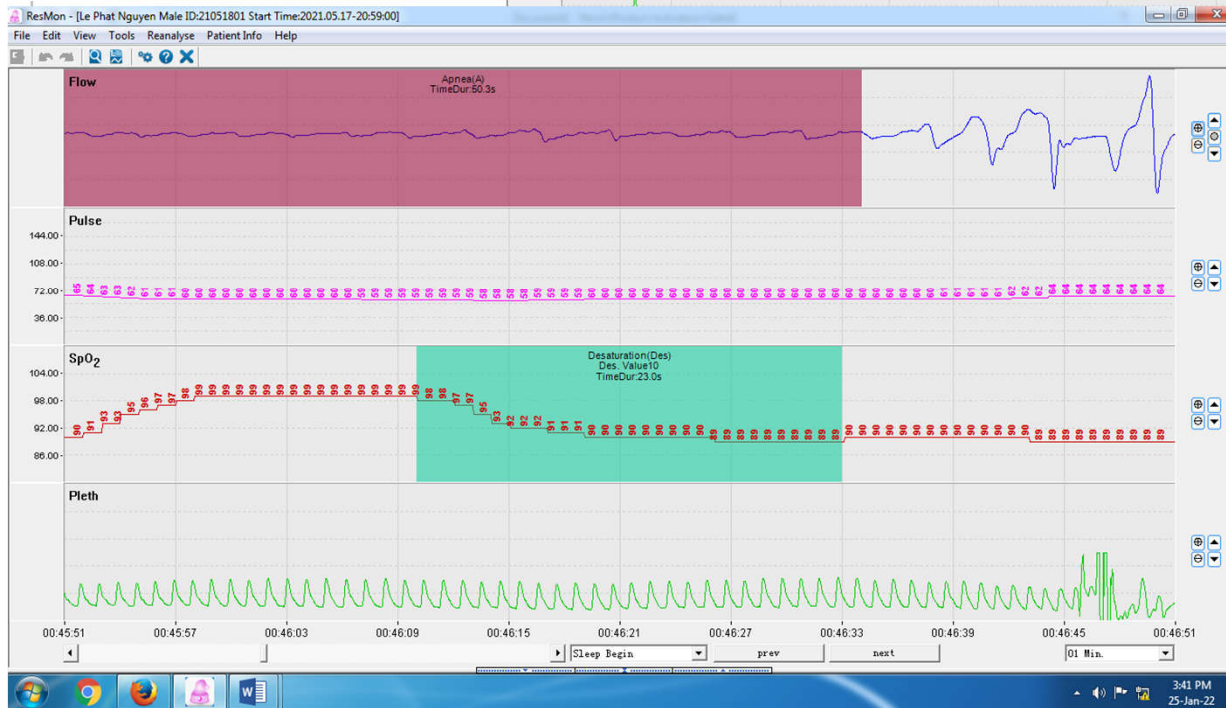
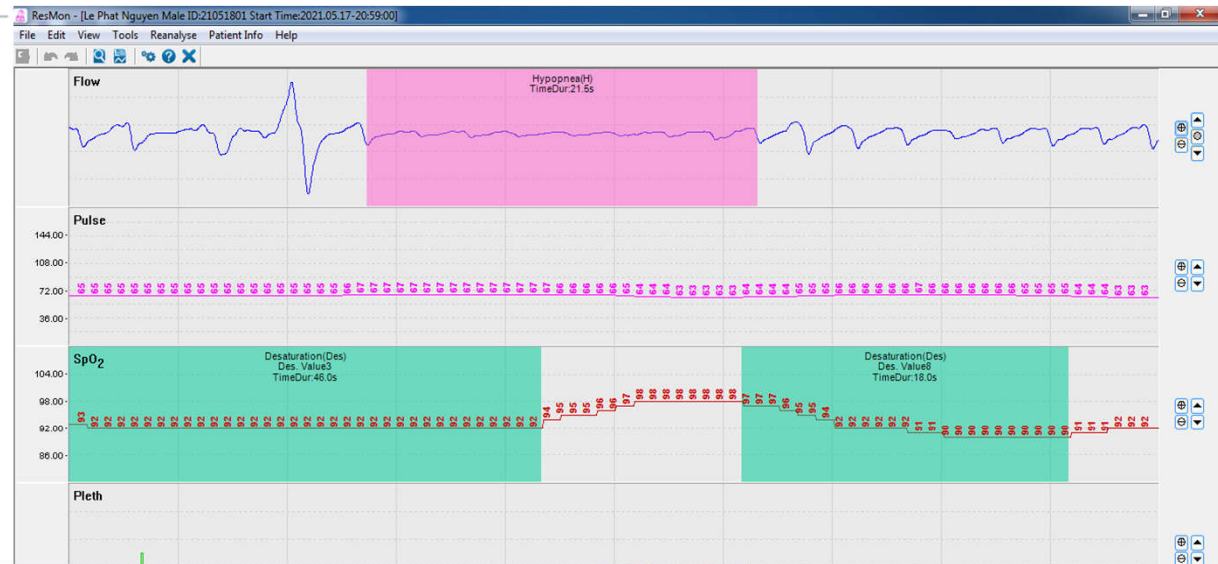
Polygraphy



- Oxymètres différents; même temps de moyennage (4 à 6 sec)
- Nombre total d'hypopnées : 10604
- Nombre d'hypopnées avec désat $\geq 4\%$:
 - 4327 oxymètre A (41%)
 - 2634 oxymètres B/C (25%)

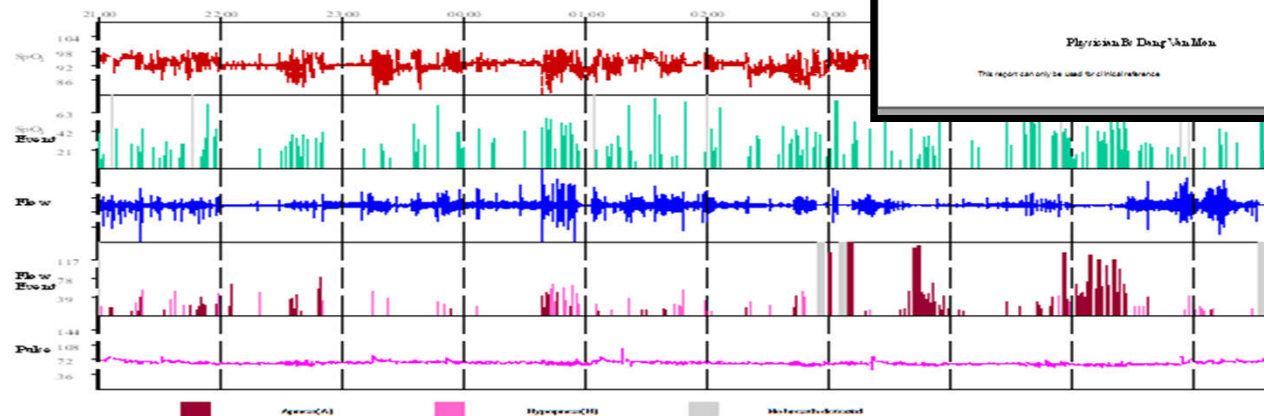
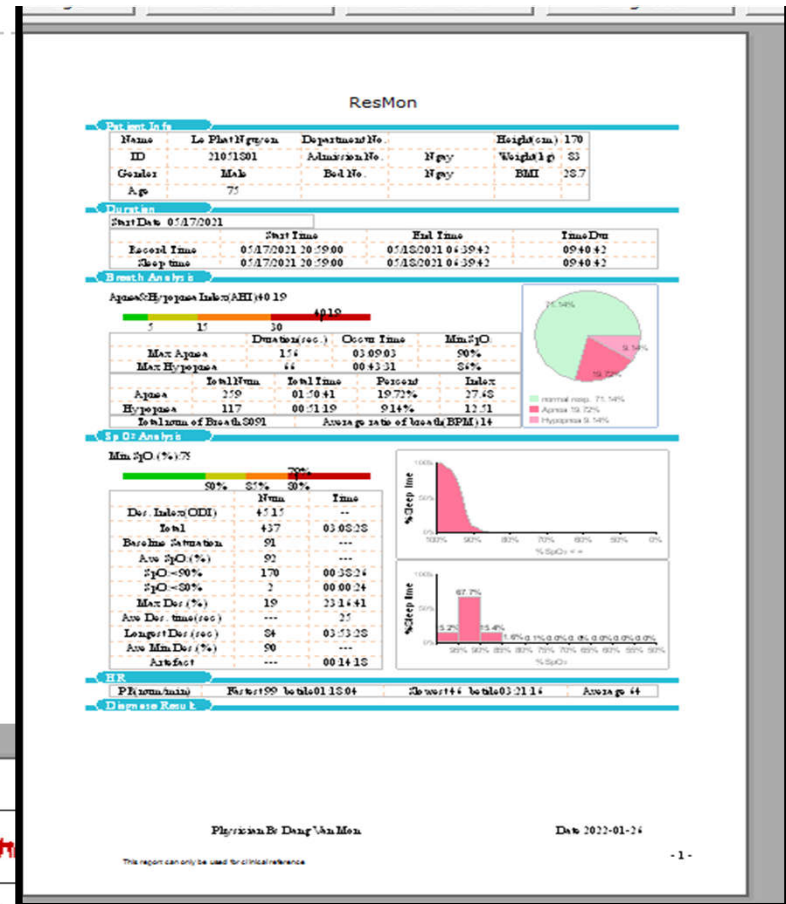
Zafar S; Chest 2005;127:80-88







MEDIC



This report can only be used for clinical reference





"XIN CHÂN THÀNH
CẢM ƠN QUÝ
THẦY CÔ !"





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