ORAL PRESENTATIONS 1

OP 1.4

PREVALENCE OF SLEEP DISORDERED BREATHING (SDB) AND RISK FACTORS IN MALAY, CHINESE AND INDIAN SCHOOL CHILDREN IN MALAYSIA

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Introduction: The prevalence of SDB and contributing risk factors in Malaysian school children is unknown.

Aim: To determine the prevalence of parental report of SDB and risk factors among school children aged 6 to 10 years old in three primary schools using the translated University Michigan Paediatric Sleep Questionnaire (UMPSQ).

Method: All children whose parents responded to the questionnaire and consented undergone a physical examination documenting height, weight, skin-fold thickness, neck and abdominal circumference, tonsillar size, nostril examination and presence of micrognathia or retrognathia.

Results: Data were analysed on a total of 1459 sets of questionnaires. The prevalence of parental reporting of SDB among Sekolah Rendah Jenis Kebangsaan (SRJK) school children was 15%, Sekolah Rendah Jenis Kebangsaan Cina (SJKC) 13.7% and Sekolah Rendah Jenis Kebangsaan Tamil (SJKT) 15.7%. Obesity is a risk factor of SDB in all schools. Gender is a risk factor in SRJK and SJKC school children. Increased neck and abdominal circumference, increased skin fold measurements and enlarged tonsils are significant risk factors only in SRJK school children.

Conclusion: Different schools representing different ethnicity may have different risk factors of SDB.