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REVIEW

Challenges and solutions to the diagnosis and management of obstructive sleep apnea in Viet Nam

Défis et solutions pour le diagnostic et la prise en charge de l'apnée obstructive du sommeil au Viet Nam

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ABSTRACT

Obstructive Sleep Apnea (OSA) is a burden in public health in Vietnam. Unfortunately, public awareness on OSA is still low. Healthcare bases in Vietnam have not been ready in human, material, and financial resources to relieve OSA burden. Such OSA burden requires great efforts from both healthcare system and professionals.

Solutions at macro level include:

(1) To gather healthcare strengths in professional society, specifically Vietnam Society for Sleep Medicine;

(2) To develop staffs specialized in sleep medicine through training courses;

(3) To increase community awareness on OSA through specialized conferences;

(4) To build guidelines on diagnosis and management of OSA;

(5) To support the establishment of units for management of OSA;

(6) To mobilize the healthcare authorities, healthcare security, social organizations to join in OSA management.

Solutions at micro level include:

(1) Apply largely OSA screening questions at primary care sites;

(2) Examine to detect clinical signs suggestive of OSA;

(3) To indicate home sleep tests for OSA diagnosis;

(4) To transfer patients to Sleep Center for polysomnography registry;

(5) To consult different opinions in multidisciplinary meetings composed of lung physician, Ear Nose Throat physician, and dentists as needed to select the best therapeutic option;

(6) To provide efficient, reliable, and affordable services for CPAP/BiPAP care at home.

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