

# Assess the Risk of Obstructive Sleep Apnea Syndrome (OSAS) among Middle Aged Adults in Decided on Tertiary Area, Madurai, Tamilnadu, India

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**Abstract:** Sleep is a physiological and behavioral technique that is essential for the proper functioning of the human body. measurement of sleep quality has become an crucial clinical device to identify health problems. Sleep disturbances can be related to fatigue, mood changes, and decreased pain tolerance. Impaired sleep may lead to metabolic dysfunctions because hormones, which play a vital position inside the functioning of the body, are produced and released for the duration of the sleep cycle. Obstructive sleep apnea changed into clinically recognized more than 30 years ago, but recognition of this condition outside the field of sleep remedy was gradual to develop. The state of affairs changed significantly when population-based studies uncovered a suddenly high incidence of OSA in adults Health care systems around the area. The purpose of this look at changed into to find out the risk of Obstructive Sleep Apnea Syndrome (OSAS) among middle aged adults selected tertiary area, Tamilnadu, India.

**Keywords:** osas , obstructive sleep apnea syndrome, middle aged adults, madurai

## 1. Introduction

The brain is a community of neuron paths that coordinate sensory facts and memory, into a coherent picture of the world about us. Neuroscientists now believe that sleep is not handiest critical to mind development, however is also vital to help consolidate the consequences of waking through changing memory into extra everlasting and or better forms. Sleep first-class is an important clinical assemble for two major reasons: first one is complaints about sleep pleasant are common; epidemiological survey indicated that 15-35% of the adult population complains of frequent sleep quality disturbances and the second one; poor sleep fine may be an critical symptom of many scientific and sleep disorders. Sleep influences bodily growth, behavior and emotional improvement besides determining cognitive functioning, learning, and attention. Apart from physiological, psychological and environmental elements, socio-cultural factors additionally play a chief position in figuring out the sleep pattern of a person. The grownup incidence rate of sleep disordered breathing is very common.

Obstructive Sleep Apnea (OSA) is a sleep disorder that causes intermittent blockage of a person's airflow while they sleep due to motion in their tongue, or other tender tissue, into the airway. As a result, people with OSA are repeatedly disadvantaged of oxygen for the duration of their sleep. This oxygen deprivation can reason extreme short-term and long-time period health troubles. Health issues caused by OSA include: coronary heart attacks, congestive heart failure, disrupted sleep, continual fatigue, morning headaches, irritability, brain damage, cognitive dysfunction, impotency, excessive blood pressure, motor car crashes, job-site accidents, and even death. Prevalence surveys predicted that 4% of middle elderly men and 2% of middle elderly women are affected by sleep apnea. The high prevalence of the

syndrome and the morbidity and mortality concept to be related to it have led to the view that sleep apnea may be as massive a public health chance as smoking. The reduction or removal of threat elements through public health tasks with clinical help holds promise. Potentially modifiable hazard factors include overweight and obesity, alcohol, smoking, nasal congestion, and estrogen depletion in menopause. Primary care providers will be valuable to clinical strategies for addressing the burden and the improvement of cost-effective case-finding techniques and feasible treatment for slight Obstructive Sleep Apnea warranted excessive priority.

### 1.1 Statement of the problem

Assess the risk of Obstructive Sleep Apnea Syndrome (OSAS) among middle aged adults in decided on tertiary area, Madurai, Tamilnadu, India.

The goals of the look at had been to:

- Find the risk of obstructive sleep apnea syndrome among middle aged adults in decided on tertiary area.
- Find an association among risk of obstructive sleep apnea syndrome on demographic variables of middle aged adults.

## 2. Methods

An Explorative descriptive used in this study. Middle aged adults who have been at risk for Obstructive Sleep Apnea Syndrome screened with standardized tool STOP BANG questionnaire scale .Non-probability purposive sampling approach used for this study. The area was observed turned into in Madurai, Tamilnadu, india.

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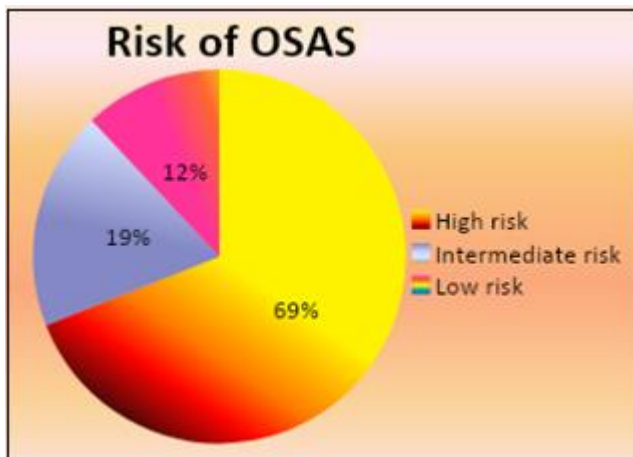
### 3. Results

The facts became analyzed through descriptive and inferential statistics. The facts concerning the risk of Obstructive Sleep Apnea Syndrome among middle aged adults became set up by way of studying the OSAS risk score.

**Section I:** Description of risk of osas according to stop bang sleep apnea questionnaire

**Table 1:** Frequency and percentage distribution of middle aged adults according to risk of OSAS:- N=75

High Risk of OSA		Intermediate Risk of OSA		Low Risk of OSA	
frequency	%	frequency	%	Frequency	%
52	69	14	19	9	12



The chance of obstructive sleep apnea turned into assessed by STOP BANG questionnaire. 69% of middle aged adults are the high risk, 19 % center elderly adults are intermediate risk, 12% of middle elderly adults are low chance of OSAS in this look at.

Chi square take a look at changed into used to check the big association among chance degree of OSAS and selected demographic variables which include age in years, gender, occupation, dependency of smoking and dependency of alcoholism. The computed chi-rectangular values suggests that there was no good sized affiliation among the hazard of OSAS stage and decided on demographic variables such as age, gender, occupation, addiction of smoking, and dependency of alcoholism.

### 4. Interpretation and Conclusion

The take a look at findings proved that that there has been high risk for OSAS among middle aged adults. High risk of OSAS can manage with right health education to reduce the danger of osas.

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