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### How can we improve the Hungarian Family physicians' and residents' attitude towards OSAS (Obstructive Sleep Apnea Syndrome)?

*Peter Torzsa(1), A Ádám(1), A Becze(1), D Csatlós(1), A Eöry(1), C Hargittay(1), A László(1), B Márkus(1), J Nemcsik(1), Z Szakács(2), L Kalabay(1)*

*(1) Department of Family Medicine, Semmelweis University, Budapest, Hungary*

*(2) Military Hospital, State Health Centre, Budapest, Hungary*

*Corresponding author: Associate Professor Peter Torzsa, Semmelweis University, Department of Family Medicine, Budapest, Hungary. E-mail: ptorzsa@gmail.com*

**Background & Aim:** Family physicians often do not recognize OSAS in spite of its high prevalence and clinical significance. From the 1st April 2015 the screening of OSAS should be part of the regular medical checkup of the driving licence.

**Method:** 533 practicing family physicians (age: 54±9 years, mean ±SD, range: 27-79, 60% female) completed the validated OSAKA questionnaire. 50 residents of family medicine completed this questionnaire prior to and on completion of their course on sleep medicine. The respondent rate was 74%.

**Results:** The average score of female respondents was significantly higher compared to male respondents (12.5±2.4 vs. 11.4±3.1,  $p < 0.001$ ). The score decreased with respondents in higher BMI categories. Respondents exclusively treating adult patients reached higher values than those treating only children or a mixed aged population (12.6±2.7 vs. 11.1±2.9,  $p < 0.01$ ). Physicians working in the capital and larger cities had the highest scores (12.5 vs. 10.4,  $p < 0.01$ ). Multivariate analysis revealed an inverse correlation between scores with family physicians' knowledge and responders' age and BMI value following adjustment for variables of the statistical model. A significant correlation between the number of specialties and physicians' knowledge was observed (regression coefficient: 1.28 (0.99-1.57,  $p < 0.001$ ). The residents' average score 13.5±1.8 did not differ significantly from that of the practicing family physicians. Residents, however, exhibited lower self-confidence about recognition and treatment of OSAS. Their knowledge and scores increased significantly after education (15.4±1.9,  $p < 0.001$ ).

**Conclusion:** The knowledge of Hungarian GPs regarding the causes of OSAS is not sufficient. Practical education of physicians is important in order to diagnose patients with OSAS earlier and to treat them in accordance with the proper recommendations. Our result also demonstrated that the OSAKA questionnaire is suitable for the follow-up of the efficacy of the educational intervention in interdisciplinary sleep medicine.