

## Summary of your submission

Control # 9867

### Abstract/Case Report Information

**Title:** Truckers Drive Their Own Assessment for Obstructive Sleep Apnea: A Collaborative Approach to Online Self-Assessment for Obstructive Sleep Apnea

**Primary Category:** Adult Pulmonary

**Secondary Category:** Sleep

**Third Category:** Diagnosis and Evaluation

### Author Information

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### Abstract/Case Report Content

#### PURPOSE:

Commercial motor vehicle drivers (CMVDs) have increased risk for Obstructive Sleep Apnea (OSA). The Federal Motor Carrier Safety Administration (FMCSA) Medical Review Board has recommended that CMVDs undergo testing for OSA if they have a positive Berlin Questionnaire or a BMI  $\geq 30$  kg/m<sup>2</sup>. It also recommended one month conditional certification for those with a BMI  $> 33$  kg/m<sup>2</sup>. We developed an online screening tool to be used anonymously by CMVDs to assess their risk of OSA prior to their required FMCSA physicals.

#### METHODS:

We adapted the Berlin Sleep Questionnaire to be taken online. The survey was hosted on the Truckers for a Cause Chapter of Alert Well and Keeping Energetic of the American Sleep Apnea Association (TFAC-A.W.A.K.E.) organization website, and was promoted through the TFAC's XM radio, word of mouth and trucking industry press contacts. IP addresses were collected to ensure that each participant only took the survey once, but anonymity was assured because the tracing of an IP address to an individual can only be done by an internet service provider. This study was granted an exemption from the University of KY IRB.

#### RESULTS:

401 individuals took the survey. Of these, 228(56.8%) scored positive on the Berlin survey overall, but 79.0 % were positive on the objective (blood pressure and BMI) part. 277 (69.1%) had a BMI  $\geq 30$  kg/m<sup>2</sup>, and 48.1 % had a BMI over 33 kg/m<sup>2</sup>.

#### CONCLUSIONS:

Truckers will assess their OSA risk anonymously online, and more than two-thirds of those who do so would be required to undergo polysomnography (PSG) if suggested guidelines become regulation. Further, half would need PSG within a month of their examination to avoid suspension of their medical certification for interstate commerce. Objective rather than subjective findings may be more reliable indicators of OSA risk in this population.

#### CLINICAL IMPLICATIONS:

Sleep health professionals need to develop expedient, non-punitive tools to keep CMVDs healthy and driving.

### Disclosure Information

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