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eye and ear
hospital

phn
NORTH WESTERN
MELBOURNE

An Australian Government Initiative

Sleep disordered breathing in children

Thursday 19 October 2023

The content in this session is valid at date of presentation

GP Liaison RVEEH

Dr Lina Nido, MBBS, B.Med.Sci., FRACGP

GP Liaison Officer,
Royal Victorian Eye and Ear Hospital
Usual working day is Thursday
Email





In Acknowledging Country we recognise and respect the culture, history and diversity of Australia's First Nation People



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Celebrating +++
160 years

Acknowledgements

Collier Charitable Fund

the speaker:

Ms Elizabeth Rose, Otolaryngologist



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160 years

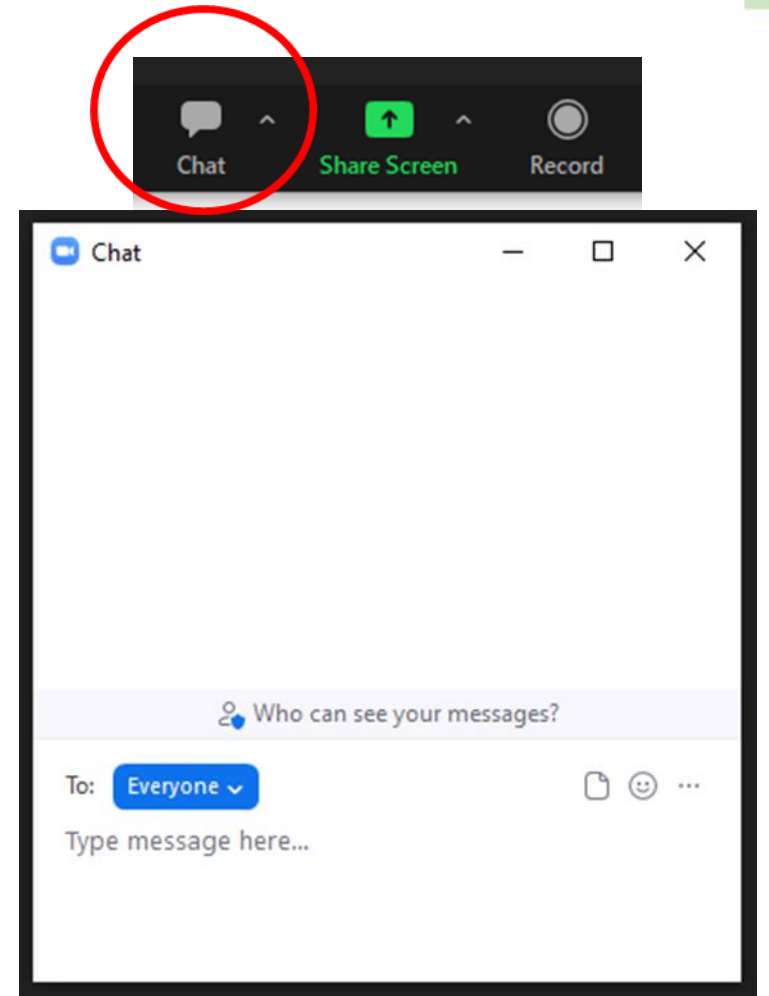
Housekeeping – Zoom Meeting

All attendees are muted

Please ask questions via the Chat box

This session is being recorded

Please ensure you join the session using the name you registered with so we can mark your attendance



How to change your name in Zoom Meeting

Click on *Participants*

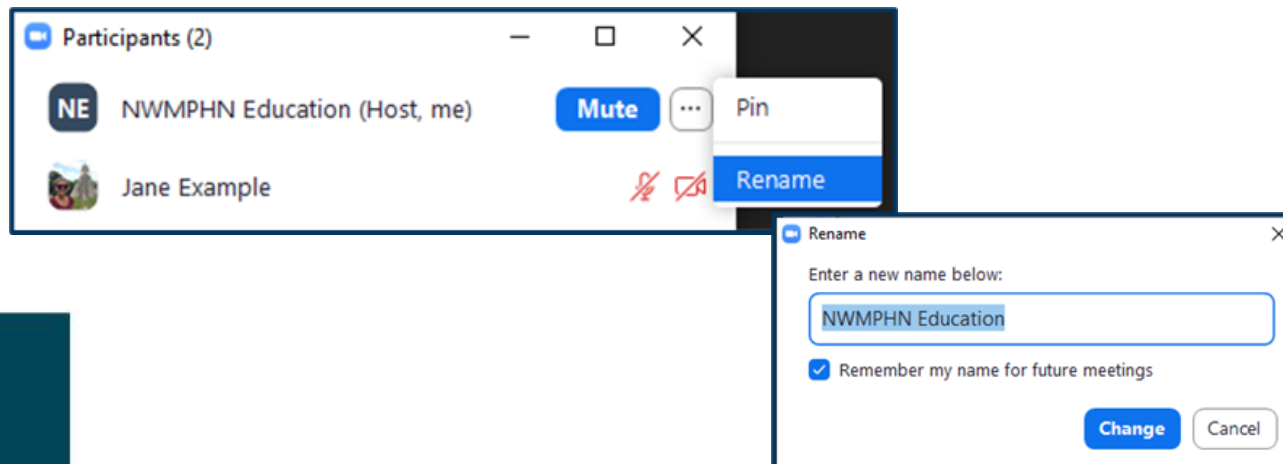
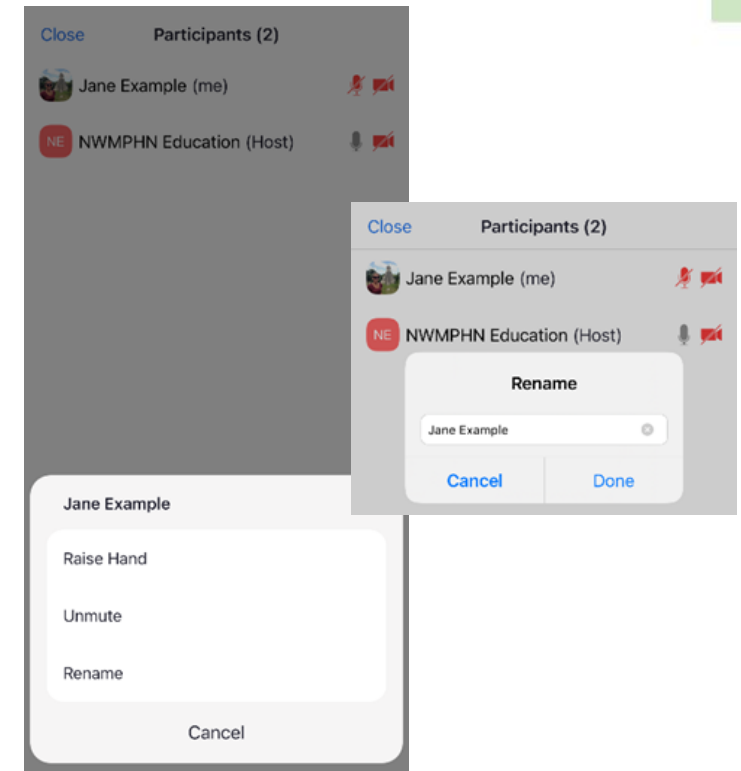
2. **App:** click on your name

Desktop: hover over your name and click the 3 dots

Mac: hover over your name and click *More*

3. Click on *Rename*

4. Enter the name you registered with and click
Done / Change / Rename



Feel free to ask questions as we go





https://www.eyearandear.org.au/



A+ [Accessibility icons] Search ... [Search icon]

[Health Professionals](#) > For GPs

For GPs

The Eye and Ear works closely with GP's to ensure that patients are appropriately assessed and receive timely access to care as determined by their condition. We have a GP Liaison Officer to assist with GP queries and training requirements.

Dr Lina Nido has been our GP Liaison Officer since January 2008. She is a practising GP in the inner west suburbs of Melbourne. Dr Lina Nido is also an examiner for the Royal Australian College of General Practitioners and has been a tutor for the Department of Medicine at the University of Melbourne.

Dr Nido's role as the GP Liaison Officer is to provide an advisory role within the hospital to facilitate system change that improves, builds and enhances pathways, linkages, capacity, communication and access to services between general practice, community health care and the hospital. She is also responsible for the development and facilitation of continuing professional development events for GPs. Her usual working day is Thursday.

Resources and training opportunities for GPs

[Referral guidelines and forms](#) → [GP education, training and events](#) →

In this section

- [Primary Care Management Guidelines](#)
- [Referrals](#)
- [GP Education](#)
- [Contact information for GPs and GP Newsletter](#)
- [Useful links for referrers](#)

Health Professionals

- [Emergency advice for Health Professionals](#)
- [For GPs](#)
- [Specialist Clinics](#)
- [Clinical Practice Guidelines](#)



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160 years

Referral Guidelines

https://eyeandear.org.au/health-professionals/for-gps/referrals/



[Home](#)

[Emergency](#)

[Patients and Visitors](#) ▾

[Health Professionals](#) ▾

[Research](#) ▾

[Contact](#) ▾

[Health Professionals](#) > [For GPs](#) > [Referrals](#)

Referrals

We have a range of resources to make things easier for GPs and other referrers. Support includes: information sessions run by our specialists; referral guidelines and forms; and information about our services.

Referral guidelines

Our referral guidelines provide information to assist GPs identify which patients to refer and when. They also outline key information required on the referral. The more clinical information that you include, the better we are able to triage your patient.

- [Ophthalmology Primary Care Referral Guidelines](#)
- [ENT Primary Care Referral Guidelines](#)
- [Cochlear Implant Clinic Primary Care Referral Guidelines](#)

In some cases diagnostic support will be required from a local optometrist or audiologist to provide a report that will assist with both your referral and our triage.

[We also have other useful information available for referrers here.](#)

Referral Forms ▾

What type of Referral to do you have? ▾

Other Important Information ▾

In this section

[Balance disorder referral](#)

[Cochlear implant referral](#)

[Victorian Cochlear Implant Program](#)

For GPs

[Primary Care Management Guidelines](#)

[Referrals](#)

[GP Education](#)

[Contact information for GPs and GP Newsletter](#)

[Useful links for referrers](#)

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E-Referrals

- The hospital will NOT launch our eReferral project before the end of the year, but it is coming
- GP's using Medical Director, Best Practice, Genie or ZedMed will be able to send referrals from within the patient record directly to Eye and Ear without printing and faxing

Day stay Tonsillectomy +/- Adenoidectomy

- Coming
- Directive from DH
- Protocols and Exclusion criteria- including not for Children or any high risk patients
- I will notify when it goes live and all details will be available on our referral guidelines when live

What is HealthPathways?

Melbourne

HealthPathways

Melbourne

- Home
- COVID-19
- About HealthPathways
- Summary of Referral Pages
- Aboriginal and Torres Strait Islander Health
- Avoiding Hospital Admission
- Allied Health and Community Nursing
- Child Health
- Assault or Abuse - Child and Youth
- Developmental Concerns - Child
- Dermatology - Child
- Endocrinology - Child
- ENT and Hearing - Child
- Acute Otitis Media
- Epistaxis in Children
- Ear Discharge in Children
- Hearing Impairment in Children
- Newborn Hearing Screening and Early Intervention
- Otitis Media with Effusion (Glue Ear) in Children
- Post-operative Grommets Care
- Snoring and Obstructive Sleep Apnoea in Children
- Sore Throat in Children
- Paediatric ENT and Hearing Referrals
- Gastroenterology - Child
- General Paediatrics
- Genitourinary - Child
- Immunology - Child
- Infant Health
- Mental Health and Behaviour - Child and Youth
- Neurology - Child
- Ophthalmology - Child
- Orthopaedics - Child

sleep children

Melbourne

HEALTHPATHWAYS

Health Alert
Victoria DHHS – Coronavirus COVID-19 Daily Update

Latest News

1 September
health.vic
Health alerts and advisories

13 September
60-day dispensing – PBS medicines and current item codes
From 1 September 2023, GPs are able to write scripts for 60 days with 5 repeats for certain PBS medications. For further information, see 60-day prescriptions of PBS medicines, searchable table PBS for 60-day dispensing, and information kit.

1 September
Changes to requirements for COVID-19 vaccinators
Administration requirements for COVID-19 vaccines are now the same as other vaccinations. Vaccinators who are not nurse immunisers may only administer vaccines under written order of a medical practitioner. Read more.

8 August
Cardiovascular disease (CVD) risk guidelines update
The 2023 Australian Guideline for Assessing and Managing CVD Risk and associated Aus CVD Risk Calculator are now available. The Absolute Cardiovascular Disease Risk Assessment pathway will be unavailable while we update this pathway.

31 July
Notification of rheumatic heart disease (RHD) and acute rheumatic fever (ARF) cases
As of 31 July 2023, ARF and RHD have become routine notifiable conditions in Victoria. Practitioners who reasonably believe that a patient has, or may have, ARF or RHD must notify the Victorian

Pathway Updates

Updated – 20 September
Behavioural Disturbance in Older Adults

Updated – 20 September
Asymmetrical Sensorineural Hearing Loss

Updated – 19 September
Hyperlipidaemia

Updated – 19 September
First 12 Months After Admission to a Residential Aged Care Facility

Updated – 18 September
Consent

VIEW MORE UPDATES...

- ABOUT HEALTHPATHWAYS
- BETTER HEALTH CHANNEL
- RACGP RED BOOK
- USEFUL WEBSITES & RESOURCES
- MBS ONLINE
- NPS MEDICINEWISE
- PBS
- NHSD

About HealthPathways

- What is HealthPathways?
- How do I use HealthPathways?
- How do I send feedback on a pathway?
- How do I add HealthPathways to my desktop?
- How do I add HealthPathways to my mobile?

Click 'Send Feedback' to add comments and questions about this pathway.

SEND FEEDBACK

Pathways are written by GP clinical editors with support from local GPs, hospital-based specialists and other subject matter experts



- **clear and concise, evidence-based medical advice**
- **Reduce variation in care**
- **how to refer to the most appropriate hospital, community health service or allied health provider.**
- **what services are available to my patients**

Accessing HealthPathways: Go to melbourne.healthpathways.org.au



Welcome

Sign in to HealthPathways

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New to HealthPathways?

If you are a health professional and would like to have access to this HealthPathways website, please request access from the local HealthPathways team.

[Register now.](#)

Get localised health information, at the point of care

[What is HealthPathways?](#) ▾

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Register via QR code



info@healthpathwaysmelbourne.org.au

Relevant and related pages

[Snoring and Obstructive Sleep Apnoea in Children](#)

[Sore Throat in Children](#)

[Paediatric ENT and Hearing Referrals](#)

- [Acute Paediatric ENT Referral \(Same-day\)](#)
- [Non-acute Paediatric ENT Referral \(> 24 hours\)](#)
- [Paediatric Audiology Referral](#)

[Acute Otitis Media](#)

[Otitis Media with Effusion \(Glue Ear\)](#)



Snoring and Obstructive Sleep Apnoea in Children

- Home
- COVID-19
- About HealthPathways
- Summary of Referral Pages
- Aboriginal and Torres Strait Islander Health
- Avoiding Hospital Admission
- Allied Health and Community Nursing
- Child Health
- Assault or Abuse - Child and Youth
- Developmental Concerns – Child
- Dermatology - Child
- Endocrinology - Child
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Snoring and Obstructive Sleep Apnoea in Children

Background

[About snoring and obstructive sleep apnoea \(OSA\) in children](#)

Assessment

- Take a history to assess severity:
 - [Observed sleep symptoms](#)
 - [Related symptoms](#)
 - [Other ENT-related symptoms](#)If history is incomplete:
 - provide [Obstructive Sleep Apnoea \(OSA\)](#) fact sheet, and
 - advise carers to produce a short recording or video of their child's snoring and apnoea episodes.
 - organise follow-up.
- Perform [examination](#). Tonsillar appearance and size is less important than history as other nasopharyngeal factors such as adenoidal hypertrophy may be the primary cause of snoring and OSA.
- Estimate severity of obstructive breathing during sleep:
 - [Mild](#)
 - [Moderate](#)
 - [Severe](#)
- Investigations are not indicated.
 - Overnight oximetry has poor sensitivity and is not required for assessment in the general practice setting.
 - [Paediatric sleep services](#) are sometimes utilised if clinical assessment is difficult.
 - Neck X-ray is not indicated.

Management

- Manage according to degree of obstruction:
 - [Mild](#): Advise carers to monitor child's symptoms, and to review if concerned.
 - [Moderate](#) and [severe](#):
 - Consider [trial of intranasal steroids](#) for 6 weeks and continue if improvement in symptoms.
 - Arrange [non-acute paediatric ENT Referral](#) providing relevant information on [observed sleep symptoms](#) and [related symptoms](#) to ensure accurate triage of referral.
 - Advise carers either adenotonsillectomy or [adenoidectomy](#) is first-line treatment for severe OSA per [Safer Care Victoria guidelines](#) and provide carer resources – [Making a Decision About Tonsillectomy](#).
 - In severe cases, advise upper respiratory tract infections can temporarily increase symptoms and consider providing a three day course of prednisolone, 1 mg/kg/day once daily for 3 days (max 50 mg).
- Educate carers, depending on severity:
 - Mild symptoms may resolve over time, and a watch and wait approach is sensible.

Acute Paediatric ENT Referral (Same-day)

<https://melbourne.communityhealthpathways.org/358847.htm>

- Home
- COVID-19
- About HealthPathways
- Summary of Referral Pages
- Aboriginal and Torres Strait Islander Health
- Avoiding Hospital Admission
- Allied Health and Community Nursing
- Child Health
- Assault or Abuse - Child and Youth
- Developmental Concerns – Child
- Dermatology - Child
- Endocrinology - Child
- ENT and Hearing - Child
- Acute Otitis Media
- Epistaxis in Children
- Ear Discharge in Children
- Hearing Impairment in Children
- Newborn Hearing Screening and Early Intervention
- Otitis Media with Effusion (Glue Ear) in Children
- Post-operative Grommets Care
- Snoring and Obstructive Sleep Apnoea in Children
- Sore Throat in Children
- Paediatric ENT and Hearing Referrals
- Acute Paediatric ENT Referral (Same-day)
- Non-acute Paediatric ENT Referral (> 24 hours)
- Paediatric Audiometry
- Paediatric ENT and Hearing Advice
- Paediatric Audiology Referral
- Gastroenterology - Child
- General Paediatrics
- Genitourinary - Child
- Immunology - Child



Acute Paediatric ENT Referral (Same-day)

Clinical editor's note

Consider the [Victorian Virtual Emergency Department \(VVED\)](#) for non-life-threatening conditions. The VVED provides Virtual ED specialist medical telehealth service available 24 hours a day, 7 days a week.

To find a service provider, select the PHN region where the service is located. Use the [locate a PHN](#) tool.

Information in referral sections is being developed and may not be a complete list of service providers. If you are aware of information that is inaccurate or if you would like to add or modify your details, use the [Send Feedback](#) button.

Private

1. Check the [criteria](#).
2. Prepare the [required information](#).
3. Refer to the service.
 - Phone the Emergency Department on-call physician to discuss.
 - Follow up the phone call by faxing a referral to the relevant hospital.
[North Western Melbourne](#)
4. Inform the patient:
 - Emergency services in a private hospital will incur out-of-pocket costs.
 - To take a copy of the referral and any medications to the hospital.

[Disclaimer](#)

Public

1. Check the [criteria](#).
2. Prepare the [required information](#).
3. Refer to the service.
 - Phone the Emergency Department on-call physician to discuss.
 - Follow up the phone call by faxing a referral to the relevant hospital.
 - If appropriate and with patient consent, contact the [Aboriginal Hospital Liaison Officer](#).
[Eastern Melbourne](#)
[North Western Melbourne](#)
[Statewide](#)
4. Inform the patient to take a copy of the referral and any medications to the hospital.

Speaker

Dr Elizabeth Rose, Otolaryngologist - RVEEH

- Dr Elizabeth Rose is an otolaryngologist surgeon at The Royal Victorian Eye and Ear Hospital and recently retired, after 27 years of service, from The Royal Children's Hospital.
- She is also a senior lecturer with the University of Melbourne in the Department of Otolaryngology.

Evaluation survey & Thank you

You will receive a post session email within a week which will include slides and resources discussed during this session.

Attendance certificate will be received within 4-6 weeks.

RACGP CPD hours will be uploaded within 30 days.

We value your feedback, let us know your thoughts.

Scan this QR code



This session was recorded, and you will be able to view the recording at this link within the next week.

<https://nwmpnhn.org.au/resources-events/resources/>

To attend this & further education sessions, visit,

<https://nwmpnhn.org.au/resources-events/events/>

Or sign up to gpliaison@eyeandear.org.au for GPL news and flyers re upcoming GP education events

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