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## Assessing burden of sleep apnoea symptoms in adults with congenital heart disease

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**Introduction:** Adult congenital heart disease (ACHD) patients face increased burden of non-cardiac comorbidities. Little is known about ACHD patients with sleep apnoea compared to their counterparts with acquired cardiovascular disease. This study evaluates prevalence of sleep apnoea in ACHD patients using the Epworth Sleepiness Scale questionnaire (ESS).

**Methods:** 108 ACHD patients from clinics at a tertiary centre completed ESS to assess sleep apnoea symptoms. EMRs were used for demographic and clinical data.

**Results:** All patients (median age 40, 51% female, median BMI 26Kg/m<sup>2</sup>) completed the ESS. 68.5% patients had ACHD of at least moderate complexity (Bethesda class 2 or 3), including 9.2% with Eisenmenger syndrome and 28.7% with unrepaired CHD. 4 patients had prior diagnosis of sleep disordered breathing. 89.8% patients had at least one symptom of sleep apnoea, 27.8% patients had higher than normal daytime sleepiness and 20.3% patients had excessive daytime sleepiness. Patients with complex CHD had higher sleepiness scores (shown in Table 1). 70% of patients with Eisenmenger syndrome reported moderate to severe excessive daytime sleepiness.

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