

Office Visit Screening Tools

Oral Examination

On average, the odds of having obstructive sleep apnea (OSA) increase more than two-fold for every one-point increase in the Mallampati Scale.



Class I

Full visibility of tonsils, uvula and soft palate



Class II

Visibility of hard and soft palate, upper portion of tonsils and uvula



Class III

Soft and hard palate and base of the uvula are visible



Class IV

Only hard palate visible

Do your patients have any three of the following?
If so, they may be 'at risk' for OSA.

S.T.O.P.

Snoring

Tiredness

Observed stopped breathing

Blood Pressure

B.A.N.G.

BMI > 35

Age > 50

Neck circumference > 40 cm (> 15.7")

Gender male

Yes to 3 or more questions = high risk of obstructive sleep apnea
Yes to less than 3 questions = low risk of obstructive sleep apnea

Adapted from Chung et al