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## Obstructive sleep apnoea (OSA) in regional and remote Indigenous Australians

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Despite Aboriginal and Torres Strait Islander people having increased risk factors for OSA (diabetes, obesity) and high levels of comorbid associated conditions (chronic non-communicable diseases), there are currently no published data relating to the nature of sleep related breathing disorders affecting indigenous adults. The aim of this study was to compare the use of sleep diagnostic tests, the risks, and cofactors, and outcomes of the care of indigenous and non-indigenous Australian adults in regional and remote Australia where sleep related breathing disorders have been diagnosed. A retrospective cohort study of 200 sequential subjects: 100 Aboriginal and/or Torres Strait Islander people and 100 non-Indigenous Australians in northern Queensland and Central Australia. Results showed overall Indigenous Australians were 1.8 times more likely to have a positive diagnostic sleep study performed compared with non-indigenous patients, 1.6 times less likely in central Australia and 3.4 times more likely in far north Queensland. All regional and remote residents accessed diagnostic sleep studies at a rate less than Australia overall (31/100,000/y compared with 575/100,000/y). Appropriate and more accessible diagnostic and treatment sleep services are required in regional and remote Australia. Further research is required to validate appropriate screening tools and pathways of care especially for Aboriginal and Torres Strait Islander peoples.

### Biography

Cindy Woods completed her PhD from James Cook University. She is a Senior Research Officer at the College of Medicine and Dentistry, James Cook University. Her research interests include Indigenous health, sleep apnoea, alcohol-related injury, disaster preparedness and psychosocial effect of disasters. She has published more than 25 papers in reputed journals and is a reviewer for several journals.

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