


# Tabel Monash score

**Tabel 1. Monash kwalificatie (uit Thomas, 2022)**

<b>Table 1 The Monash Obstructive Sleep Apnoea Video Score</b>	
<b>Instructions</b>	<b>Possible scores</b>
<p>This scoring system is designed to quantify signs of obstructed breathing when viewed on a smartphone video recording taken in a child's home when the child is asleep.</p> <p>Parents are asked to take a video approximately 1 min in duration, taken when the child's breathing is typical of what they are concerned about. It should be a close up of the child's head and chest, exposing as much as possible, with no background noise and using as much light as possible.</p> <p>Please select the number corresponding to what can be observed on the video for each question.</p>	
<p><b>1. Inspiratory noises</b></p> <p>Please select the most severe noise heard during the recording—noting that obstructed breathing noises can be quiet if they are very severe</p> <p>Quiet unobstructed breathing  Severe obstructed noises breathing</p>	1–4
<p><b>2. Presence of obstructive events</b></p> <p>An obstructive event is an absence or reduction of airflow despite ongoing effort of breathing and terminated by a breakthrough gasp, obstructive noise and/or movement.</p> <ul style="list-style-type: none"> <li>▶ Absent (0).</li> <li>▶ Present (1).</li> </ul>	0–1
<p><b>3. Evidence of increased work of breathing</b></p> <p>Evidence of accessory muscle use, nasal flaring, significant indrawing and/or paradoxical respiratory movements</p> <ul style="list-style-type: none"> <li>▶ Absent (0).</li> <li>▶ Present (1).</li> </ul>	0–1
<p><b>4. Mouth breathing</b></p> <ul style="list-style-type: none"> <li>▶ Absent (0).</li> <li>▶ Present (1).</li> </ul>	0–1
<p><b>5. Neck extension</b></p> <ul style="list-style-type: none"> <li>▶ Absent (0).</li> <li>▶ Present (1).</li> </ul>	0–1
<b>Total score</b>	<b>/8</b>