

EVIDENCE TABLE

Clinical question: Is adenotonsillectomy an effective treatment for OSA?

Study authors and year	Study Design	Participants	Exposure/ Comparison	Outcomes	Results					Quality Scores	
					EER	CER	RR	RD	NNT		
156	Cohort	297 1 st grade low performers	57 had OSAS on PSG T&A cf no T&As	This is prevalence (18%) School performance	Improved in intervention						0
82	Cohort	OSAS	Before and 12 yr after T&As	PSG	There is continued narrowing of the airway						+
26	Controlled Trial	OSAS vs no OSAS	T&As vs no T&As	Health care utilisation before and 1 yr later		Reduced costs on all treated OSAS					+
42	Controlled Trial	OSAS (36)	Before and after T&AS	PSG	Both REM and nonREM RDI reduces	More reduction seen in nonREM RDI					0
250	Controlled Trial	100 OSAS 50 controls	T&As	Sleep disturbance	Improved						0
122	Controlled Trial	OSAS / controls	T&As								-
77	Cohort	OSAS	Pre and post T&As	IGF-1 PSG	Improved						0

136	Cohort	56 OSAS	T&As / no T&As	Neurocognitive function	All had improved sleep but was more so in intervention (T&A grp)		No isgnificant changes in development				+
19	Cohort	OSAS vs normal	Prea dn pst T&As	Neurocognitive function		Scores in OSAS moved to those in controls post T&As					+
29	Cohort Retrospective	Breathing problems	T&As and other Rx	PSG 3/12 later	T&As best Rx						0
41	Cohort	OSAS (55)	Pre and post T&As	Quality of Life Questionnaire	Improve d						0
75	Cohort	OSAS	Pre and post T&As	Quality of Life Questionnaire	Improve d						+
23	Cohort	OSAS and T&As	3 yrs post T&As	Respiratory Symptoms	Improve d	Only 5/57 had residual Sx					0
264	Cohort	OSAS (13)	before and after T&As	IGF-1 Growth	Increase s in IGF-1 and growth post T&A						0

157	Cohort	OSAS (20)	T&As	Respiratory recordings	Improved						-
56	Case control	T&As	PICU admissions		PICU not routinely required						-
169	Cohort	OSAS	T&As, As, uvulopalatopharyngoplasty	PSG before and after	All improved						0
50	Cohort	OSAS	Pre and post T&As	PSG	Improved						+
148	Cohort retrospective	OSAS including obese	T&As pre and post	Weight change	Wt increased in all inc obese		NB info on obese OSAS				+
261	Cohort	OSAS	Pre and post T&As	AHI on PSG	Improved	Those with no improvement had abn facial	morphology				0
268	Cohort	OSAS	Pre and post T&As	IGF-1 and IGFBP-3	There are significant changes						+
106	Cohort Retrospective	OSAS	Pre and post T&As	Symptom questionnaire	Improved						-
25	Cohort	OSAS	Pre and post T&As	Quality of Life	Improved						-

241	Cohort in	OSAS < 18/12 age	Pre and post T&As	PSG and Symptoms	Improved						0
173	Cohort	Severe OSAS refractory to Rx	Soft tissue procedures	PSG	More complications in those < 12/12 age						0
189	RCT	OSAS having T&As	Narcotic GA vs Halothane GA	Post operative PSG	No difference						+
69	Cohort	OSAS	Pre and post T&As	Behaviour problems	8%	25%	0.32	0.172 (0.0448, 0.297)	6		+
200	Cohort	OSAS in <18/12 age	Pre and post T&As	Growth	Improved especially if FTT pre T&A						0
252	Cohort	OSAS	Pre and post T&As	PSG		Very high drop out rate					-