

# Do Intranasal Corticosteroids Result in Improved OSA Symptoms, Sleep Findings, or Quality of Life in Children?



## STUDY DESIGN

Randomized, double-blind, placebo-controlled trial of 134 **children 5 to 12** years old with OSA

Randomized to 3 months intranasal corticosteroids (INCS) vs placebo, then children in the INCS arm were re-randomized in 9 months to INCS vs placebo

**Primary outcome was obstructive apnea hypopnea index (OAHI) change at 3 months**

## RESULTS

### Obstructive Apnea Hypopnea Index

	Baseline → 3 Months	3 Months → 12 Months
INCS	5.0 → 3.7	3.4 → 3.6
Placebo	5.3 → 4.3	3.1 → 4.3
Effect Size	0.0	0.3
<i>P</i> Value	0.77	0.47

The 38 children who received INCS for 12 months showed statistically significant but not clinically relevant OAHI reduction [from 7.2 (IQR 3.62-9.88) to 3.7 (IQR 1.56-6.4) ( $P = .039$ )]

**INCS for the treatment of mild to severe childhood OSA did not result in significant OAHI, neurobehavioral, symptom, or polysomnographic changes at 3 and 12 months of treatment.**