



بسم الله الرحمن الرحيم

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مسئولية عن محتوى هذه الرسالة.

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Sleep Disorders among Children Suffering from Bronchial Asthma

Thesis

*Submitted in Partial Fulfillment of the Requirements
for Master Degree in **Pediatric Nursing***

By

Aya Ouda Abdelateif

B.SC Nursing (2012)

Faculty of Nursing-Benha University

**Faculty of Nursing
Ain Shams University
2022**

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Supervised by

Prof.Dr. Eman Amin Mohamed

Professor of Pediatric Nursing

Faculty of Nursing, Ain Shams University

Assist. Prof. Dr. Bothayna Nader Sadek

Assistant Professor of Pediatric Nursing

Faculty of Nursing, Ain Shams University

**Faculty of Nursing
Ain Shams University
2022**



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List of Abbervations

Abbervations	Full Term
ADHD	Attention Deficit Hyperactive Disorder
AHI	Apnea/Hypopnea-Index
ASA	American Sleep Association
ASAA	American Sleep Apnea Association
ASAM	American Academy of Sleep Medicine
ASD	Autism Spectrum Disorder
ATE	Adenotonsilectomy
BHR	Beat Heart Rate
BMI	Body Mass Index
BUN	Blood Urea Nitrogen
BzRAS	Benzodiazepine Receptor Agonists Hypnotics
CPAP	Continuous Positive Airway Pressure
CPC	Community Pediatrics Committee
CPS	Canadian Pediatric Society
CR	Chest Radiography
CRP	C-Reactive Protein
Cs	Corticosteroids
DPIs	Dry Powdered Inhaler
EEG	Electronencepholography
EIA	Exercise-Induced Asthma
EOG	Electro Oculography
FEV1	Forced Expiratoy Volume in 1 Secound
GABA	Gamma-Aminobutyric

Abbreviations	Full Term
GERD	Gastro Esophageal Reflux Disease
GH	Growth Hormone
HRQOL	Health-Related Quality of Life
ICSD	International Classification of Sleep Disorders
ICSs	Inhaled Corticosteroids
IGE	Immunoglobulin E
LABAS	Long Acting Beta Agonists
LVRAs	Leukotriene Receptor Antagonists
MDI	Metered Dose Inhaler
Mets	Metabolic Syndrome
MSLT	Multiple Leukotriene Receptor Antagonists
MWT	Maintenance of Wakefulness Test
NHLBI	National Heart Lung and Blood Institute
NICU	Neonatal Intensive Care Unit
NIH	National Institutes of Health
NINDS	National Institute of Neurological Disorders and Stroke
NREM	Non Rapid Eye Movement
NSAIDs	Non Steroidal Anti-Inflammatory Drugs
NSF	National Sleep Foundation
O₂	Oxygen
OSA	Obstructive Sleep Apnea
PACQLQ	Pediatric Asthma Quality of Life Questionnaire
PEFR	Peak Expiratory Flow Rate
PICU	Pediatric Intensive Care Unit

Abbreviations	Full Term
PMR	Progressive Muscle Relaxation
Po2	Pressure of Oxygen Saturation
PSG	Poly Somnography
QOL	Quality of Life
REM	Rapid Eye Movement
RLS	Restless Legs Syndrome
RSV	The Respiratory Syncytial Virus
SABAs	Short Acting Beta-Agonists
SDB	Sleep Disorder Breathing
SDQ	Strengths and Difficulties Questionnaire
SOREMS	Sleep Onset Rapid Eye Movements
SRBD	Sleep-Related Breathing Disorder
SRT	Sleep Restriction Therapy
VS	Vital Signs

Glossary

Defintion	Meaning
Bronchoprovocation.	Testing includes several tests used to diagnose asthma (<i>Peter et al., 2019</i>).
Bronchospasm	Constriction of the air passages of the lung (as in asthma) by spasmodic contraction of the bronchial muscles (<i>Global Initiative for Asthma, 2020</i>)
Continuous positive airway pressure	Is a type of positive airway pressure that is used to deliver a set pressure to the airways that is maintained throughout the respiratory cycle, during both inspiration and expiration (<i>Weisberg et al., 2018</i>)
Controller medications	Are a type of medication that are very effective at reducing inflammation in the body (<i>Tesse-Borrelli et al., 2018</i>)
Crackles, or rales,	A discontinuous (abnormal) sound heard on auscultation, primarily during inhalation (<i>Peters et al., 2019</i>).
Desquamation:	The shedding of the outer layers of the skin (<i>Leach, 2017</i>)
Diaphoresis	The excretion of fluid by the sweat glands of the skin (<i>Leach, 2017</i>)
Dozing	Sleep lightly or for a short period (<i>Medic et al., 2017</i>)
Dyssomnias	Are problems in which the child has trouble either falling or staying asleep at night, or experiences excessive sleepiness during the day (<i>Lotagal, 2018</i>)

Defintion	Meaning
Electro oculography	A type of electrophysiologic retinal testing done to assess the function of the retinal pigment epithelium by measuring change in the electrical potential between the front and back of the eye in response to dark and light (<i>Lisspers et al., 2018</i>)
Electroencephalography	A technique for studying the electrical currents within the brain (<i>Lisspers et al., 2018</i>)
Eosinophils	A type of immune cell that has granules (small particles) with enzymes that are released during infections, allergic reactions, and asthma. An eosinophil is a type of white blood cell and a type of granulocyte (<i>Groves et al., 2019</i>)
Exacerbation of asthma	Are episodes of progressive increase in shortness of breath, cough, and wheezing chest? (<i>Bulow et al., 2017</i>)
exercise-induced asthma	Is initiated by the fall in airway temperature during rapid breathing followed by rapid reheating with lowered ventilation (<i>Lietz, 2018</i>)
Forced expiratory volume	The volume of air that can be forced out taking a deep breath, an important measure of pulmonary function (<i>Leach, 2017</i>)
Gamma-aminobutyric acid	An amino acid that is a neurotransmitter which induces inhibition of postsynaptic neurons (<i>Choksi, 2021</i>)
Metered dose inhaler	A device that delivers a measured amount of medication as a mist the patient can inhale (<i>Cook et al., 2017</i>)