FAIREST 6
Functional Airway Evaluation Screening Tool

Six Red Flags for:
Pediatric Sleep Disordered Breathing (SDB)

Reference: Determinants of Sleep-Disordered Breathing During the Mixed Dentition: Development of a Functional Airway Evaluation Screening Tool (FAirEST 6)

James Oh DDS, Soroush Zaghi MD, Cynthia Peterson PT, Clarice S Law DMD MS, Audrey J Yoon DDS MS

January 2024 - *figure credit: Chad Knutsen*

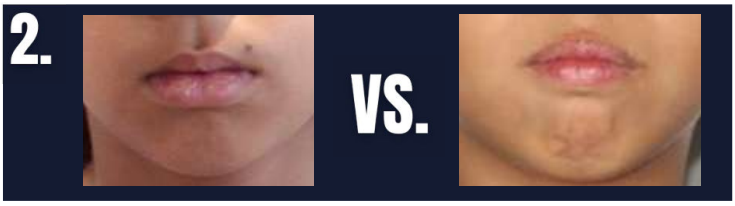
Each of these six (6) factors is an independent "red flag" for sleep-disordered breathing.

1. MOUTH BREATHING

Difficulty with exclusive nasal-breathing for 3+ minutes?

☐ NO ☐ YES

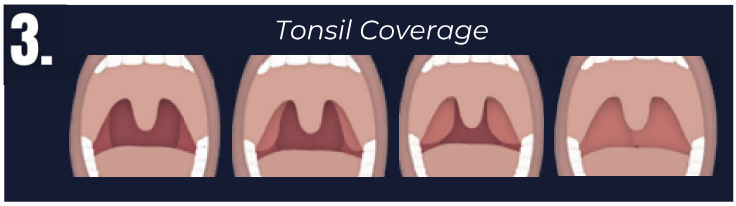
2. MENTALIS STRAIN



No Mentalis-Strain *Mentalis-Strain*

☐ NO ☐ YES

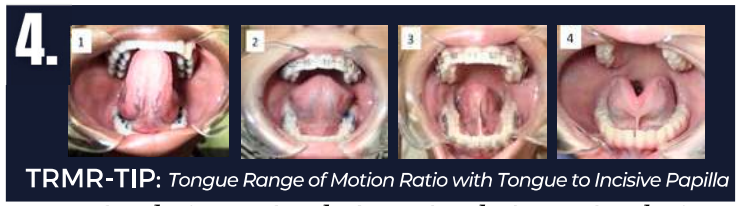
3. TONSIL HYPERTROPHY



0-25% *25-50%* *51-75%* *76-100%*

☐ <50% ☐ >50%

4. ANKYLOGLOSSIA

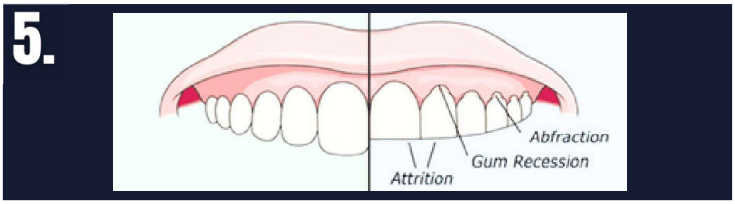


TRMR-TIP: *Tongue Range of Motion Ratio with Tongue to Incisive Papilla*

Grade 1	Grade 2	Grade 3	Grade 4
>80%	50-80%	<50%	<25%

☐ NOT RESTRICTED ☐ RESTRICTED (GRADE 3-4)

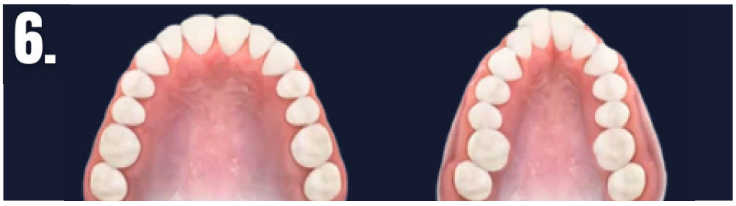
5. DENTAL WEAR



Are there visible signs of dental wear?

☐ NO ☐ YES

6. NARROW PALATE



Signs of dental crowding, high arch, and/or narrow palate?

☐ NO ☐ YES

GRADING SCALE

The score on the FAIREST-6 is equal to the sum of the number of exam findings present. Scores may range from 0 (none of the items are present) to 6 (all six of the concerning exam findings are present).
A score of two corresponds to mildly increased risk of sleep-disturbance; four indicates moderately increased risk; six indicates severely increased risk.

Scoring Table for FAirEST 6

Number of Red Flags	0	1	2	3	4	5	6
Risk of Sleep-Disturbance	Normal		Mild		Moderate		Severe

FAIREST 6+4 RED Flags *for Adult Sleep Disordered Breathing (SDB)*

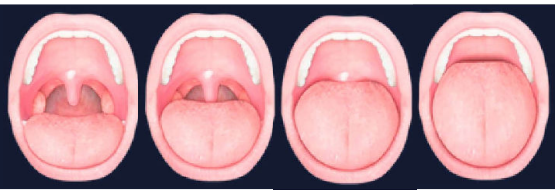
Functional Airway Evaluation Screening Tool

THE BREATHE INSTITUTE

FAIREST 6+4

ADULT AIRWAY SCREENER

7.

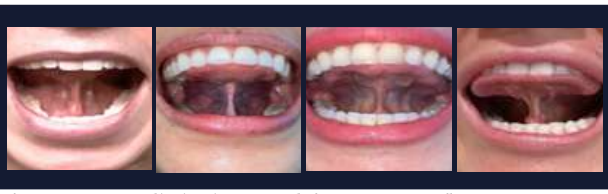


FTP 1 *FTP 2* *FTP 3* *FTP 4*

FRIEDMAN TONGUE POSITION (FTP)

☐ *FTP 1* ☐ *FTP 2* ☐ *FTP 3* ☐ *FTP 4*

8.



Assess for tongue space limitations: Look for tongue overflow while the tongue is held in Lingual palatal suction (LPS).

TONGUE OVERFLOW

☐ *NORMAL* ☐ *MILD* ☐ *MODERATE* ☐ *SEVERE*

9.

NORMAL *MILD* *MODERATE* *SEVERE*

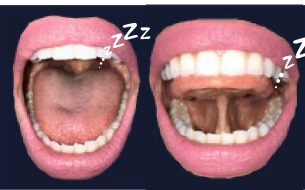
Swallow, then stick out your tongue without pain or discomfort.

TONGUE SCALLOPING

☐ *NO* ☐ *YES*

☐ *NORMAL* ☐ *MILD* ☐ *MODERATE* ☐ *SEVERE*

10. *Snore sound with* **Low Tongue Position?**



Snore sound in **Lingual Palatal Suction?**

RESULTS

NO SNORE SOUND = *Positive Indication**

SNORE SOUND = *Negative Indication**

** That OMT is appropriate*

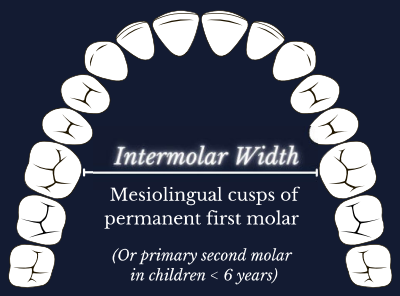
Have the patient attempt to make a snoring sound with their mouth open, then have them perform suction (LPS), and attempt to make the snoring sound again with their tongue held against the palate.

PALATAL FLUTTER

☐ *+ POSITIVE* *(NO SNORE SOUND)*

☐ *- NEGATIVE* *(SNORE SOUND IS AUDIBLE)*

Supplementary Guides, Classifications, and References



MEASURING MAXILLARY INTERMOLAR DISTANCE

Adult Measurements

< 32 mm	32-34 mm	34-36 mm	36-38 mm	38-42 mm
Severe	Moderate	Mild	Average	Above Average

Pediatric Measurements

Age + 24 mm

LECTURE FILES

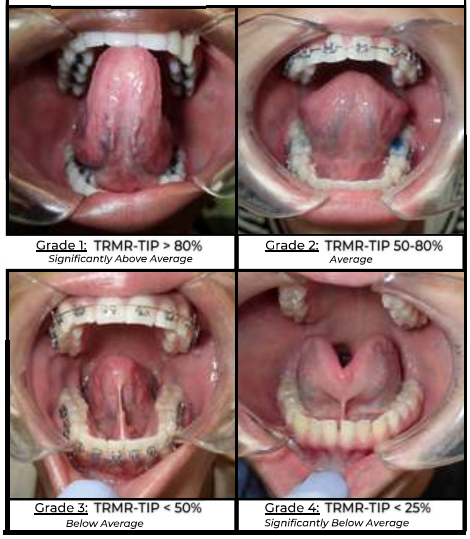
by Dr. Soroush Zaghi + The Breathe Institute

Multimedia lecture files are made available for general educational purposes, face-to-face instruction, and directed self-study.

FUNCTIONAL CLASSIFICATION OF ANKYLOGLOSSIA BASED ON ITRMR/TONGUE RANGE OF MOTION RATIO

TRMR-TIP

Assessment of: Anterior Tongue Mobility *Tongue to Incisive Papilla (TIP)*



Grade 1: TRMR-TIP > 80% *Significantly Above Average*

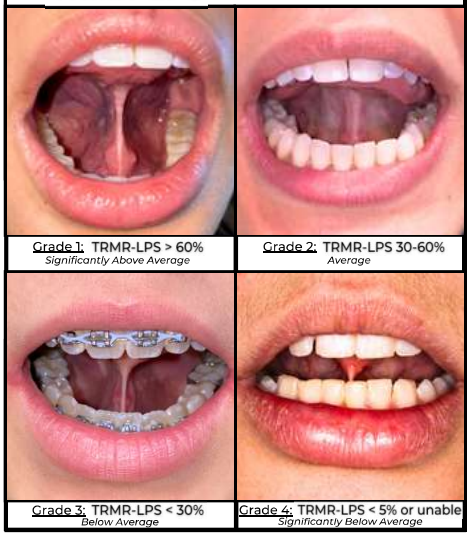
Grade 2: TRMR-TIP 50-80% *Average*

Grade 3: TRMR-TIP < 50% *Below Average*

Grade 4: TRMR-TIP < 25% *Significantly Below Average*

TRMR-LPS

Assessment of: Posterior Tongue Mobility *Lingual Palatal Suction (LPS)*



Grade 1: TRMR-LPS > 60% *Significantly Above Average*

Grade 2: TRMR-LPS 30-60% *Average*

Grade 3: TRMR-LPS < 30% *Below Average*

Grade 4: TRMR-LPS < 5% or unable *Significantly Below Average*