

## **PRACTICAL IMPLEMENTATION OF STANDARDS OF CARE FOR THE PERIANESTHESIA PATIENT WITH KNOWN OR SUSPECTED OBSTRUCTIVE SLEEP APNEA (OSA)**

Team Leader: Barbara Audin, BSN, RN

Brigham and Women's Hospital, Boston, Massachusetts

Team Members: Kerry Noonan, RN, Josette Renda, BSN, RN, Selene Goes, RN, Irene Suzuki, MS, RNC, ANP, Joanne Hart, BSN, RN, CPAN, Sandy Torrissi, BS, RN, CAPA, Marie Courtney, BSN, RN, CAPA, CPAN, Deidre Devaux, MSN, RN, CPAN

### **Background Information:**

- 2012-ASPAN released recommendations for OSA in adult patients
- American Society of Anesthesiologists report:
  - 80-90% of the population is undiagnosed
  - 81% of hospitalized patients are at risk for OSA
  - 34,000 patients die/year from OSA related cardiovascular events

### **Objectives of Project:**

- Increase safety of the perianesthesia patient by implementing a unit based standard of care for patients with diagnosed and undiagnosed OSA
- Improve preoperative identification of patients with OSA
- Increase nursing knowledge in caring for OSA patients
- Standardize nursing care based on current evidence based practice
- Increase patient/family understanding of OSA

### **Process of Implementation:**

- Creation of OSA team with representation from all phases of Perianesthesia care
- Survey of staff to assess current OSA knowledge
- Literature review to identify most current practice of OSA care
- Collaboration with anesthesiologists to implement algorithm for standards of OSA care
- Development of OSA patient specific teaching Discharge Instruction for home care

### **Statement of Successful Practice:**

- Implementation of screening tool (STOP-BANG) for early identification of OSA patient at risk
- Use of algorithm to guide use of CPAP and capnography
- Individualized pain management based on severity of OSA, surgery, and need for opioid
- Development of OSA specific discharge instructions from Phase II to home

### **Implications for Advancing the Practice of Perianesthesia Nursing:**

- Consistency in standard of care by nursing
- Safe practices promote patient safety
- Safe discharge to home