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

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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