Screening Matters for OSA

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Introduction

Obstructive sleep apnea (OSA) is a life-threatening concern in the ambulatory surgical setting.

Sleep habits are a potential concern for patient safety and airway patency.

OSA is affected by:
- Anesthesia
- Sedating medications
- Alcohol consumption
- Pre-existing comorbidities

Identification of the Problem

Nurse-initiative protocol developed following a literature review.
Perianesthesia nurses noted from clinical observation:
- Prolonged post anesthesia recovery
- Lower oxygen saturation levels
- Delayed discharge times in an ambulatory surgical center

Purpose of the Study

Primary Objective:
Screen for OSA pre-operatively by telephone interview

Secondary Objectives:
- Integrate a validated OSA screening tool for risk assessment
- Promote OSA patient education
- Support safer nursing practices

Methodology

1) Study setting: University of New Mexico Hospitals
2) Study design: IRB approved, nurse-driven, descriptive survey
3) Reliable STOP-Bang Questionnaire was implemented to recognize patients at risk for OSA prior to surgery
4) Standardize protocol
5) Electronic documentation

STOP-Bang Questionnaire

8 Questions → one point for every YES answer → higher OSA risk
- Four focus on sleep, snoring, tiredness, and hypertension
- The other four questions indicate OSA risks

Results

STOP-Bang Questionnaire

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<th>8 Questions</th>
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<th>6 Questions</th>
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Data retrieval to include a facility-wide OSA screening assessment, expand sample size and length of study.

References:


Future Plans

Data retrieval to include a facility-wide OSA screening assessment, expand sample size and length of study.

Discussion

Pre-operative screening for OSA
- Fostered improved patient outcomes
- Avoided recovery delays and discharge times

Perianesthesia nurses initiated OSA guidelines
- Promoted interprofessional communication
- Developed patient education
- Shortened PACU time and reduced hospital admissions
- Advanced patient safety in an ambulatory setting

Conclusion:

Priority for perianesthesia nurses
Minimize adverse health-related problems following ambulatory surgery

Screen patients sleep habits and their OSA risks
- Using a STOP-Bang questionnaire prior to surgeries or procedural sedation to improve patient safety
- Endorses best perianesthesia nursing practices

Disclosures: None