How to Build an Obstructive Sleep Apnea (OSA) Program in Your Hospital

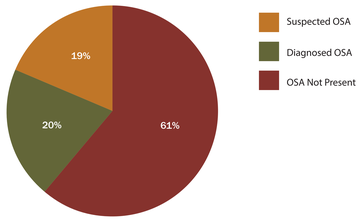
Background

The potential risk of adverse effects from OSA, known or suspected, potentiated by surgical anesthesia is recognized as a patient safety concern. Sauk Prairie Healthcare (SPH) began to assess for this risk factor and created a policy and protocol to promote safe and consistent care for this patient population.

Objectives

- Promote safe and consistent care in the adult surgical patient population.
- Assess all adult surgical patients for known or suspected OSA.
- Implement the OSA policy and protocol for the identified patients.

Initial Study Before Implementing Protocol



Process of Implementation:

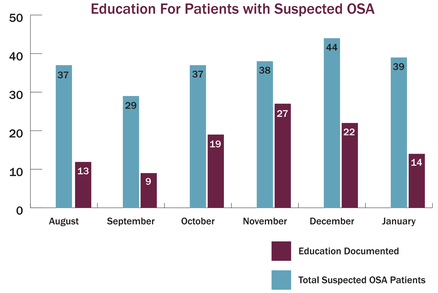
- American Society of Perianesthesia Nurses (ASPAN) and American Society of Anesthesiologists (ASA) recommends that surgery centers have an OSA policy and protocol in place.
- Improve patient care by decreasing risks associated with OSA both operatively and post operatively.
- Recognize undiagnosed patients.
- Survey area hospitals regarding their OSA policies.

- Form a multidisciplinary team, including representation from surgeons, anesthesia, respiratory therapy (RT), perianesthesia nurses, nurse educators and information technology (IT).
- Write a project charter.
- Establish roles for team members.
- Identify the tool to be used to screen for undiagnosed OSA.

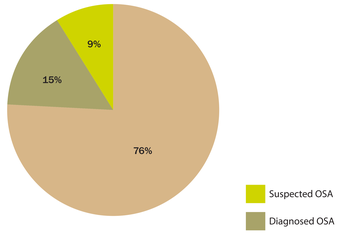
- Research current literature and gather evidence-based practice for the foundation of the policy and protocol.
- Conduct an internal study using an OSA assessment tool.
- Internal study found that 33.8% of SPH's surgical population had known or suspected OSA.
- Conduct inventory to determine what equipment is available and what would be needed to implement policy.

- Develop policy and protocol titled: Perioperative Management of the Surgical Patient with Known or Suspected Obstructive Sleep Apnea.
- Build assessment screen and order set for the Electronic Health Record.
- Develop patient education for discharge.
- Obtain approval of policy and protocol from the Surgical Anesthesia Committee and Senior Leadership.
- Inform providers and staff of the implementation plan through presentations, medical staff bulletins and online education.

Education For Patients with Suspected OSA



Six Months Post Implementation of Protocol



Statement of Successful Practice:

- OSA assessment is being completed by patient's primary care provider pre-operatively.
- Patients are arriving pre-operatively with a greater awareness of OSA.
- RT checks integrity of the patient's home continuous positive airway pressure (CPAP) machines.
- Patients with known or suspected OSA are now identified and the OSA protocol is being implemented.

Next Steps:

- Implement a process to determine how many patients who have screened positive for OSA have followed up with their primary care provider.
- Track how many patients were unplanned admissions due to complications from OSA.
- Continue yearly OSA education for staff in all areas.
- Survey staff to identify issues needing attention.
- Continue to improve patient education.
- Implement a program for OSA awareness in the community.

sauk prairie HEALTHCARE

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