

DON'T IGNORE MY SNORE: REDUCE PERIOPERATIVE COMPLICATIONS RELATED TO OBSTRUCTIVE SLEEP APNEA

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Identification of the problem/overview: Obstructive sleep apnea (OSA), a condition associated with decreased muscle tone in the airway, has been linked to postoperative complications. Perioperative patients were screened for OSA risk, yet no guideline was enforced. A chart audit revealed a high percentage of patients screened high-risk for OSA had postoperative cardiopulmonary complications.

Question/purpose: The purpose of the evidence-based practice initiative were to develop a guideline for patients identified as high-risk for OSA, enhance communication of OSA risk, increase RN knowledge of OSA, and reduce perioperative complications.

Methods/evidence: A multi-disciplinary team developed the guideline utilizing The Iowa Model of Evidence-Based Practice. A nursing care plan was created from the guideline and integrated into the electronic medical record to improve communication of care for the high-risk for OSA patient. Self-learning module on the OSA guideline was developed and communication via nursing grand round, emails, unit meetings were conducted for staff education. Various organization committees were consulted during the process. Unit-based change champions facilitated guideline implementation and reinforced practice change. Post-guideline audits to assess for OSA related postoperative complications were completed.

Significance of findings/outcomes: Perioperative complications related to OSA decreased from 27% to 14.6% after guideline implementation. This initiative demonstrated that a guideline and nursing care plan specific to OSA was effective in improving patient outcomes.

Implication for perianesthesia nurses and future research: Perianesthesia nurses play an important role in screening and identifying patients with the potential risk for OSA and safeguarding them from postoperative complications related to OSA. Further study should be conducted on the impact that nursing education provided to the high risk OSA patients has on their health seeking behaviors.