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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**

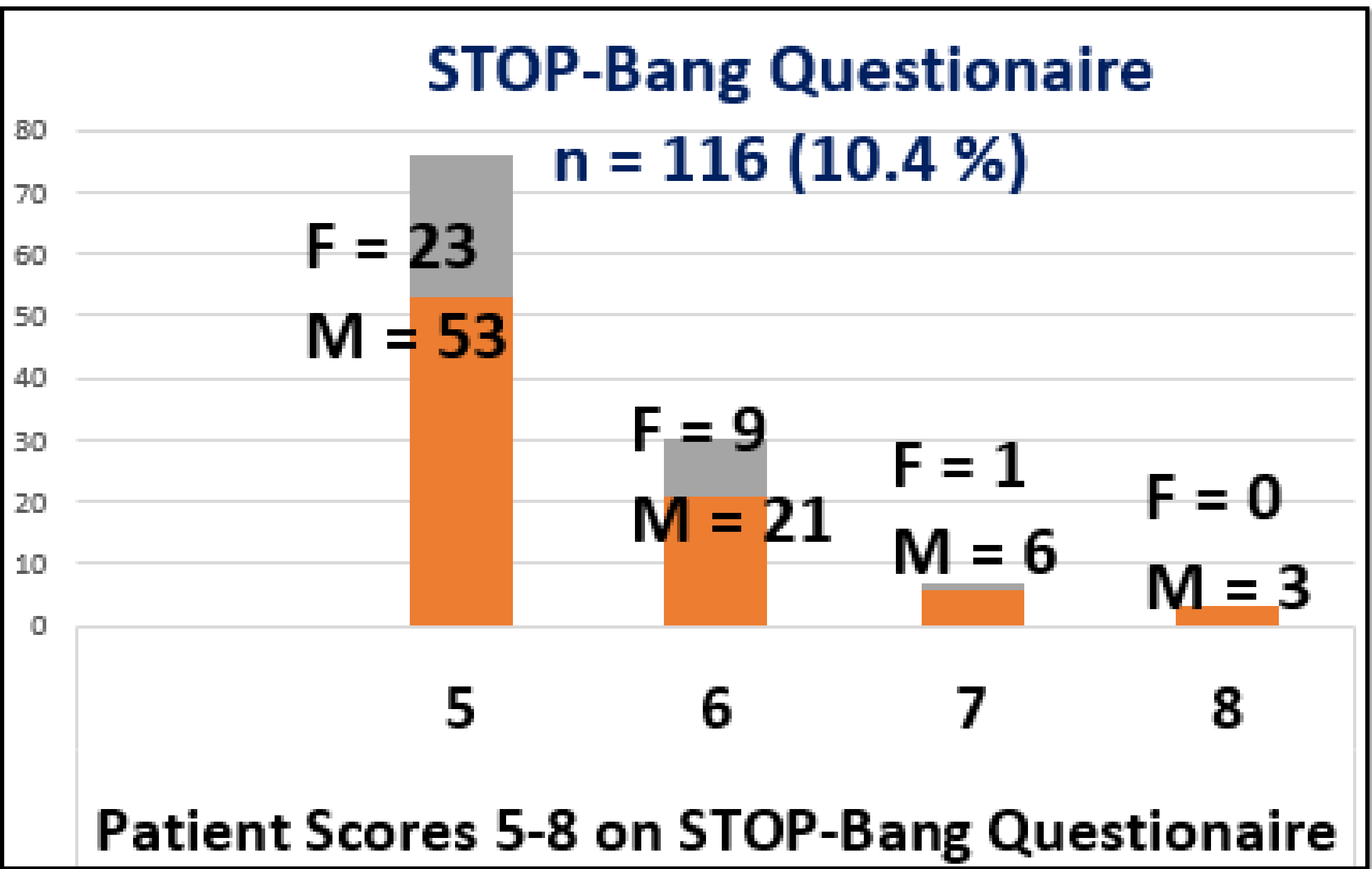
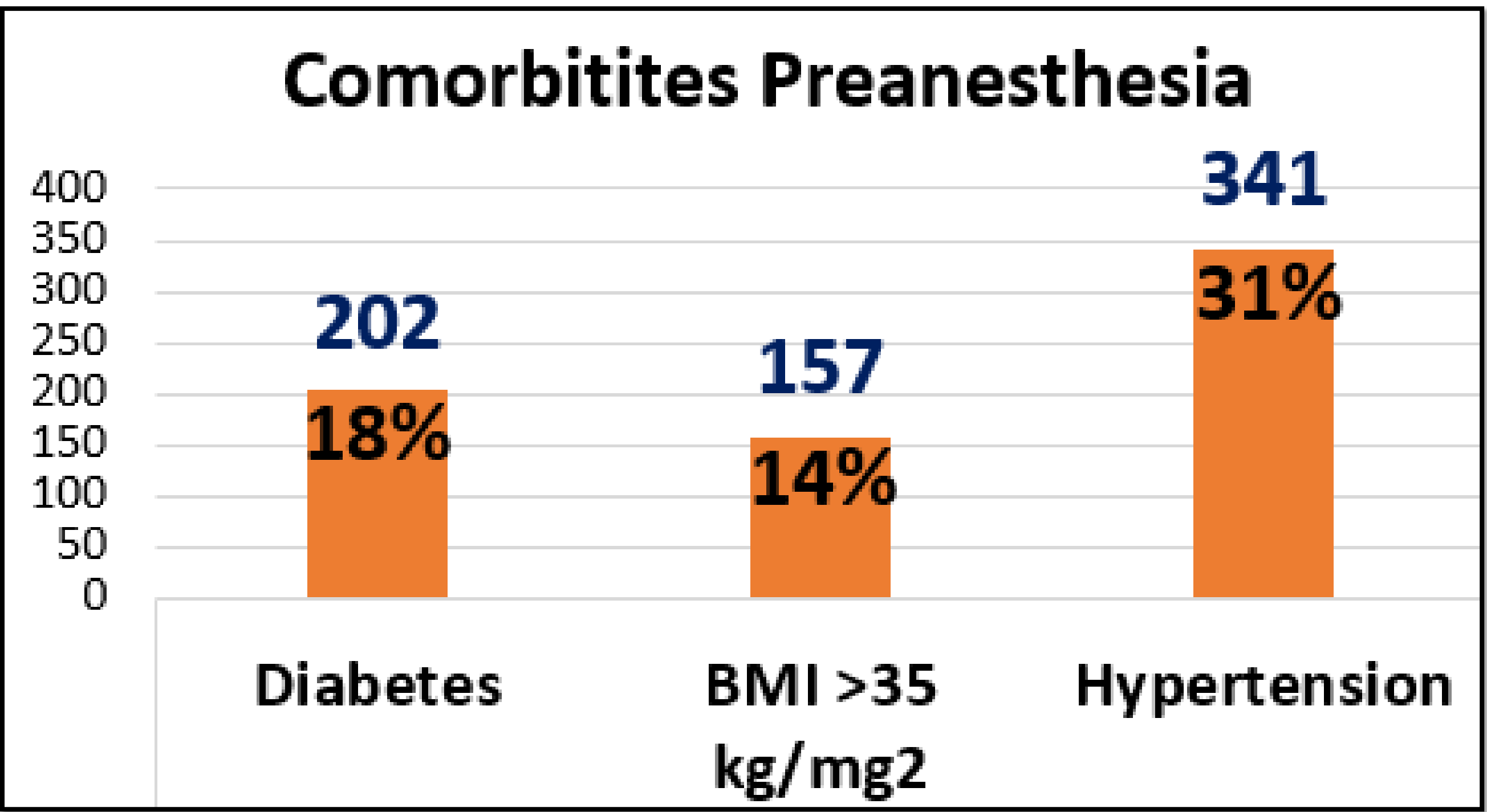
- ❖ Four focus on sleep, snoring, tiredness, and hypertension
- ❖ The other four questions indications of OSA risks

**Disclosures: None**

Methodology

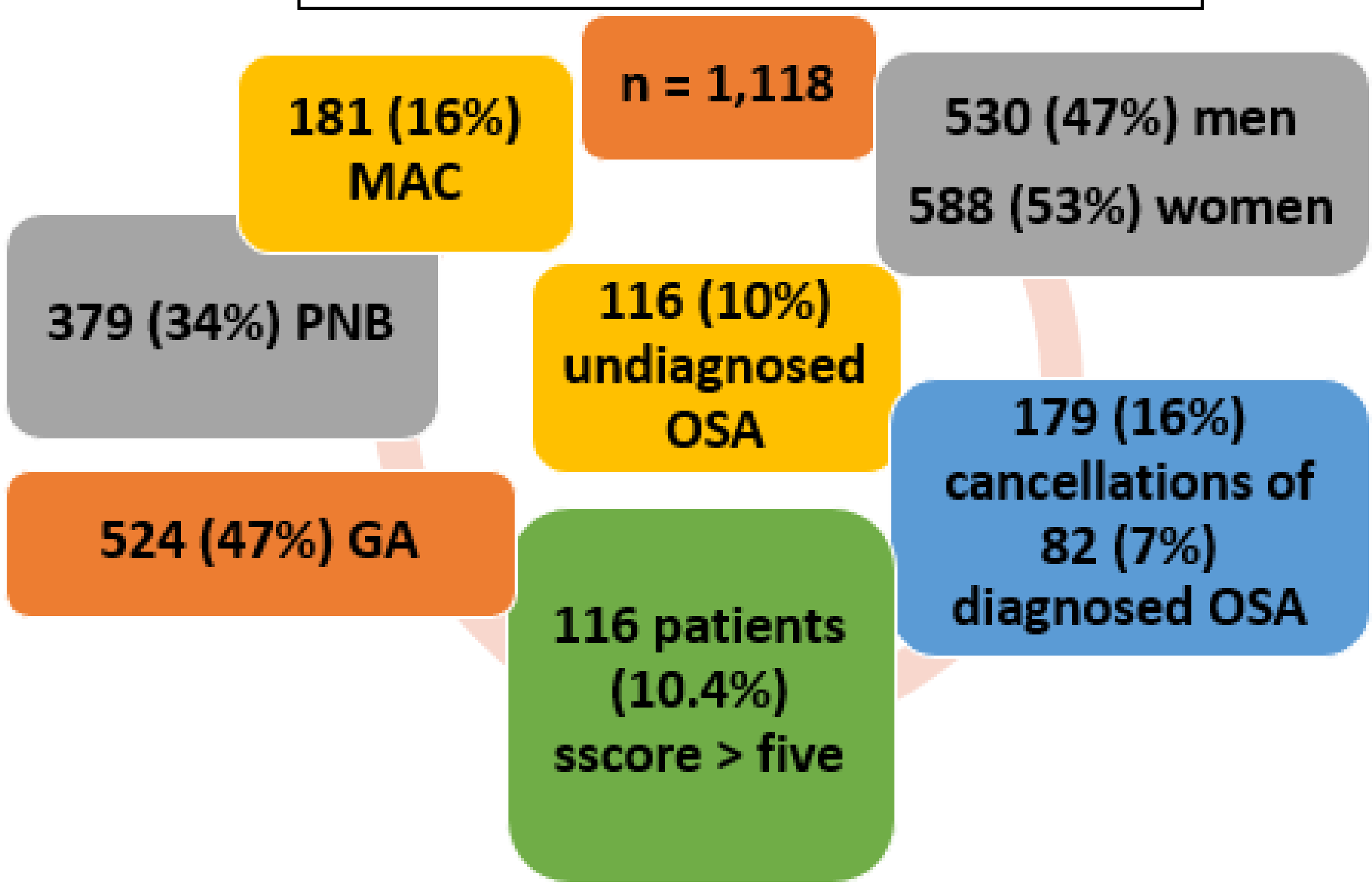
STOP-Bang Questionnaire

- Snoring
- Tiredness
- Observed apnea
- Pressure (ie, high blood pressure)
- BMI 35 kg/m<sup>2</sup>
- Age older than 50 years
- Neck size > 43 cm men or 41 cm female
- Gender if male



Results

Results STOP-Bang Questionnaire



\*\*\*No hospital admissions following protocol\*\*\*

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

Reference:

Hardy Tabet C, Lopez-Bushnell K. Sleep, snoring, and surgery: OSA screening matters. *Journal of PeriAnesthesia Nursing*. 2018;33(6):790-800. doi:10.1016/j.jopan.2017.01.009

Future Plans

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