

Connie Hardy Tabet, MSN, RN, CPAN, CAPA, FASPAN and Kathy Lopez-Bushnell, EdD, MPH, MSN, APRN

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

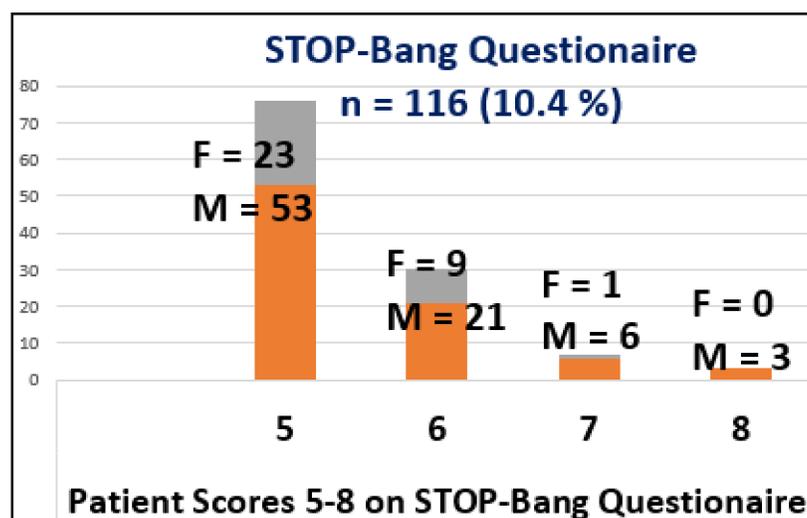
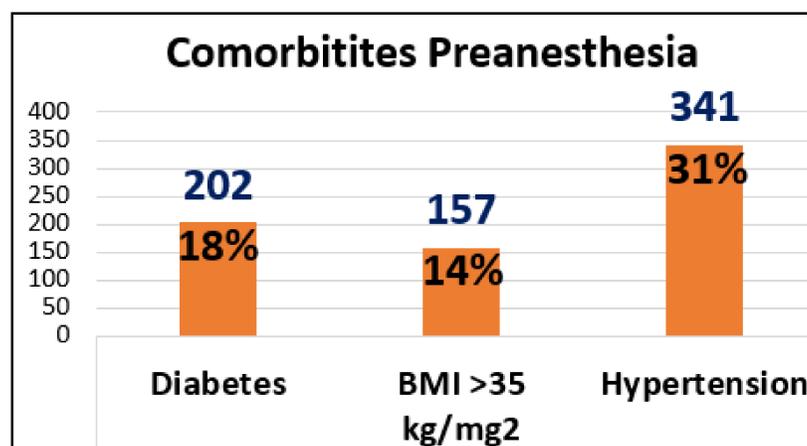
- ❖ Four focus on sleep, snoring, tiredness, and hypertension
- ❖ The other four questions indications of OSA risks

Disclosures: None

Methodology

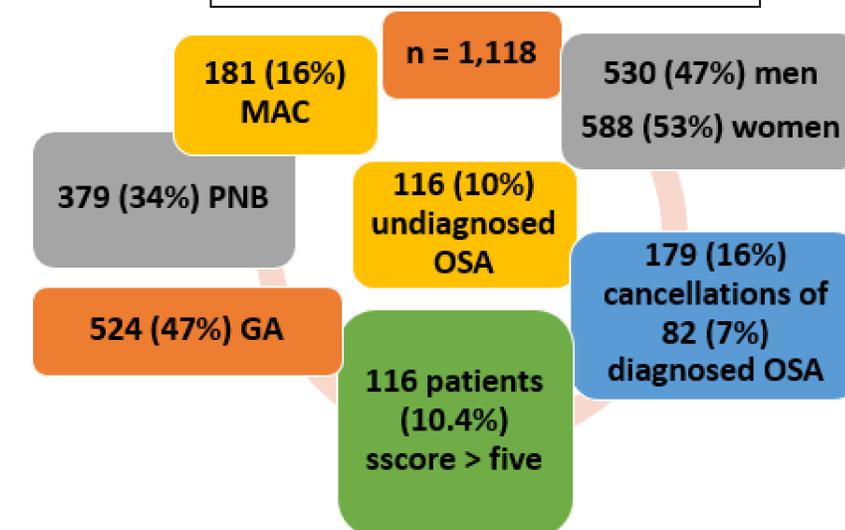
STOP-Bang Questionnaire

- **S** Snoring
- **T** Tiredness
- **O** Observed apnea
- **P** Pressure (ie, high blood pressure)
- **B** BMI 35 kg/m²
- **A** Age older than 50 years
- **N** Neck size > 43 cm men or 41 cm female
- **G** 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