

Perioperative Screening of Patients for Risk Factors Associated with Obstructive Sleep Apnea

Abstract

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Project Evaluation

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“On my honor, I pledge that I have neither given nor received any unauthorized assistance on this assignment”~ M. Hunter

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Purpose: This project was piloted to identify patients with risk factors associated with obstructive sleep apnea (OSA) prior to undergoing general anesthesia through the implementation of a standardized screening tool in the perioperative department as a nurse-driven protocol.

Design: This was a quality improvement design.

Methods: The STOP-Bang questionnaire screening tool was implemented as part of the nurse's preoperative assessment prior to surgery. The STOP-Bang tool calculated patient's score of mild, moderate, or severe for presences undiagnosed OSA.

Findings: Patients identified with moderate and severe risk factors were monitoring closer postoperatively with appropriate interventions implemented. OSA education was included as part of patient's discharge instruction with recommendations to follow up with primary care physicians for further diagnosis.

Conclusion: Identifying patients with risk factors associated with OSA helped to create awareness of OSA and reduce potential postoperative complications.

Keywords: obstructive sleep apnea (OSA), perioperative, postoperative complications, recommendations, recovery, STOP-Bang.