

A recoute de notre santé Guidelines: Obstructive Sleep Apnea (OSA) Interpretation of Risk Score, OSA Care Area and Discharge Guidelines

Risk Score ≤ 3

- 1. Low risk for perioperative OSA complications.
- 2. Can be a day surgery case.
- 3. Rarely requires continuous postoperative monitoring.

Risk Score 4

- 1. Increased risk of perioperative OSA complications.
- 2. Requires careful evaluation.
- 3. May require overnight admission.
- 4. May require continuous postoperative monitoring (see 4 below).

Risk score ≥ 5

- 1. High risk for perioperative OSA complications.
- 2. Requires admission.
- Requires continuous postoperative monitoring as long as patient is at risk.
 - a. With appropriate equipment (pulse oximeter with alarm, airway supplies and drugs); **OR**
 - b. Continuous observation by a dedicated trained health care provider.

- 4. Transfer from OSA monitoring area should occur (by attending physician) *only* when
 - Baseline saturation status has been reached and is stable.
 - At most, low-dose oral opiates are required and patient has demonstrated to safely tolerate.
 - There are no observed episodes of airway obstruction in the previous 12 hours.

Consider consult to Internal/Respiratory Medicine if above criteria are not met

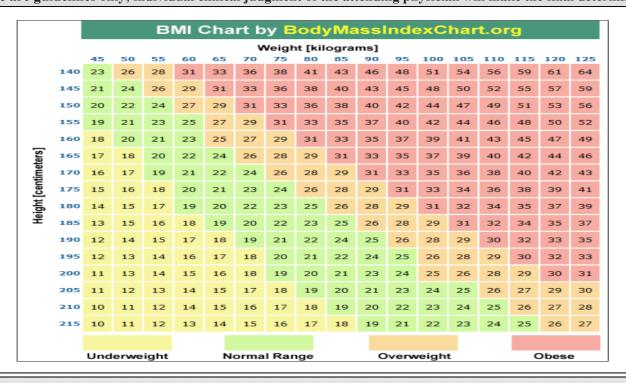
- 5. Discharge home (by attending physician only) can be considered if:
 - Patient does not become hypoxemic or develop airway obstruction while breathing room air in a non-stimulating environment AND
 - The patient requires no or only low-dose oral opiates.

Consult Internal/Respiratory Medicine if above criteria not met.

Day Surgery Patients diagnosed with OSA or an indication of significant probability of OSA.

- 1. Risk score should be ≤ 4 .
- 2. Shall be monitored in PACU. Discharge from PACU requires Anesthesiologist approval.
- 3. O₂ Sat on R/A must reach baseline.
- 4. Shall not become hypoxemic or develop airway obstruction while breathing room air in a non-stimulating environment.

* These are guidelines only; individual clinical judgment of the attending physician will make the final determination.



*OSA Postoperative Care Area includes:

■ ICU

■ SDU

■ Ward (with appropriate monitors and/or personnel)