Preoperative Obstructive Sleep Apnoea (OSA) Screening in Preassessment

TARGET AUDIENCE	Preassessment nurses and Anaesthestists
PATIENT GROUP	Preoperative Patients

Clinical Guidelines Summary

CPOC (Centre for Perioperative Care) has a comprehensive guideline on the Perioperative Management of OSA in Adults. That should be referred to when using this guidance.

For **nursing staff**, key points are that patients with Epworth scores of >10 require Anaesthetic review.

The key messages for **medical staff** are as follows;

1) Do not delay urgent surgery to obtain sleep studies
2) In those patients who do get preoperative continuous positive airway pressure (CPAP) pre op aim for 4-6 weeks therapy prior to surgery
3) OSA does not preclude day surgery. If co-morbidities are controlled, with opioid-sparing/regional anaesthesia many can be safely performed as day cases. But HDU/IP beds should still be provisionally booked and either used or not used at list Anaesthetists discretion.
4) Other factors to consider when planning perioperative care of the high risk OSA patient;

    -Presence of heart failure/atrial fibrillation(AF)/hypertension(HTN)/Diabetes

    -Medium to high risk surgery not amenable to regional anaesthesia

    -Sleep disordered breathing/obesity hypoventilation syndrome in obese patient are a higher risk group (MP 3-4, neck >50cms, Sats <94%, Bic >28, FVC <3L or FEV1 <1.5L

Guideline Body

This section will normally contain more detailed information to support summary and should have a **content** list to start with in his section.

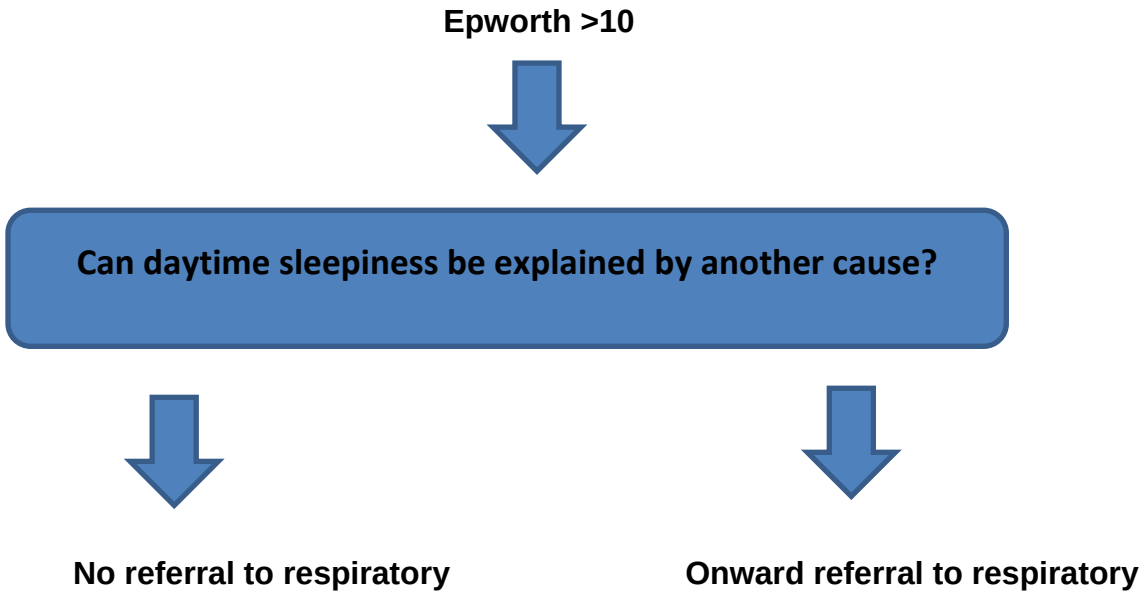
Has anyone ever witnessed you stopping breathing while sleeping?

Do you snore loudly enough to be heard through a closed door?

Do you feel excessively sleepy throughout the day?

If Yes to any of these perform Epworth

If Epworth >10 Anaesthetic Review


Epworth >10
Can daytime sleepiness be explained by another cause?
No referral to respiratory
Onward referral to respiratory

References/Evidence

https://cpoc.org.uk/sites/cpoc/files/documents/2023-08/CPOC%20Sleep%20Apnoea%20Guidance%20printable%20version%20PDF_final.pdf

https://www.msdmanuals.com/professional/multimedia/clinical-calculator/epworth-sleepiness-scale-ess

Appendices

1. **Governance information for Guidance document**

Lead Author(s):	Miriam Stephens
Endorsing Body:	Preassessment Cross Site working Group
Version Number:	1
Approval date	**29.10.24**
Review Date:	29.10.27
Responsible Person (if different from lead author)	

CONSULTATION AND DISTRIBUTION RECORD	
Contributing Author / Authors	Dr Shona McConnell
Consultation Process / Stakeholders:	Meetings with Respiratory Physiologists from 3 sites and respiratory physicians during the consultation process

Distribution	All preassessment nurses and doctors. Should be available on guidelines app for all.

CHANGE RECORD			
Date	**Lead Author**	**Change**	**Version No.**
			1
			2
			3
		.	4
			5

2.You can include additional appendices with complimentary information that doesn't fit into the main text of your guideline, but is crucial and supports its understanding.

e.g. supporting documents for implementation of guideline, patient information, specific monitoring requirements for secondary and primary care clinicians, dosing regimen/considerations according to weight and/or creatinine clearance

Insert Clinical Guideline Title

Lead Author	**M Stephens**	**Date approved**	**29.10.24**
Version	**1**	**Review Date**	**29.10.27**