

## 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.
3. 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. O<sub>2</sub> 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.**

**BMI Chart by [BodyMassIndexChart.org](http://BodyMassIndexChart.org)**

Height [centimeters]	Weight [kilograms]																
	45	50	55	60	65	70	75	80	85	90	95	100	105	110	115	120	125
140	23	26	28	31	33	36	38	41	43	46	48	51	54	56	59	61	64
145	21	24	26	29	31	33	36	38	40	43	45	48	50	52	55	57	59
150	20	22	24	27	29	31	33	36	38	40	42	44	47	49	51	53	56
155	19	21	23	25	27	29	31	33	35	37	40	42	44	46	48	50	52
160	18	20	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49
165	17	18	20	22	24	26	28	29	31	33	35	37	39	40	42	44	46
170	16	17	19	21	22	24	26	28	29	31	33	35	36	38	40	42	43
175	15	16	18	20	21	23	24	26	28	29	31	33	34	36	38	39	41
180	14	15	17	19	20	22	23	25	26	28	29	31	32	34	35	37	39
185	13	15	16	18	19	20	22	23	25	26	28	29	31	32	34	35	37
190	12	14	15	17	18	19	21	22	24	25	26	28	29	30	32	33	35
195	12	13	14	16	17	18	20	21	22	24	25	26	28	29	30	32	33
200	11	13	14	15	16	18	19	20	21	23	24	25	26	28	29	30	31
205	11	12	13	14	15	17	18	19	20	21	23	24	25	26	27	29	30
210	10	11	12	14	15	16	17	18	19	20	22	23	24	25	26	27	28
215	10	11	12	13	14	15	16	17	18	19	21	22	23	24	25	26	27

Underweight     
 Normal Range     
 Overweight     
 Obese

#### \*OSA Postoperative Care Area includes:

- ICU
- SDU
- Ward (with appropriate monitors and/or personnel)