In the post anesthesia setting, nurses are often required to intervene to maintain a patient’s airway patency to avoid hypoxia. In some cases, this situation could have been avoided if the pre-anesthesia care unit nurse had knowledge of the patient’s likelihood of obstructive sleep apnea. This baseline knowledge could change different facets of the nurse’s care such as extubation criteria.

The use of a sleep apnea scoring tool, like the STOP-Bang scoring tool, could deter post-operative hypoxia and decrease the percentage of patients requiring nursing airway maintenance.

For adult surgical patients at Methodist Hospital, will the knowledge of the pre-operative STOP-Bang score and airway management be re-evaluated by the Unit Council quarterly.

The STOP-Bang scoring tool is an eight objective questions that can be used by the nurse as part of the existing pre-operative routine associated with sleep apnea, post-operative hypoxia and potential nursing airway management.

The findings indicate there is an association between an elevated STOP-Bang score (representing OSA) and the need for post-operative nursing airway management.

Based upon findings, extubation criteria were modified for patients in the PACU who were at high risk of obstructive sleep apnea.

### Evaluation of Evidence-based Practice

Changes in nursing practice associated with the STOP-Bang score and airway management are re-evaluated by the Unit Council quarterly.

### References


