Utilization of an Evidence-Based Screening Tool for Identification and Referral of Patients at Risk for Obstructive Sleep Apnea
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PROBLEM
- Estimated 25 million adults with Obstructive Sleep Apnea (OSA)
- 82-93% with OSA are undiagnosed
- Identification and treatment of OSA could significantly impact the overall health of the patient population
- Untreated OSA leads to:
  - Vehicular accidents
  - Work-related accidents
  - Heart disease
  - Hypertension
  - Stroke
  - Diabetes
  - Decreased mental acuity
  - Post-surgical complications
  - Impaired lifestyle

THEORETICAL FRAMEWORK
PRECAUTION ADOPTION PROCESS MODEL

CONCLUSIONS
- First described by Weinstein in 1988, expanded in 1992 to 7 steps by Weinstein and Sandman

METHODOLOGY
- Sample Population: ≥ 18 years of age
- Study Design: Convenience sample
- 9 week study period
- Staff education and Train-the-Trainer methodology
- Screening Tool:
  STOP - BANG questionnaire
- Intervention Plan:
  - Screening
  - Determination of risk
  - Counselling and education
  - Referral
- Previous diagnosis of OSA excluded from the sample
- Assessed for cognitive or language barriers that may inhibit the ability to answer questions

RESULTS
- 48 total patients screened
- 24 male & 24 female patients
- 15 patients with existing CPAP
- 1 patient with cognitive barriers
- 3 patients refused referral
- 62.5% of all male patients screened high-risk
- 80% of male high-risk patients were 65+ age category
- 25% of all female patients screened high-risk across all age categories.

IMPLICATIONS FOR PRACTICE
- Implementation of an evidence-based screening tool can provide early detection, intervention and referral of patients at-risk for OSA
- Routine screening can reduce the risk of complications associated with undiagnosed OSA.
- Recommend continued screening of patients ≥ 18 years of age for risk of OSA
- Recommend continued counseling, education and sleep medicine referral for moderate and high-risk patients
- Further study is warranted to assess level of compliance with sleep medicine referral and the impact to patient compliance and health outcomes

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