Title: Society of Anesthesia and Sleep Medicine (SASM), Society for Ambulatory Anesthesia (SAMBA), and Society of Critical Care Anesthesiologists (SOCCA) collaborative guidelines for postoperative management of patients with obstructive sleep apnea

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Obstructive sleep apnea (OSA) is the most common form of sleep-related breathing disorder encountered in the perioperative setting. It is defined by recurrent upper airway collapse, potentially leading to decreased oxygen levels during sleep and an increased risk of long-term cardiovascular illness.\(^1\) While OSA is more prevalent in surgical candidates than in the general population,\(^2\) between 60-90% of patients remain undiagnosed.\(^3\) OSA has been associated with a high risk of perioperative complications\(^4\) and a resultant increase in hospital cost and resource utilization.\(^2,4-9\)

While recommendations for preoperative screening\(^10\) and intraoperative management\(^11\) of this vulnerable population has been published, there remains a lack of evidence-based practice recommendations regarding postoperative management. Evidence-based triaging system of suspected or known OSA patients is needed for patients who are admitted to the hospital following surgery, to appropriately allocate resources for management and optimization of OSA status. Moreover, there is lack of clear guidance on counseling of patients for post-discharge care, and evidence-based recommendations are needed in consultation with patient partners. This is particularly important for patients undergoing ambulatory surgery as they are discharged home to an un-monitored setting on the day of surgery and may be on opioid medications postoperatively. In addition, significant proportion of vulnerable inpatients also transition from the relatively well monitored PACU and ICU to the general care floor of the hospital.
that may not have adequate surveillance to allow early detection of critical changes in ventilatory status.\(^\text{12}\)

To address these gaps in knowledge, the Society of Anesthesia and Sleep Medicine (SASM) is leading an ambitious collaborative project with the Society for Ambulatory Anesthesia (SAMBA) and the Society of Critical Care Anesthesiologists (SOCCA) to develop evidence-based guidelines for postoperative management of patients with OSA. This endeavor will complement the SASM’s evidence-based guidelines on preoperative\(^\text{10}\) and intraoperative\(^\text{11}\) management of OSA patients, as well as the SAMBA consensus statement for management of these patients in the ambulatory setting.\(^\text{13}\)

References:


