

Obstructive Sleep Apnea: Using the STOP-Bang Questionnaire as a Tool to Identify Those at Risk in the Primary Care Setting

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INTRODUCTION: Obstructive Sleep Apnea (OSA) is a common sleep disorder in which an individual experiences periods of either apnea (stopped breathing) or hypopnea (long shallow breathing) during sleep (Chakravorty, T., Konar, & Chakravorty, I., 2019). The American Sleep Apnea Association (2020) estimates that 22 million Americans suffer from obstructive sleep apnea, with 80% of cases undiagnosed. OSA is a treatable condition and, if managed properly, can help reduce complications of untreated OSA. OSA contributes towards psychosocial conditions such as anxiety, mood disorders, cognitive impairment, and life-long physical conditions such as hypertension, cardiovascular disease, diabetes and cancer. The STOP-Bang screening questionnaire is a proven screening tool that can accurately

PURPOSE: To identify those at risk for obstructive sleep apnea using the STOP-Bang questionnaire in a primary care setting.

METHODS: A nine-week retrospective chart review was performed to gather baseline data of a family practice clinic's screening methods for sleep apnea. Then, for a nine-week period, patients who met screening criteria were asked to fill out the STOP-Bang questionnaire. Based on the score from the questionnaires, patients were asked to be referred for additional screening.

RESULTS: the retrospective chart review found 83 patients that met screening criteria and out of those 83 patients only three were screened and all three were sent for additional testing. During the project, 88 patients met screening criteria and 17 were screened. Out of those 17 patients, only three were referred for additional testing.

CONCLUSION: Using the STOP-Bang screening questionnaire helped identify more people at risk for OSA than the previous screening methods at a family practice clinic. Although, this project did not show that using the screening tool was beneficial in referring at-risk patients on for further testing.