



## BÖLÜM 15

# OBSTRÜKTİF UYKU APNESİ CERRAHİSİNDE ANESTEZİ

Aysun ANKAY YILBAŞ<sup>1</sup>

### GİRİŞ

Obstrüktif uyku apnesi (OUA), uyku esnasında üst havayolunda tekrarlayıcı tamamen ya da kısmen kapanmalar ve buna bağlı apne/hipopne atakları ile karakterize ciddi bir hastalıktır (1). Bu atakları genellikle oksijen satürasyonunda ( $SpO_2$ ) düşme, hiperkarbi ve sempatik aktivasyon takip eder. Hasta çoğu zaman farkında olmamasına rağmen atakları sonlandırmak için sık sık uyanır (2). Horlama, şahit olunan apne atakları, gün içinde aşırı uyku hali ve yorgunluk en sık görülen yakınmalardır. Ancak esas problem bu kronik hastalığın; serebrovas-küler hastalıklar, sistemik ve pulmoner hipertansiyon, iskemik kalp hastalığı, konjestif kalp yetmezliği, atriyal fibrilasyon gibi aritmiler, metabolik sendrom, tip-2 diyabetes mellitus, depresyon, iş ve motorlu araç kazalarında artışa yol açmasıdır (1,2).

OUA'nden şüphelenilen hastalarda klinik pratikte STOP-Bang, P-SAP, Berlin anketi, Amerikan Anesteziyologlar Derneği (ASA) kontrol listesi gibi tarama testleri sıklıkla kullanılsa da; altın-standart tanı yöntemi uyku laboratuvarında yapılan polisomnografidir (PSG) (2). PSG; elektroensefalogram, elektrookülogram, elektromyogram, solunum eforu ve oral/nazal hava akımı, elektrokardiyog-

<sup>1</sup> Doç. Dr., Hacettepe Üniversitesi Tıp Fakültesi, Anesteziyoloji ve Reanimasyon AD.  
aysunankay@hotmail.com

**KAYNAKLAR**

1. Roesslein M, Chung F. Obstructive sleep apnoea in adults: peri-operative considerations: A narrative review. *Eur J Anaesthesiol.* 2018;35(4):245-255 doi:10.1097/EJA.0000000000000765
2. Chung F, Memtsoudis SG, Ramachandran SK, et al. Society of Anesthesia and Sleep Medicine Guidelines on Preoperative Screening and Assessment of Adult Patients With Obstructive Sleep Apnea. *Anesth Analg.* 2016;123(2):452-473. doi:10.1213/ANE.0000000000001416
3. Ogunnaiké B, Joshi GP. Obesity, Sleep Apnea, the Airway, and Anesthesia. In: Hagberg CA, Artime CA, Aziz MF, eds. *Hagberg and Benumof's Airway Management*, 4<sup>th</sup> Edition. Philadelphia, Elsevier 2018: 732-40.
4. Tanna N, Smith BD, Zapanta PE, et al. Surgical Management of Obstructive Sleep Apnea. *Plast Reconstr Surg.* 2016;137(4):1263-1272. doi:10.1097/PRS.0000000000002017
5. MacKay SG, Chan L. Surgical Approaches to Obstructive Sleep Apnea. *Sleep Med Clin.* 2016;11(3):331-341. doi:10.1016/j.jsmc.2016.04.003
6. De Vito A, Carrasco Llatas M, Ravesloot MJ, et al. European position paper on drug-induced sleep endoscopy: 2017 Update. *Clin Otolaryngol.* 2018;43(6):1541-1552. doi:10.1111/coa.13213
7. Yaremchuk K. Palatal Procedures for Obstructive Sleep Apnea. *Otolaryngol Clin North Am.* 2016;49(6):1383-1397. doi:10.1016/j.otc.2016.07.011
8. Shah RR, Thaler ER. Base of Tongue Surgery for Obstructive Sleep Apnea in the Era of Neurostimulation. *Otolaryngol Clin North Am.* 2020;53(3):431-443. doi:10.1016/j.otc.2020.02.006.
9. Tamisier R, Fabre F, O'Donoghue F, Lévy P, Payen JF, Pépin JL. Anesthesia and sleep apnea. *Sleep Med Rev.* 2018;40:79-92. doi:10.1016/j.smr.2017.10.006
10. American Society of Anesthesiologists Task Force on Perioperative Management of patients with obstructive sleep apnea. Practice guidelines for the perioperative management of patients with obstructive sleep apnea: an updated report by the American Society of Anesthesiologists Task Force on Perioperative Management of patients with obstructive sleep apnea. *Anesthesiology.* 2014;120(2):268-286. doi:10.1097/ALN.0000000000000053
11. Chung SA, Yuan H, Chung F. A systemic review of obstructive sleep apnea and its implications for anesthesiologists. *Anesth Analg.* 2008;107(5):1543-1563. doi:10.1213/ane.0b013e318187c83a
12. Memtsoudis SG, Cozowicz C, Nagappa M, et al. Society of Anesthesia and Sleep Medicine Guideline on Intraoperative Management of Adult Patients With Obstructive Sleep Apnea. *Anesth Analg.* 2018;127(4):967-987. doi:10.1213/ANE.00000000000003434
13. Frerk C, Mitchell VS, McNarry AF, et al. Difficult Airway Society 2015 guidelines for management of unanticipated difficult intubation in adults. *Br J Anaesth.* 2015;115(6):827-848. doi:10.1093/bja/aev371

14. Mulier JP. Perioperative opioids aggravate obstructive breathing in sleep apnea syndrome: mechanisms and alternative anesthesia strategies. *Curr Opin Anaesthesiol.* 2016;29(1):129-133. doi:10.1097/ACO.0000000000000281
15. Ghali GE, Meram AT. Transoral Robotic Surgery for the Tongue Base. *Atlas Oral Maxillofac Surg Clin North Am.* 2019;27(1):59-66. doi:10.1016/j.cxom.2018.11.002
16. Glazer TA, Hoff PT, Spector ME. Transoral robotic surgery for obstructive sleep apnea: perioperative management and postoperative complications. *JAMA Otolaryngol Head Neck Surg.* 2014;140(12):1207-1212. doi:10.1001/jamaoto.2014.2299
17. Balkan B, Çelik M, Kaya KH, Koç AK, Çetingök H, Hergünsel GO. Anesthetic management of patients with transoral robotic surgery for obstructive sleep apnea syndrome. *Haydarpaşa Numune Med J.* 2019; 59: 54-9.
18. Awad M, Okland TS, Nekhendzy V. Drug-Induced Sleep Endoscopy. *Atlas Oral Maxillofac Surg Clin North Am.* 2019;27(1):7-10. doi:10.1016/j.cxom.2018.11.010
19. Shteamer JW, Dedhia RC. Sedative choice in drug-induced sleep endoscopy: A neuropharmacology-based review. *Laryngoscope.* 2017;127(1):273-279. doi:10.1002/lary.26132