**Appendix 3: Sample Risk Stratification Checklist to Determine Respiratory Monitoring Order Set in Women Receiving Ultra Low-Dose or Low-Dose Neuraxial Morphine for Cesarean Delivery**

**Patient Risk Factors:** **Yes No**

Cardiopulmonary or Neurological Co-morbidities  

Class III obesity (BMI ≥40 kg/m2)  

Chronic opioid use  

Known or suspected obstructive sleep apnea (OSA)  

STOP BANG Score >3 (see below)  

Other risk factor  

**Perioperative Risk Factors:**

Received general anesthesia  

Desaturation event (<92%) in Post Anesthesia Care Unit  

Received magnesium sulfate  

Received concomitant sedative medication  

Other risk factor  

If **Yes** to one or more of the above questions, apply American Society of Anesthesiologists (A.S.A.) /American Society of Regional Anesthesia and Pain Medicine (A.S.R.A). respiratory monitoring guidelines order set:[3](#_ENREF_3) Respiratory rate and sedation monitoring Q1h for 12 hours and Q2h for 12-24 hours. Consider additional monitoring modalities (e.g., pulse oximetry, capnography); continuous vs. continual intermittent (e.g., every hour) monitoring for high-risk women.

If **No** to all of the preceding questions, apply Society for Obstetric Anesthesia and Perinatology (S.O.A.P.) respiratory monitoring guidelines order set:

Ultra low-dose morphine (i.e., intrathecal ≤0.05 mg or epidural ≤1 mg): Standard institutional postoperative monitoring with no additional respiratory monitoring.

Low-dose morphine (i.e., intrathecal >0.05 mg and ≤0.15 mg, epidural >1 and ≤3mg): Respiratory rate and sedation monitoring every 2h for 12 hours.

STOP-BANG Score Questionnaire*b*

|  |  |
| --- | --- |
|  | **Yes / No**  **Yes = 1 point** |
| **S:** Do you SNORE loudly (louder than talking or loud enough to be heard through closed doors)? |  |
| **T:** Do you often feel TIRED, fatigued, or sleepy during daytime? |  |
| **O:** Has anyone OBSERVED you stop breathing during your sleep? |  |
| **P:** Do you have or are you being treated for high blood PRESSURE? |  |
| **B: B**MI more than 35kg/m2? |  |
| **A: A**GE over 50 years? |  |
| **N: N**ECK circumference > 16 inches (40cm)? |  |
| **G: G**ENDER: Male? | **N/A** |
| TOTAL SCORE:  High risk of OSA: 5 – 7  Intermediate risk of OSA: 3 – 4  Low risk of OSA: 0 – 2 |  |

*b*Not validated in pregnancy

Abbreviations: Q, every; h, hour, BMI, body mass index.