

Appendix 1. Postanaesthesia care unit discharge criteria as recommended by the Danish Society of Anaesthesiology and Intensive Care Medicine

Parameter	Point	Definition
1. Sedation	3	Asleep, cannot be aroused
	2	Asleep, aroused by physical stimuli
	1	Asleep, aroused by verbal stimuli
	0	Fully awake
2. Respiratory rate (RR, per min)	3	Periods of apnoea or obstructive pattern
	2	RR < 10 or RR > 20 *
	1	Snoring, RR 10-20 *
	0	Normal respiration, RR 10-20 *
3. Oxygen saturation (SpO ₂ , %) without supplementary oxygen for 10 min.	3	SpO ₂ < 85
	2	SpO ₂ 85 – 89
	1	SpO ₂ 90 – 93
	0	SpO ₂ ≥ 94
4. Systolic blood pressure (SBP, mmHg)	3	SBP < 80
	2	SBP 80 – 89 or SBP ≥ 200
	1	SBP 90 – 99
	0	SBP > 100 – 199
5. Heart rate (HR, per min)	3	HR < 40 or HR > 130
	2	HR 40 – 49 or HR 121 – 130
	1	HR 101 – 120
	0	HR 50 – 100
6. Motor function (only relevant with spinal- or epidural anaesthesia)	3	No ability to move the lower extremities
	2	Ability only to move feet
	1	Ability only to move feet and bend knees
	0	Ability to move lower extremities freely
7. Pain at rest (patient evaluation)	3	Severe (VAS > 70 mm)
	2	Moderate (VAS 31 – 70 mm)
	1	Mild (VAS ≤ 30 mm)
	0	No (VAS = 0 mm)
8. Nausea (patient evaluation)	3	Severe
	2	Moderate
	1	Mild
	0	No
9. Urine output # (Uo, ml/kg/h)	3	Anuria
	2	0 < Uo < 0.5
	1	0.5 ≤ Uo < 1.0
	0	Uo ≥ 1.0 or no Catheter á demeure
10. Temperature # (Tp, °C)	3	Tp < 35.0
	2	35 ≤ Tp < 35.5
	1	35.5 ≤ Tp < 36.0
	0	Tp ≥ 36.0

Upon patient arrival in the PACU, the nurse evaluates each parameter and assigns a score of 0-3 (PACU score). As recommended by the DASAIM, the patient can be discharged from the PACU (by a nurse) if each of the parameters scores ≤ 1 as well as the cumulated score is ≤ 4 (12).

Parameters were not parts of the DASAIM discharge criteria as of January 2019 but are still considered important in evaluating the patient. They were still assessed in the PACU in 2019.

* In the previous guidelines, before January 2019, RR 30 was used instead of RR 20. Therefore, this was used for evaluating the control group in the present study.

PACU; postanaesthesia care unit, DASAIM; Danish Society of Anaesthesiology and Intensive Care Medicine.