

Implementation of Best Practices - Protocols, Guidelines, Education, and Metrics

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Objectives

- Apply key pharmacotherapy concepts to overcome barriers to optimizing pain, sedation, and delirium therapy in mechanically ventilated ICU patients
- Apply key concepts in the selection of sedatives, analgesics, and antipsychotic agents in critically ill patients



Disclosures

- The authors of this presentation have no disclosures concerning possible financial or personal relationships with commercial entities that may have a direct or indirect interest in the subject matter of this presentation



Strategies to Provide Optimal Pain and Sedation Therapy in the ICU

- Use of guideline or protocol that incorporates goal oriented administration of sedatives, analgesics, and antipsychotics
 - Sedation and Pain scale with frequent assessment
 - Routine assessment of ICU delirium
- Development of a pharmacotherapy plan based upon patient specific PK and PD characteristics
 - Avoidance of long acting continuous infusion sedative agents
 - Dose minimization strategies
- Daily interruption of sedatives and analgesics with spontaneous breathing trial
 - "Wake up and breath"
 - Early physical therapy and occupational therapy during interruption



Sessler CN. *Chest*. 2008 Feb;133(2):552-65.
Schweickert WD, Kress JP. *Crit Care*. 2008;12 Suppl 3:S6.

Poll the Audience

- Which component of a pain/sedation/delirium guideline or protocol do you think is the most important?
 - a) Assessment tools
 - b) Drug selection for specific patient populations
 - c) Dose limitation strategies
 - d) Daily Sedation Interruption (DSI)
 - e) Physical therapy



SCCM/ACCM Pain and Sedation Guidelines in Adults 2002

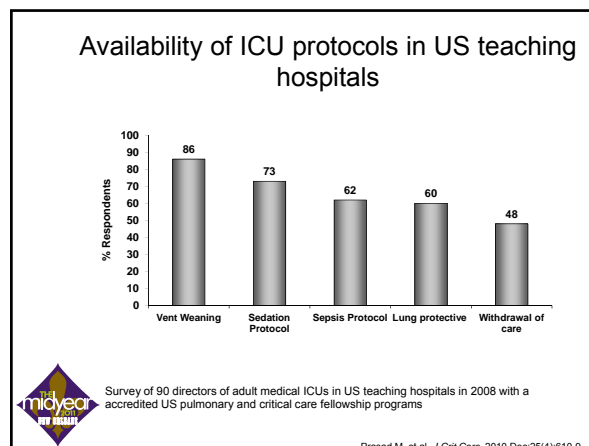
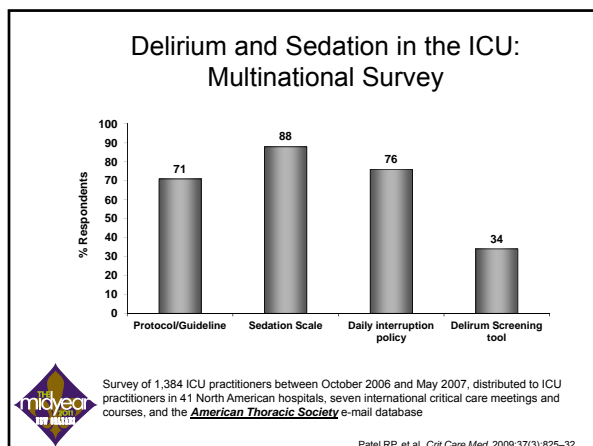
Timeless Recommendations

- *Use of sedation guidelines, algorithms, or protocols is recommended*
- *Routine use of validated sedation, pain, and delirium assessment tools scales*
- *Therapeutic plan development with use of sedation/analgesia goals*
 - Analgesia before sedation
 - Daily interruption strategies
 - Fentanyl or hydromorphone preferred for hemodynamic instability or renal insufficiency
 - Propofol is the preferred sedative when rapid awakening is important

Recommendations Likely to Change

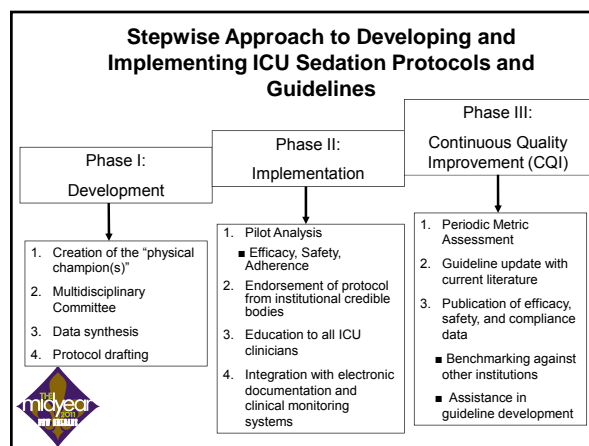
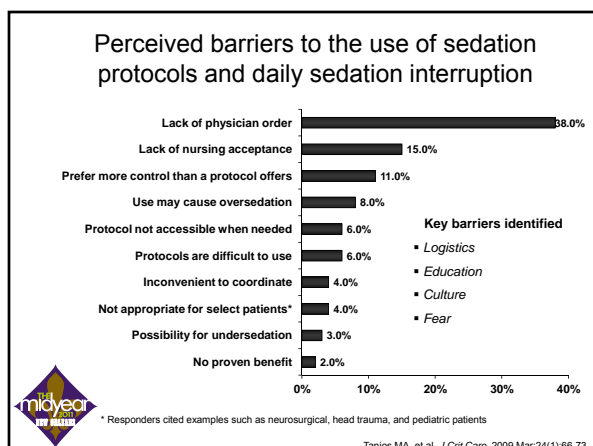
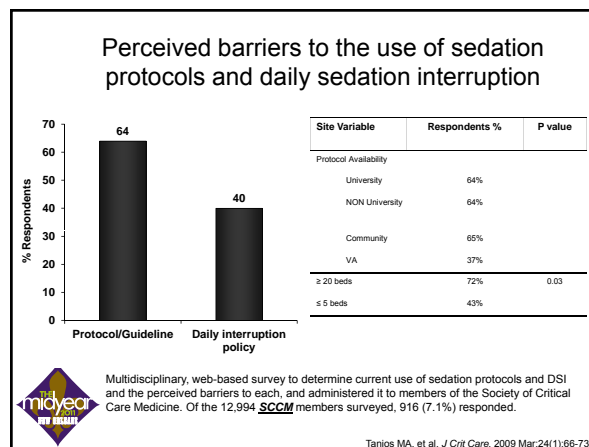
- Lorazepam is first line for most patients via intermittent i.v. or continuous infusion
- Midazolam for short-term use only
- Haloperidol is the preferred agent for the treatment of delirium in critically ill patients

Jacobi J, et al. *Crit Care Med*. 2002 Jan;30(1):119-41



Poll the Audience

- Which of the following do you find the largest barrier to the use of guideline or protocols for sedation, analgesia, and delirium in the ICU setting?
 - Sedation protocols are not applicable to all subgroups of ICU patients
 - Compliance of bedside practitioners
 - Lack of evidence suggesting benefit
 - Lack of ICU resources



Should we implement a Protocol or Guideline?

- **Protocol**
"A detailed plan of a scientific or medical experiment, treatment, or procedure"
 - **Guideline**
"A standard or principle by which to make a judgment or determine a policy or course of action"
- Fusion of both strategies**
- Policy implementation for compliance metrics
1. Assessment tools
 2. Daily Interruption
- Flexibility to fit clinical assessment
1. Agent selection
 2. Dosing strategies
 3. Monitoring (labs, EKG)



What information goes into a Guideline or Protocol?

- Policy on Pain, Sedation, and Delirium assessment tools/technology
 - Goal Orientated administration of pharmacotherapy
- Pharmacotherapy selection based upon patient specific parameters
- Dose Limitation Strategies
 - Avoidance of continuous infusion therapy
 - Recommendations for bolus therapy
 - Daily Sedation Interruption policy: Clear inclusion/exclusion criteria
- Monitoring and Safety considerations
- Special Patient Populations
 - Neuromuscular Blockade
 - Frequent Neurocognitive Assessment
 - Elevated intracranial pressure
 - Therapeutic Hypothermia
 - Palliative Care
 - Fast track surgical



Poll the Audience

- What aspects of a sedation protocol do you think provide the greatest degree of improvement in patient outcomes?
 - a) Reduced use of continuous infusions
 - b) Daily interruption strategies
 - c) Systematic titration to goal sedation
 - d) Benzodiazepine and opioid dose reductions



Question

- What outcomes have improved as a result of implementation of sedation protocol or guideline?
 - a) Reduced ICU LOS
 - b) Reduced hospital LOS
 - c) Reduced duration of mechanical ventilation
 - d) Reduced the incidence of nosocomial infection
 - e) All of the above

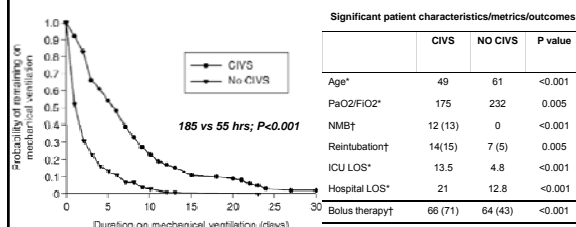


Question

- Which critically ill populations are most likely to benefit from implementation of best practices for pain, sedation, and delirium via guideline or protocol?
 - a) Fast track cardiac surgery
 - b) Trauma patients
 - c) Medical patients
 - d) Surgical (non cardiac)
 - e) Neuroscience



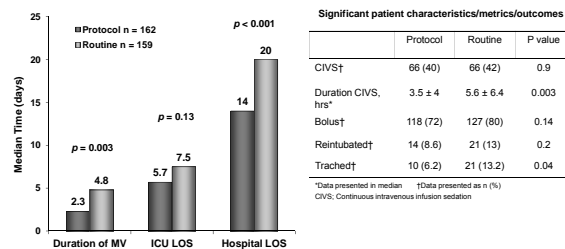
Retrospective Evaluation of Continuous vs Intermittent Sedation Therapy in MICU



Single center, **retrospective** evaluation of 240 mechanically ventilated MICU patients stratified by continuous intravenous sedation (n = 93) or interrupted/no continuous IV sedation (n = 149) at Barnes Jewish Hospital from August to December 1997.

Kollef MH, et al. Chest. 1998;114:541-548.

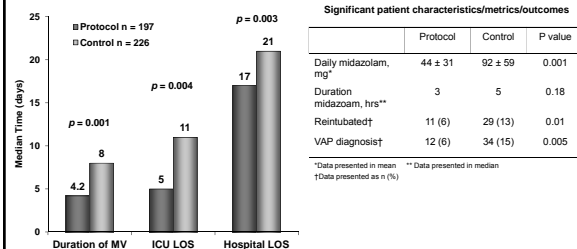
Nursing-Implemented Sedation Protocol: Barnes Jewish Pilot United States



Single center, prospective, trial of 332 consecutive ICU patients requiring mechanical ventilation randomized to protocolized sedation (n = 162) or routine care (n = 159) at Barnes Jewish Hospital from 8/97 to 7/98. Protocol used goal orientated sedation to target Ramsay with bolus requirements before initiation of continuous infusion and up titration of opioids and benzodiazepines.

Brook AD, et al. *Crit Care Med*. 1999;27(12):2609-15.

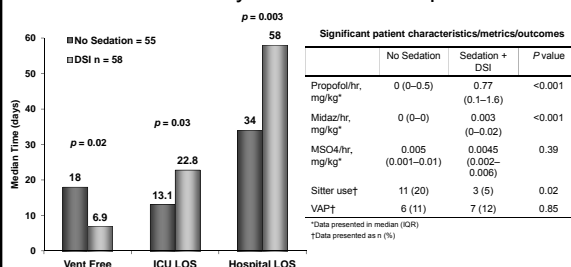
Nursing-Implemented Sedation Protocol: Bocage University Hospital France



Single center, prospective, before-after trial of 423 ICU patients requiring mechanical ventilation for > 48 hours before (n=226) and after (n=197) implementation of sedation protocol at Bocage University Hospital from 5/99 to 12/03. Protocol used goal orientated sedation to target Q3iv Cambridge scale with bolus requirements before initiation of continuous infusion and up titration of midazolam.

Quenot JP, et al. *Crit Care Med*. 2007;35(9):2031-6.

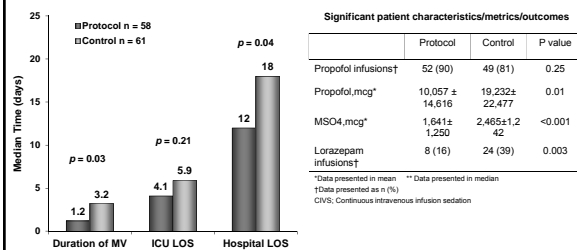
No Sedation vs. Propofol/Midazolam Infusion with Daily Sedation Interruption



Single center, prospective, open label trial of 140 ICU patients requiring mechanical ventilation randomized to a protocol of the institutions standard of "no sedation" (n = 70) or propofol/midazolam infusion with daily sedation interruption (n = 70) at Odense University Hospital, Denmark. 27 patients were excluded from the statistical analysis because mechanical ventilation was stopped within 48 hrs.

Strøm T, et al. *Lancet*. 2010 Feb 6;375(9713):475-80.

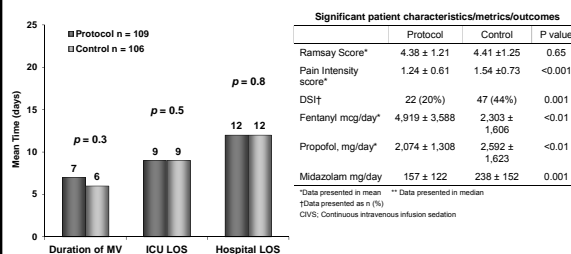
Pain-Sedation-Delirium Protocol in Trauma Patients: University Cincinnati



Single center, retrospective, before-after trial of 143 Trauma ICU patients requiring mechanical ventilation before (n=75) and after (n=68) implementation of sedation protocol at the University Hospital in Cincinnati between during 6-11/04 and 6-1/06. Protocol focused on light goal orientated sedation, limit the use and duration of continuous infusion sedation, increase awareness of delirium. No DSI required.

Robinson BR, et al. *J Trauma*. 2008 Sep;65(3):517-26.

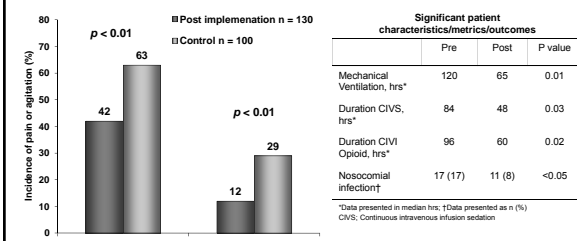
Analogo-Sedation Protocol in Neuroscience ICU: Copenhagen Denmark



Single center, retrospective, before-after trial of 215 Neuroscience ICU patients requiring mechanical ventilation before (n=106) and after (n=109) implementation of sedation protocol at Copenhagen University Hospital in Denmark between during 2007-2008. Protocol focused on light goal orientated analgo-sedation, limit the use and duration of continuous infusion sedation, provisions for elevated ICP, DSI addressed but not required.

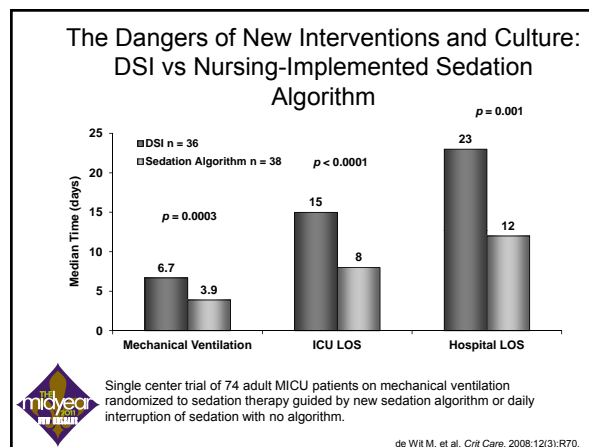
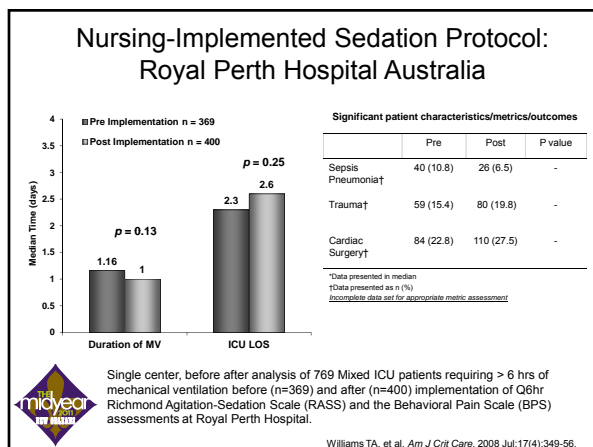
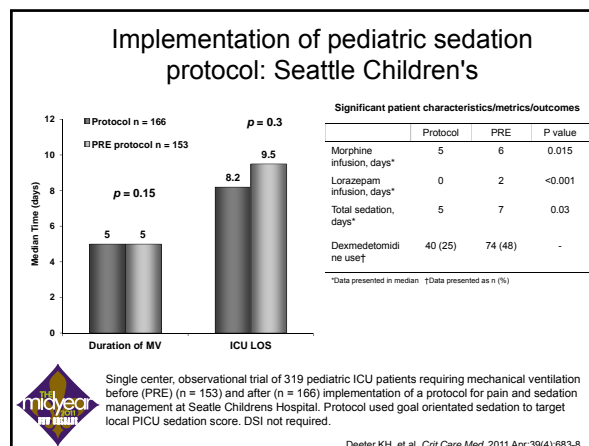
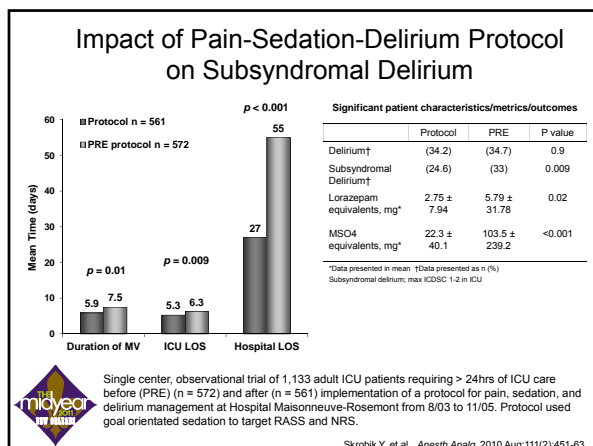
Engel J, et al. *Crit Care*. 2010;14(2):R71.

Systematic Implementation of Pain and Sedation tools: Montpellier France



Single center, prospective, Two-phase, controlled study of 230 ICU patients requiring > 24hr stay before (n = 100) and after (n = 130) implementation of a pain and sedation Montpellier University hospital in France. Education and encouragement of use of pain scale and sedation assessment tools.

Chanques G, et al. *Crit Care Med*. 2006;34(6):1691-9.



Teasing out the positive outcomes in ICU sedation protocols and guidelines

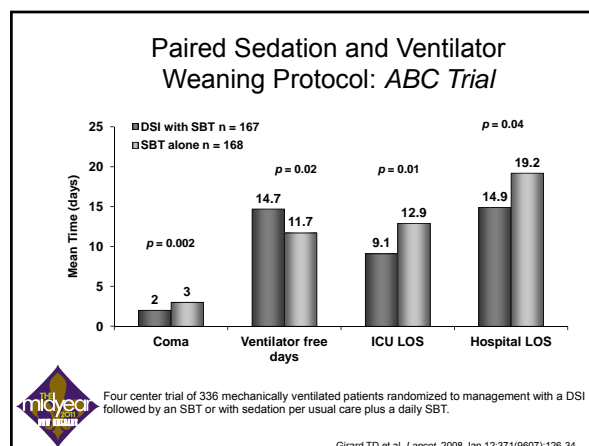
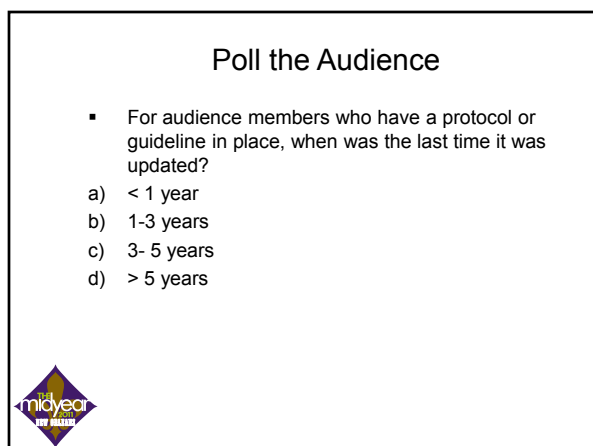
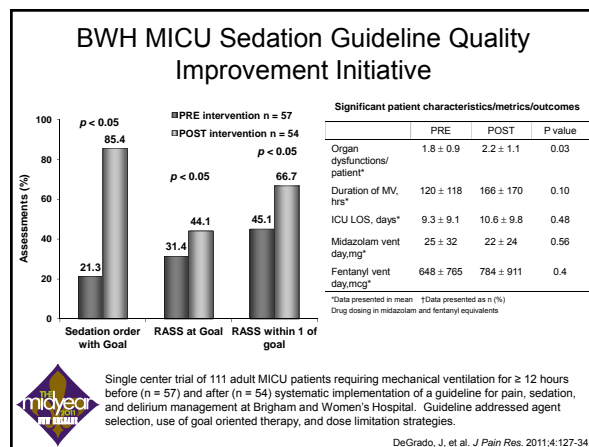
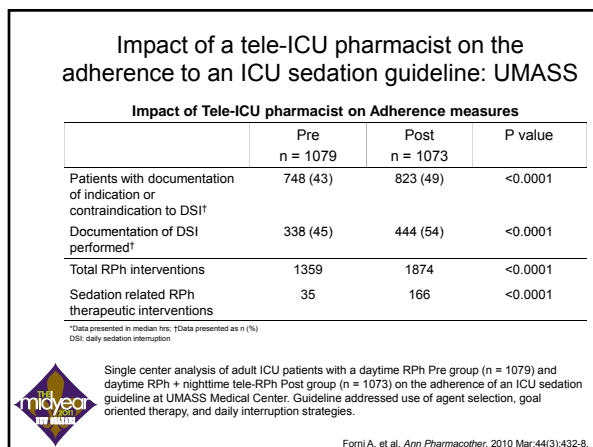
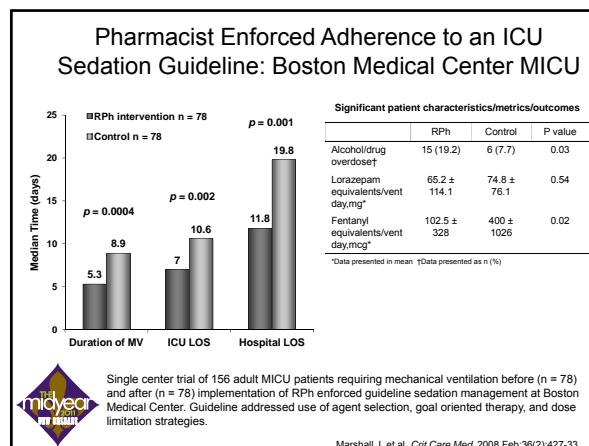
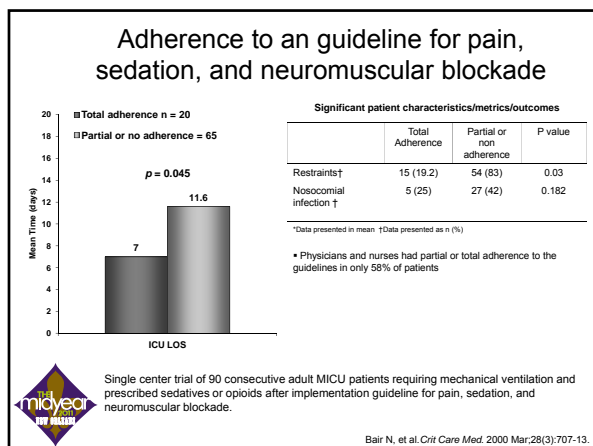
Practice change/metric	Outcome	Citation
Reduction of CIVI benzo's and opioids	↓ Duration of MV and LOS ↓ Nosocomial Infection	Brook AD, et al. <i>Crit Care Med</i> . 1999;27(12): 2609-15. Changues G, et al. <i>Crit Care Med</i> . 2006;34(6):1691-6.
Reduction in opioid and/or benzo consumption	↓ Duration of MV and LOS ↓ Nosocomial Infection ↓ Subsyndromal delirium	Quenot JP, et al. <i>Crit Care Med</i> . 2007 Sep;35(9):2031-6 Marshall J, et al. <i>Crit Care Med</i> . 2008 Feb;36(2):427-33 Robinson BR, et al. <i>J Trauma</i> . 2008 Sep;65(3): 517-26
Daily sedation interruption	↓ Duration of MV and LOS	Kress JP, et al. <i>N Engl J Med</i> . 2000 May;18;342(20):1471-7
Shift in prescribing patterns of sedatives and analgesics	↓ Duration of MV and LOS	Carson SS, et al. <i>Crit Care Med</i> . 2006 May;34(5):1326-32.
Analgo-sedation	↓ Duration of MV and LOS	Strøm T, et al. <i>Lancet</i> . 2010 Feb 6;375(9713):475-80.

LOS: length of stay; MV: mechanical ventilation

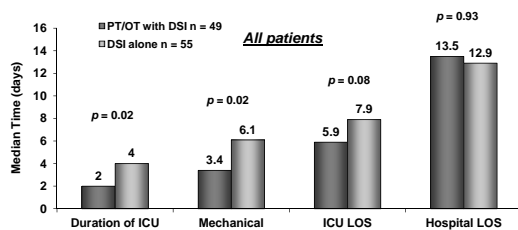
Multimodal interventions are required to improve outcomes related to therapy for pain, sedation, and delirium

Poll the Audience

- How many clinicians in the audience routinely assess adherence with their ICU sedation protocols or guideline components?



Early PT and OT in Mechanically Ventilated ICU Patients



Two center trial of 104 adult patients on mechanical ventilation for less than 72 hrs, randomized to early exercise and mobilization (PT and OT) during periods of daily interruption of sedation or to daily interruption of sedation with therapy as ordered by the primary care team.

Schweickert WD, et al. *Lancet*. 2009 May 30;373(9678):1874-82.

Who needs to be involved in the development, implementation, and assessment process?

- Physicians
- Pharmacists
- Nurses
- Information systems personnel
- Respiratory Therapists
- Physical Therapists
- Occupational Therapists

Question

- Which of the following will help with implementation and adherence to best practice surrounding pain, sedation, and delirium therapy?
 - Education
 - Information Systems integration
 - ICU checklists
 - Continuous quality assessment/reporting
 - All of the above

Multidisciplinary Education

- Educate all players involved
 - Nurses: Assessment and delivery
 - Physicians
 - Pharmacists
 - Respiratory Therapists
 - Physical Therapists
- Scheduled educational sessions
- Address the barriers

Integration of Guidelines into Clinical Information Systems

Default sedation goal documented in medication order

Integration of Guidelines into Clinical Information Systems

Change of default sedation goal requires documentation of reason

Integration of Documentation

- Documentation in to Systems
 - Paper based
 - IS based
- Bells and whistles
 - Reminders for Glucose checks vs RASS checks?
 - Clinical Monitoring Systems



ICU Checklists

The image shows a detailed ICU checklist form. It includes sections for 'Sedation Assessment' (RASS), 'Delirium Assessment' (CAM-ICU), and 'Pain Assessment' (NRS). There are checkboxes for various criteria and a section for 'ICU Care Checklist' with multiple items to be reviewed. The form is designed to be filled out by healthcare providers to ensure comprehensive patient care.

- Mandatory verbal review of the checklist on daily work rounds
 - Physician
 - Nurse
- Simple
- Cheap
- Improve both consideration and implementation of intensive care unit best practices



Vincent JL. Crit Care Med. 2005 Jun;33(6):1225-9.
Byrnes MC, et al. Crit Care Med. 2009 Oct;37(10):2775-81.

Continuous Quality Improvement: Metrics of Sedation-Analgesia-Delirium

Metric Variable	Assessment	Metric Target
Sedation Assessment	Q3hr or more frequent	100%
Pain Assessment	Q3hr or more frequent	100%
Delirium Assessment	Q12-Q24hr	100%
Daily Interruption	Daily after 48 hours	100%
Time in target goal	% of assessments	≥ 70%??
Time in target +/- 1 of RASS goal		≥ 80%??
Assessment "comatose"	'never event'??	?
Incidence of delirium	Patient population dependant	0%
Days in delirium		?



Continuous Quality Assessment

The image shows a table titled 'Continuous Quality Assessment' with columns for various metrics and their corresponding values. The metrics include Sedation, Analgesia, and Delirium, with sub-metrics like 'Time in target' and 'Incidence of delirium'. The table provides a detailed overview of the unit's performance over time.

- Cycled reports
 - Weekly or monthly
- Established metric goals
- Outliers flagged for follow up by educators and administrators
- Results available to:
 - Bedside clinicians
 - Administration



Summary

- Implementation of best practices for pain, sedation, and delirium management by means of protocols and guidelines is associated with improvement in patient outcomes
- Continuous quality assessment and improvement initiatives can provide clinicians with valuable information needed to address barriers and improve outcomes



Questions and Audience Feedback



Updates in the Management of Pain, Sedation, and Delirium in the ICU

2011 Midyear Clinical Meeting

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