

## Foothills Medical Centre ICU

Critical Care Strategic Clinical Network™

FMC ICU Delirium Working Group Co-Chairs: Kimberly Pennell, Alan Sutton
Current Members: Kelly Coutts, Karlyn Wolfe, Susan Gerritsen, Karolina Herold, Chris Grant, Paul Boucher, Patricia Bray, Whitney Sullivan, Inna Sharow, Robert Johnston, Peter Dhillon, Barry Kushner, Krista Spence, Allison Friesen, Joanna Everson, Heather Best, Morgan Selig, Gillian Sherriff, Justine Reyes

## BACKGROUND

- The FMC ICU in Calgary is a 28 bed Level 1 intensive care unit that cares for medical/surgical, neuro, trauma and burn patients.
- Our Delirium Working Group meets monthly and includes all disciplines – Management, Nurse Clinician, CNE, RN, NP, RRT, PT, OT, MD, and Pharmacy.
- When we first began our work, we realized that despite having Delirium Practice Guidelines that included the ABCDEF bundle, the concepts were not well embedded in our unit culture.

### AIM

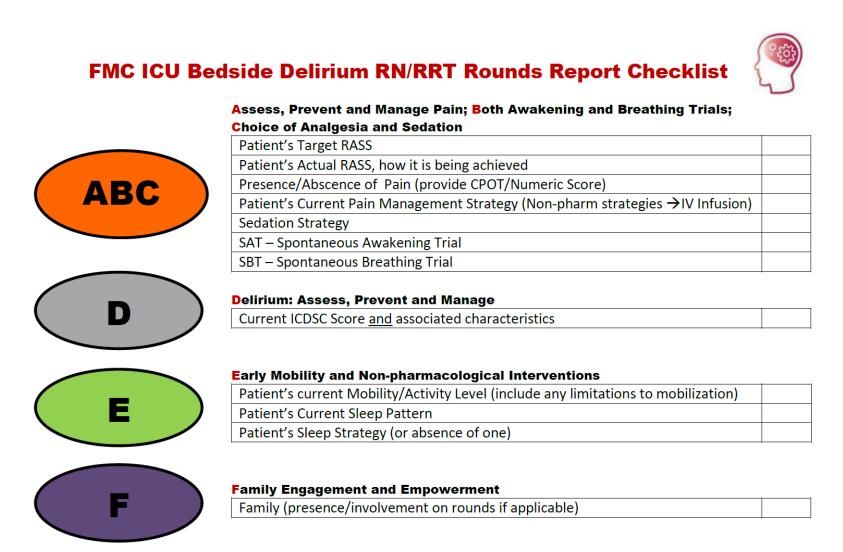
- Operationalize the ABCDEF bundle in practice
- Embed delirium prevention and management strategies into our unit culture
- Create a measurement plan to support implementation.

## MEASUREABLE GOALS

• Greater than 85% compliance with ensuring all aspects of the ABCDEF bundle are discussed in rounds.

## CHANGE IDEAS

 Development, implementation and reinforcement of a Delirium Rounds Checklist:



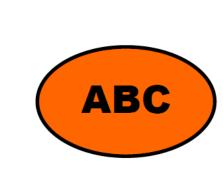
## RESULTS

- 2 audit cycles completed so far, with variable results
- Plan to continue audits until goals are reached

#### **FMC ICU Bedside Delirium RN/RRT Rounds Report AUDIT**

Audit Period: August 1 – 21, 2017

Assess, Prevent and Manage Pain; Both Awakening and Breathing Trials; Choice of Analgesia and Sedation

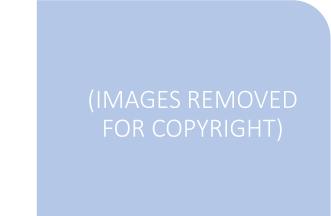


Apr 03-20, 2017 Total Audits: 94	Aug 01-21, 2017 Total Audits: 76
87%	72%
93%	96%
81%	83%
79%	84%
80%	92%
65%	61%
60%	55%
	Total Audits: 94  87%  93%  81%  79%  80%

	SBT – Spontaneous Breatning Trial (eligible patients)	60%	55%
	Delirium: Assess, Prevent and Manage		
	Current ICDSC Score <u>and</u> associated characteristics	84%	82%
	Early Mobility and Non-pharmacological Interventions	s	
	Patient's current Mobility/Activity Level (include any limitations to mobilization)	87%	74%
	Patient's Current Sleep Pattern	72%	83%
	limitations to mobilization)	75%	
	Family Engagement and Empowerment		
( <b>F</b>	Family (presence/involvement on rounds if applicable)	71%	64%

# LESSONS LEARNED

- Engagement from <u>all</u> disciplines essential for success
- Multi-prong approach to staff engagement:
  - Face to face teaching with staff and rotating residents
  - Information sessions led by ICU Physiatrist Chris Grant
  - Nurse Clinician and Charge RN champions
  - Regular FAQ messaging in multiple forums
  - Sharing of audit results
  - Branding of all communications



## NEXT STEPS

- Further focus on individual components of the ABCDEF bundle
- Current focus on:

#### **Early Mobility**

- Rehab Calendars and Mobility Care Plans
- Exclusion Criteria and Mobility Moments Info Cards
- Promotion of 3 Mobility Moments in 24 hours with real time audit feedback

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week beginnir	ıg:		Weekly Rehab Goal:			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>am</u>	am	<u>am</u>	am	<u>am</u>	am	<u>am</u>
<u>pm</u>	<u>pm</u>	<u>pm</u>	<u>pm</u>	<u>pm</u>	<u>pm</u>	pm
evening	evening	evening	evening	evening	evening	<u>evening</u>

#### <u>Family</u>

- Creation of a Delirium brochure aimed at educating families about the risks and consequences of ICU Delirium; also meant to empower families to have a role in helping the team screen and manage delirium
- Engagement with the FMC ICU PFCC committee initiatives

