

Reducing the use Of Sedative & Analgesic infusions (ROSA)

Critical Care Strategic Clinical Network

Background

Choosing Wisely Canada Critical Care recommends “don’t prolong mechanical ventilation by over-use of sedatives and bed rest.” Critically ill patients frequently receive analgesia and sedation during their stay. These therapies are prescribed to treat pain, anxiety, and to improve tolerance to therapies. Maintaining critically ill patients in an immobile or minimally mobile state can contribute to deconditioning and neuromuscular weakness. This can be associated with complications including delirium, prolonged mechanical ventilation, ventilator associated events (i.e. pneumonia), pressure injury formation, venous thromboembolism, increased incidence of tracheostomies, and increased use of diagnostic imaging for coma. These complications lead to increased length of stay (LOS) and costs.

Sedation and analgesia in the intensive care unit (ICU) have been a highly variable practice affecting care and currently lacks standardization within the province of Alberta. Though evidence emphasizes “as-needed” sedation, with pain control as a priority, the use of continuous infusions of sedatives as a first line strategy is still commonplace and has increased with the COVID 19 pandemic.

Intervention

ROSA is a Choosing Wisely Alberta funded initiative to drive the appropriate use of sedation and analgesia in the Edmonton Zone Intensive Care Units. This is a multimodal knowledge translation intervention with the following elements:

1. Development of an evidence-based, stakeholder informed sedation & analgesic guideline
2. Widespread educational initiatives integrating and emphasizing best practices
3. Dashboard development to aid in audit & feedback
4. Multidisciplinary input in change cycles, to include quality council involvement

Goal

The aim of the ROSA initiative is to reduce the number of hours of continuous sedative or analgesic infusion hours by 35% in patients admitted to all Edmonton Zone ICUs by October 2023.

