



VANDERBILT UNIVERSITY  
MEDICAL CENTER

# Implementing Change for ICU Patients: the PAD Guideline



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[www.iculiberation.org](http://www.iculiberation.org)



## **Disclosures: ICU Physician Vanderbilt**

- No stocks and not consultant with Industry
- Honoraria from Abbott, Hospira, Orion for CME Activities
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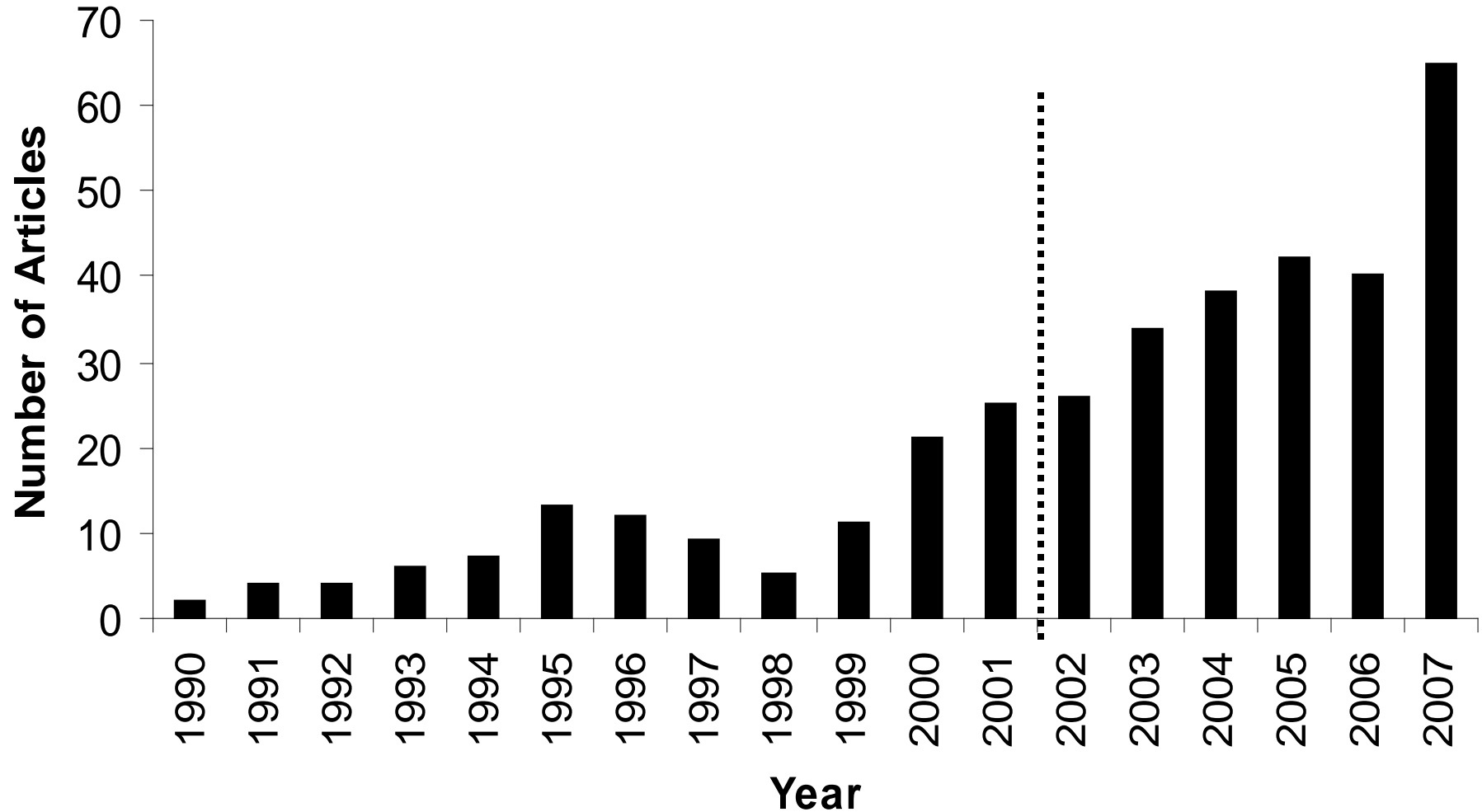
“Medicine is more than a profession...It is not an occupation for those to whom career is more precious than humanity or for those who value comfort and serenity above service to others.”

*Abraham Joshua Heschel*

*1964 AMA Convention*



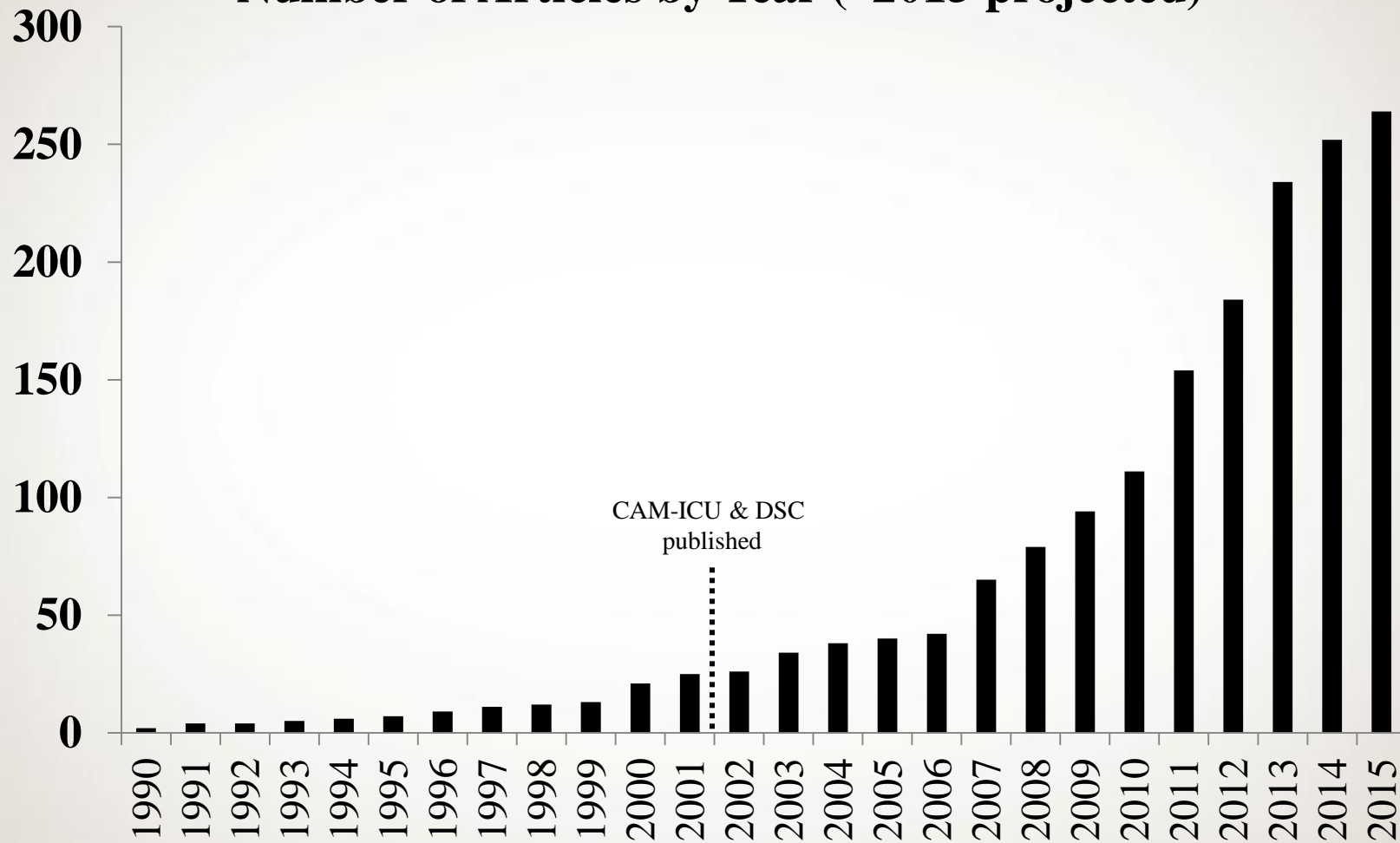
# Articles on Delirium in ICU (MeSh or Text headings in English)





# Articles on ICU Delirium

Number of Articles by Year (\*2015 projected)





Tipping Point - Malcolm Gladwell with Brooke and Blair Ely





# Airplane Draft

## ICU Liberation - 3 Columns

Symptoms

Monitoring

Management

P

pain

BPS

CPOT

5AT

5BT

A

agitation

RASS

SAS

C<sup>2</sup>

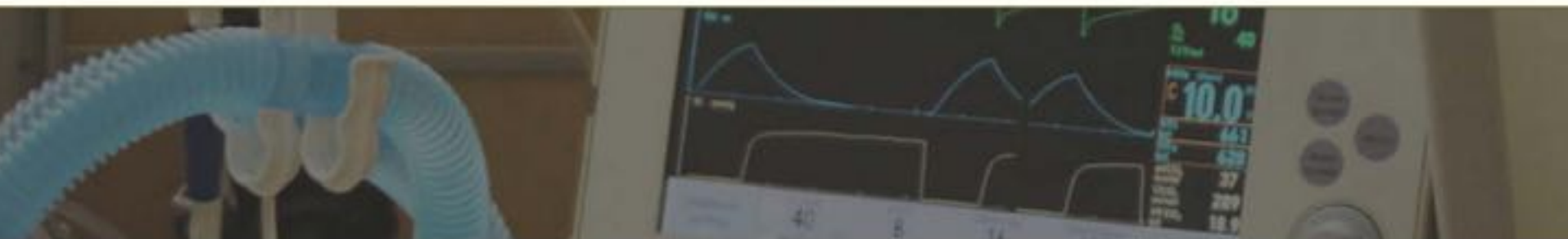
D

delirium

CAM-ICU

ICDSC

D  
E



for Medical Professionals

for Patients and Families

GO

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## for Medical Professionals

### ABCDEF's of Prevention and Safety

ASSESS, PREVENT, AND  
MANAGE PAIN

BOTH SAT AND SBT

CHOICE OF ANALGESIA  
AND SEDATION

DELIRIUM: ASSESS,  
PREVENT AND MANAGE

EARLY MOBILITY AND  
EXERCISE

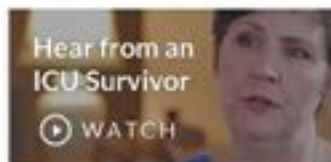
FAMILY ENGAGEMENT AND  
EMPOWERMENT

### Additional Resources

ALL RESOURCES

### Delirium Prevention and Safety: Starting with the ABCDEF's

It is essential to consider delirium management in the broader picture of ICU patient care as a major piece of the current guidelines for Pain, Agitation, and Delirium (PAD) of the Society of Critical Care Medicine (SCCM). Advancements in research and technology are resulting in higher acuity and increased complexity of care, which is resulting in drastic increases in workload and demands on staff. More than ever, there is a great need to develop simpler ways of implementing safer and better care into practice for our sickest patients.



machines, and mobilization.

The ABCDEF bundle is one way to align and coordinate care, which includes specific focus on delirium as a component of the overall care patients receive including sedation and pain medications, breathing

### What are the components of the ABCDEF

# ICU PAD Guidelines ABCDEF Bundle Checklist\*

- A – Assess, Prevent and Manage Pain
- B – Both SATs and SBTs
- C – Choice of Sedation
- D – Delirium: Assess, Prevent and Manage
- E – Early Mobility and Exercise
- F – Family Engagement and Empowerment

\*[www.icudelirium.org](http://www.icudelirium.org)

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# ABCDEF Bundle Objectives

- *Optimize pain management.*
- *Break the cycle of deep sedation and prolonged mechanical ventilation.*
- *Reduce the incidence, duration of ICU delirium.*
- *Improve short, long-term ICU patient outcomes.*
- *Reduce health care costs!*

Morandi et al Curr Opin Crit Care 2011;17:43-9

Vasilevskis et al Crit Care Med 2010;38:S683-91

Zaal et al, ICM 2013;39:481-88

Colombo et al, Minerva Anest 1012;78:1026-33

# Liberation from...

- Public Health Problem
- Iatrogenic ignorance
- Acquisition of new injury (neck-up & neck-down)

How? By self-sacrifice, commitment, devotion to the truth of service to others, truth of these new data, and generation of a new way...

# Liberated...?



# Liberated...



# Liberated...texting while on vent

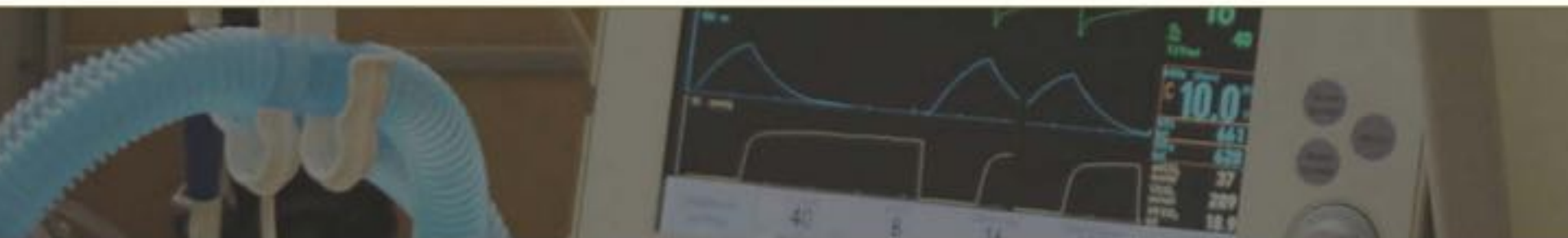




# Liberated... ventilated patient and nurse “talking”







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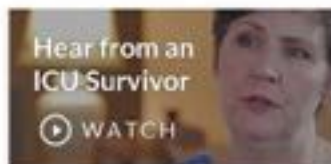
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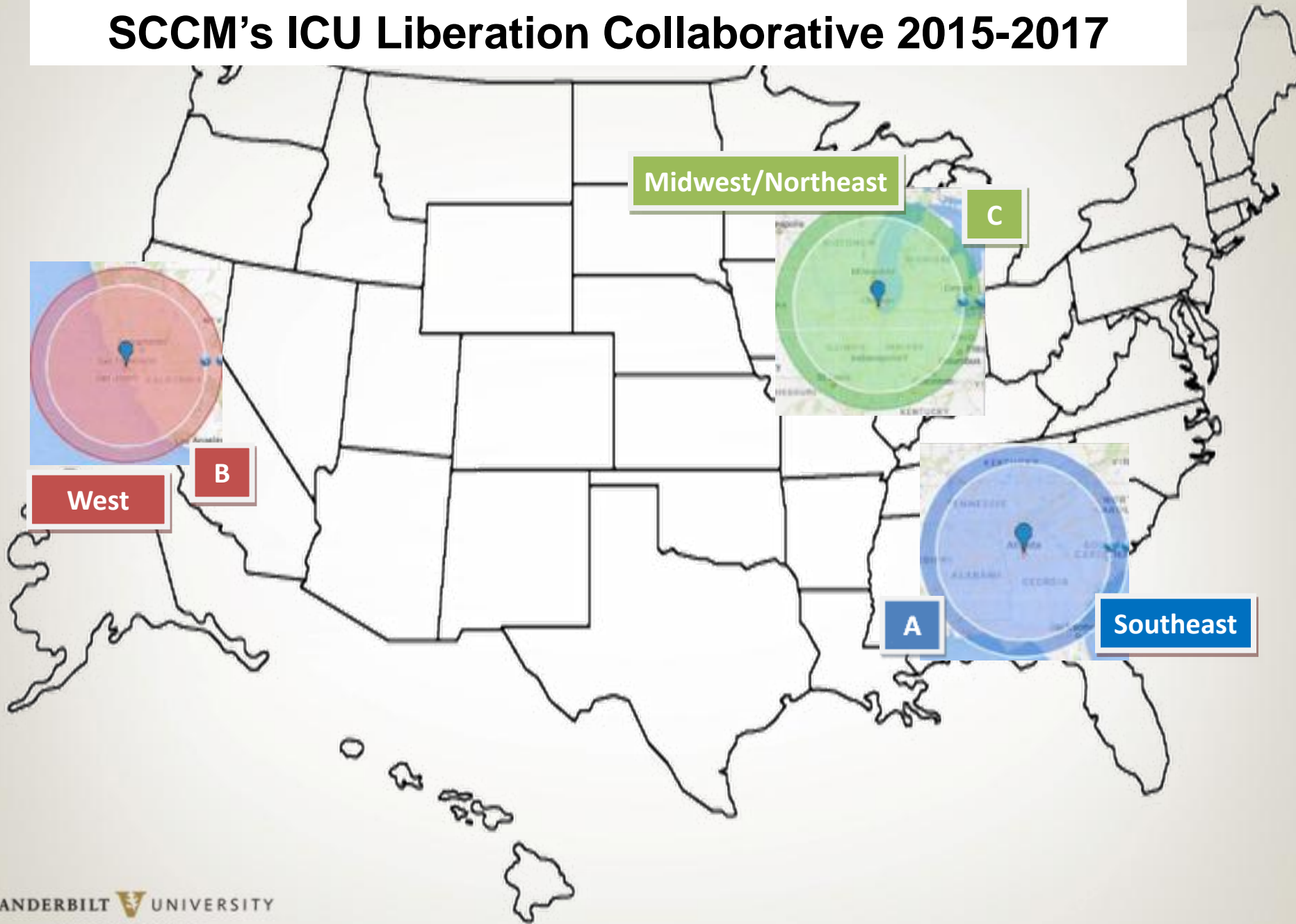


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# SCCM's ICU Liberation Collaborative 2015-2017



# ICU Liberation ABCDEF Bundle Implementation Collaboratives



# Excellence

Aristotle: “We are what we repeatedly do.  
Excellence is not an act, but a habit”



Jiro Dreams of Sushi - Tokyo

**““ I survived and that is the main thing. And I am so grateful to God that I survived and am now off all oxygen and consider myself all well except that I can't remember to take my medications...**

**-SB**



