

Nurse Education on ICU Liberation to Improve Sedation Practices for Mechanical Ventilated Patients in ICU

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Background

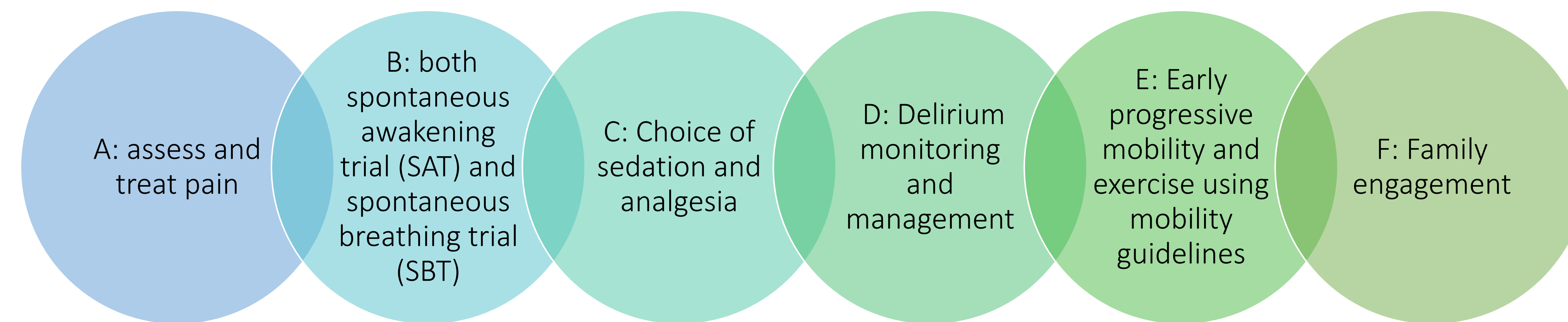
- Roughly 20-30% of ICU patients need mechanical ventilation and receive sedation.
- Sedation can calm a patient and keep them from psychological harm.
- Deep and long-term sedation can lead to harm: longer time on ventilator, higher instances of delirium and confusion, weakness and increased mortality.
- There is a lack of education when it comes to sedating patients in the ICU.

Purpose

- Educate ICU RNs on the impact sedation has on patients and their prognosis.
- Work along with the ICU Liberation campaign to promote lower sedation use, which is safer for the patients and decreases patient ventilator days.

Practice / Process Change

- Use the correct amount of sedation and not over sedate patients.
- To consistently use the ABCDEF and ICU liberation bundles.



Implementation Plan

- Administer pre-sedation test to the RNs at the annual skills day education
- Educate nurses on the impact of sedation, the importance of ICU liberation and the use of the ABCDEF bundle at annual skills day education.
- Administer post-sedation education test to RNs and gather data from the South Division ICU & Ventilator Duration Days: ICU Bundles Compliance for 3rd quarter of 2023 and 1st quarter of 2024.

Conclusion

- There was an increase in documentation of the A, B, and C components of the ICU liberation bundle.
- There is minimal improvement between the pre and post sedation education test.
- Due to unanticipated events, the post-test was administered later than originally planned and had less participation than the pre-test.

Implications for Practice

- More education is needed to continue improving sedation practices.
- Continue to reinforce the ABCDEF Bundle and ICU liberation in the ICU

Acknowledgments

- Shannon Semler
- Kim Driscoll
- Jami Hanson

Outcomes

