

# Assessment of the impact of an integrated interprofessional working group to promote the ICU Liberation initiatives

– Our story two years on

E Lodwick<sup>1</sup>, R Maharaj<sup>1</sup> & R Mehta<sup>1,2</sup> on behalf of the ICU Liberation Working Group (Edmund.Lodwick@nhs.net)

<sup>1</sup>Department of Critical Care Medicine, <sup>2</sup>Department of Pharmacy, King's College Hospital NHS Foundation Trust, London, UK

## INTRODUCTION

- Pain, agitation, delirium, weakness, and sleep deprivation are well recognized symptoms during an ICU stay<sup>1</sup>.
- In 2019 our institution set up an ICU Liberation Working Group<sup>2</sup>, aiming to reduce the harmful effects of these symptoms.
- This interprofessional working group encompasses medical, pharmacy, nursing and allied health members and utilizes a multifocal approach.
- Here we review the impact of an interprofessional working group on promotion of the A2F bundle.

## METHOD

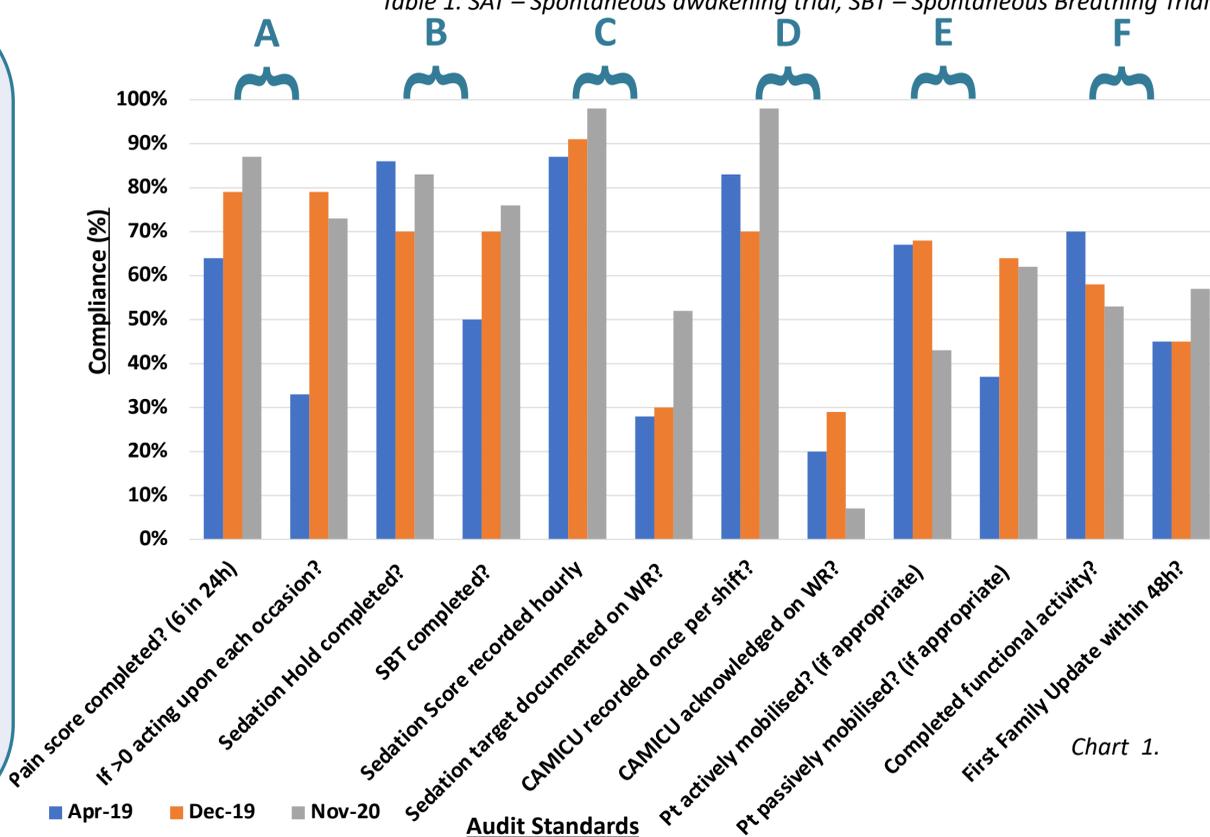
- These initiatives are based on each aspect of the A2F bundle.
- As shown in Table 1, the interventions were each targeted to one aspect of the A2F bundle and were grouped under four themes of teaching, operational interventions, informatics, and guidelines/policies
- These interventions were audited regularly, with the results displayed on awareness boards, aiming to encourage staff engagement.
- An ICU Liberation week was also held to improve awareness and compliance with the A2F bundle.

Bundle	A – Assessment, prevention, & management of pain	B – Both SATs & SBTs	C – Choice of analgesia & sedation	D – Assessment, prevention, & management of delirium	E – Early mobilisation & exercise	F – Family engagement & empowerment
Intervention						
Teaching, Training + Awareness	Pain management teaching	Online mandatory SBT/SAT training.  Teaching sessions.	Dedicated teaching for all ICU doctors.	Dedicated teaching for all ICU doctors and nurses.  Delirium leaflets for family members		Adoption of 'This Is Me' initiative for each patient
Operational			Pharmacy presence on ward rounds	Streamlined rapid delirium assessment.  Nurse champions auditing delirium.  SALT involvement	New mobility equipment including dedicated bedspace hoists  SALT involvement	Outdoor family area.  Delirium reduction design in new ICUs  Patient diaries
Informatics	CPOT integration on daily notes	SBT assessment tool		CAM-ICU integration on daily notes		
Guidelines + Policies			Analgesia/sedation weaning plans	Delirium guideline linked to prescription	Mobilisation checklist	

Table 1. SAT – Spontaneous awakening trial, SBT – Spontaneous Breathing Trial

## RESULTS

- Audit cycles were performed in April 2019, December 2019, and November 2020, assessing data representing each arm of the A2F bundle.
- As shown in Chart 1, over half of our audit standards showed a significant improvement, and this improvement has been maintained in 50% of the categories.
- Unfortunately, adherence did reduce in several fields.
- A further audit cycle was completed in January 2021 to assess the impact of COVID-19 on the A2F application. The data collected showed a reduction across most audit standards. There were, however, improvements in family updates and early mobilization.



## CONCLUSION

- The ongoing work of an interprofessional ILWG has shown a cohesive approach to the A2F bundle, which has resulted in improvements to patient care.
- The impact of COVID-19 has been shown to have reduced our ability to sustain these results.
- Ongoing interventions are a bespoke sleep tool and more detailed CAM-ICU assessment, designed to elucidate the underlying causes of sleep disruption and delirium.
- A focused quality improvement project has started, where specific interventions are to be trialed on one ICU before expectant deployment throughout other ICUs. Data will continue to be collected and presented to further assess the most effective methodology for application of the A2F bundle.

### References:

- 1) Ely EW. The ABCDEF Bundle: Science and Philosophy of How ICU Liberation Serves Patients and Families. *Crit Care Med*. 2017;45(2):321-330.
- 2) Lewis R, et al. (2019). Development of a Multi- Disciplinary Intensive Care Unit (ICU) liberation working group as an intervention for the management of delirium and introduction of the ABCDEF bundle within the ICU. *Intensive Care Society*. 2019;21(2): suppl, p1-225