An Interprofessional Evidence-Based Approach to Reducing Post-Intensive Care Syndrome

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Objectives

1. Describe the role of interprofessional collaboration, family engagement, and peer support in identifying and reducing the effects of Post-Intensive Care Syndrome in ICU patients and families.

2. List key components of implementing interprofessional protocols for mitigating Post-Intensive Care Syndrome.

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No other conflicts of interest.
Significance of Critical Illness

Scope (U.S.)
- 5.7 million critical care patients annually
- 3.5 million survivors

Post-Intensive Care Syndrome
- cognitive impairment
- functional disability
- PTSD, depression, anxiety
Interprofessional approaches for PICS

• ABCDEF bundle to align processes, people, technology in ICU
• ICU diaries
• Peer support programs
• Postdischarge follow-up programs
A: Assess, prevent and manage pain

B: Both SATs and SBTs - coordinate Wake up and Breathe approach

C: Choice of analgesia and sedation - thoughtful sedative/analgesic administration & meds to avoid

D: Delirium: Assess, prevent and manage

E: Early mobility - optimize mobility and advance as clinically able

F: Family engagement and empowerment

Delirium Days
Ventilator Days
Hospital Days

Early Mobility
Survival
Return to Physical & Cognitive Baseline
Aim: Implement ABCDEF bundle, ICU diaries, and peer support groups.
Implementation Process

- **IHI Model for Quality Improvement Framework**
  - Peer support groups (10/2016 - present) – THRIVE Peer Support Collaborative
  - ICU diaries (1/2017 – present)

- **Setting**: Medical & Surgical ICUs Veterans Affairs Medical Center

- **Interprofessional Team & 1:1 Coaching**

- **Measures**
  - **Performance**: ABCDEF bundle compliance, Support group participation, ICU diary initiation
  - **Outcomes**:
    - ICU LOS, ventilator days
    - Group participant feedback
    - Diary participation (staff, family), RN feedback
Results

ABCDEF BUNDLE IMPLEMENTATION
Figure 8: ABCDEF Bundle Compliance and Performance Over Time: Total
Results

PEER SUPPORT IMPLEMENTATION
Support Person ICU Recovery Group Feedback

I feel emotionally supported by the group facilitators and attendees of the support group.

I feel like I can learn a lot from other ICU patients and families on how to best cope with my situation.

I have a better understanding of common situations related to prolonged stays in the ICU and critical illness.

I know more about what community and VA resources are available to me and how to access them.

I am now better prepared to plan for my own wellbeing while my loved one recovers.

I feel more in control of my life than I did before starting the group.

Very much/A lot  Somewhat  A little  Not at all

0  10  20  30  40  50  60
I would be interested in volunteering to support other families in need at some point in the future so others may benefit from what I have learned.
Results

ICU DIARY IMPLEMENTATION
Proportion of RN Staff Entries Made Per Diary Day

Values

Median

Goal

Diary Implementation Week
Proportion of Other Provider Entries Made Per Diary Day

Values

Median

Goal
Proportion of Family Entries Made Per Diary Day

<table>
<thead>
<tr>
<th>Week of Diary Implementation Pilot</th>
<th>Percent</th>
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- **Values**: Blue line
- **Median**: Orange line
- **Goal**: Green line
Implications

• Interprofessional team is necessary for implementing hospital and postdischarge interventions to address PICS. Don’t forget...
  o Social worker
  o Chaplain
  o Executive leadership
  o Utilization management
  o Case manager

• Imperative to keep people engaged and have leadership support for initiatives.

• Utilize different training and engagement strategies to appeal to staff.
Conclusions

• ABCDEF bundle ensures consistent evidence-based care by the interprofessional team.

• ICU recovery peer support group provides comfort and encouragement to Veterans and family members.

• ICU diaries enhanced communication between Veterans, family members, and ICU providers.
Thank you!

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