



How to Make Your Patient Comfortable and Awake in the ICU

台大醫院內科加護病房 古世基醫師 The critically ill patient should be awake and alert, without pain, anxiety, or delirium.

Ultimately, this allows the patient to actively participate in their treatment and recovery.

~ German Society of Internal Medicine Intensive Care, 2015 ~

Outline

- ICU liberation collaborative
- PADIS guideline
- ICU liberation bundles: ABCDEF bundles
- Future directive



ICU Liberation Collaborative





The philosophy of ICU Liberation for us as clinicians is that it shifts our focus from the monitors, beeps and buzzers to a human connection

~ E. Wesley Ely

Science and Philosophy of How ICU Liberation Serves Patients and Families

- A real-world patient- and family-centered quality improvement (QI) initiative
- Evidence-based path for ICU clinicians to liberate patients efficiently and reliably from iatrogenic harm
- An extensive program designed to facilitate implementation of the Pain, Agitation, and Delirium (PAD) guidelines, using the evidence-based ABCDEF Bundle.

Liberate Patients from What?

- The ventilator
- Deep sedation
- The bed/immobility
- Delirium
- PTSD
- Death

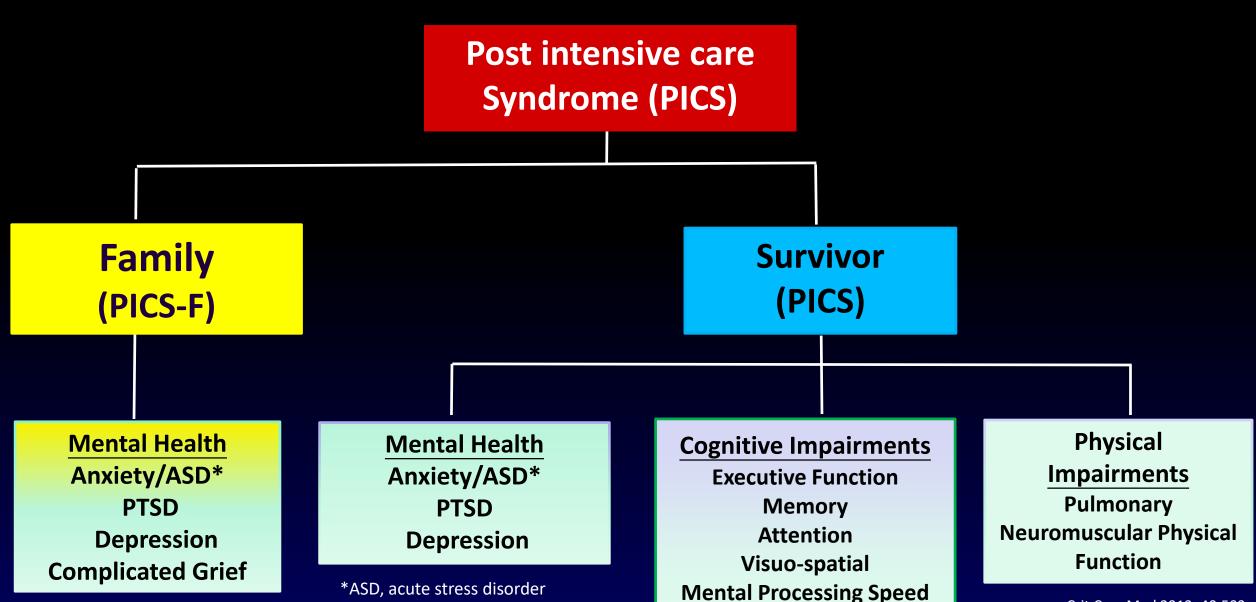


Post-ICU syndrome

- Definition: new or worsening problems in physical, cognitive, or mental health status arising after a critical illness and persisting beyond acute care hospitalization
- It could be applied to either a survivor or family member



Post-intensive care syndrome (PICS) conceptual diagram



Crit Care Med 2012; 40:502

PADIS guideline

Evolution of PADIS guideline

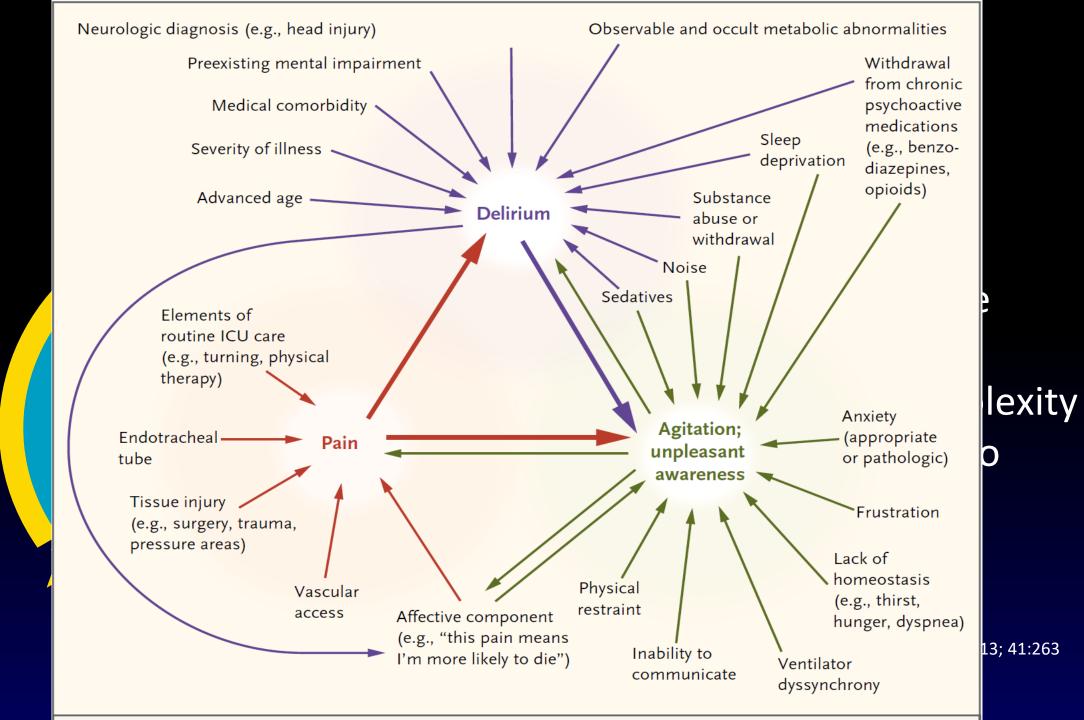
• 2002 CCM (SA) Clinical practice guidelines for the sustained use of sedatives and analgesics in the critically ill adults

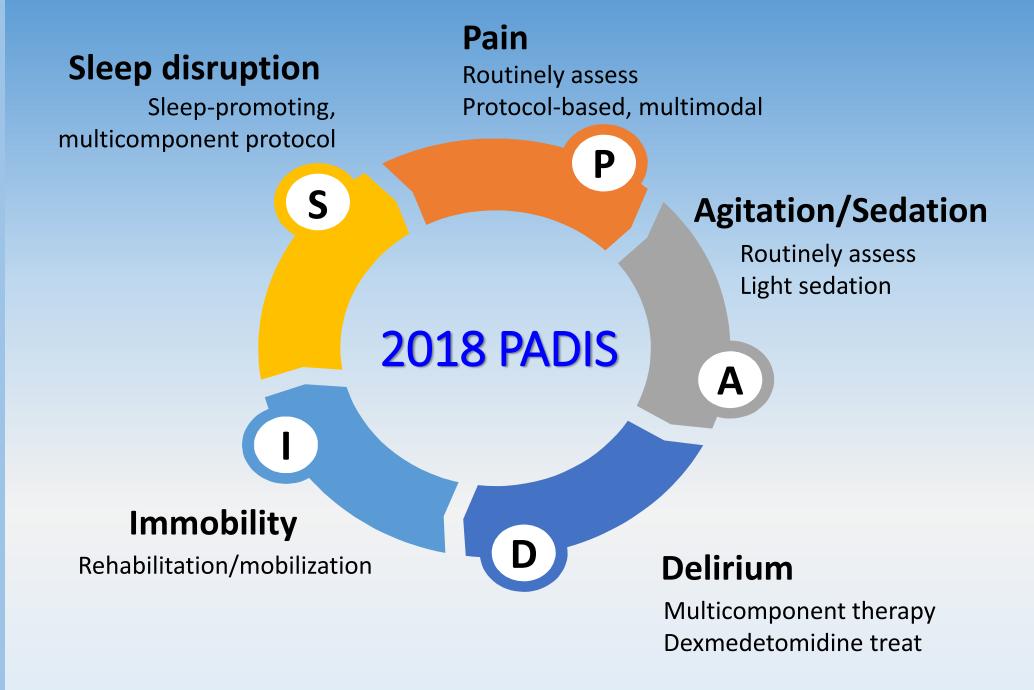
Crit Care Med. 2002;30(1):119-41

• 2013 CCM (PAD) Clinical practice guidelines for the management of pain, agitation and delirium in adult in the ICU

Crit Care Med 2013; 41:263-306

• **2018 CCM (PADIS)** Clinical practice guidelines for the prevention and management of pain, agitation/sedation, delirium immobility, and sleep disruption in adult patients in the ICU





"Wheel of Pain Misfortune"



Critical Illness/
Surgery



Inadequate Pain
Assessment and
Treatment

Increased sedative use
Increased coma/delirium
Impaired rehabilitation/
mobilization





Payen JF et al. *Anesth* 2009;111:1308-1316 Schelling G, et al. *Crit Care Med.* 1998 Apr;26(4):651-9. Puntillo KA,et al. *Am J Crit Care*. 2001 Jul;10(4):238-51. Choi J,et al. *J Pain Symptom Manage*. 2014 Feb;47(2):257-70. Barr J, et. Al. *Crit Care Med*. 2013 Jan;41(1):263-306. Macrae WA. *Br J Anaesth*. 2008 Jul;101(1):77-86. Sinatra R. *Pain Med*. 2010 Dec;11(12):1859-71. Chanques G, et al. *Anesthesiology*. 2007;107:858-60

Potential Benefits with Protocolized ICU Pain Mx

- Improved pain scores
- Length of ventilation and ICU stay
- Mortality
- Consumption of sedatives
- Need for opioids in non-communicative pts
- Use of non-opioid analgesics
- Opioid related adverse drug events (ORADE)

Analgo-Sedation Strategies

- Addressing pain and discomfort first before administering sedatives
- Utilization of one drug for two purposes
 - Pain relief and sedation
- Usually accomplished with an opioid

Analgo-Sedation

Limitations

- May interfere with respiratory drive, gastric motility, nutrition
- Potential for opioid withdrawal
- ICU LOS, ventilator time, delirium, VAP, mortality, and cost of care are **not** consistently reduced

Benefits

- Reduces pain and discomfort, which are common causes of agitation
- Avoids potential sedativerelated adverse events:
 - Delirium
 - Hemodynamic instability
 - Metabolic acidosis (lorazepam)
 - Immunomodulation

Pharmacology of Opiate Analgesics

		nalgesic (mg)	Onset	Elimination	Context-Sensitive	
Opiates	IV	РО	(IV)	Half-Life	Half-Life	Metabolic Pathway
Fentanyl	0.1	N/A	1-2 min	2-4 hr	200 min (6 hr infusion); 300 min (12 hr infusion)ª	N-dealkylation CYP3A4/5 substrate
Hydromorphone	1.5	7.5	5-15 min	2-3 hr	N/A	Glucuronidation
Morphine	10	30	5-10 min	3-4 hr	N/A	Glucuronidation
Methadone	N/A°	N/A°	1-3 d	15-60 hr	N/A	N-demethylation CYP3A4/5, 2D6, 2B6, 1A2 substrate
Remifentanil	N/A	N/A	1-3 min	3-10 min	3-4 min	Hydrolysis by plasma esterases

Richmond Agitation-Sedation Scale (RASS)

鎮靜程度評估表

+4	有攻擊性	有暴力行為
+3	非常躁動	試著拔除呼吸管、鼻胃管或静脈點滴
+2	躁動焦慮	身體激烈移動,無法配合呼吸器
+1	不安焦慮	躁動焦慮身體激烈移動
0	清醒平靜	清醒,自然狀態
-1	昏昏欲睡	沒有完全清醒,但可維持清醒超過十秒
-2	輕度鎮靜	無法維持清醒超過十秒
-3	中度鎮靜	對聲音有反應
-4	重度鎮靜	對身體刺激有反應
-5	昏迷	對聲音及身體刺激都沒有反應

叫唤

耐解

Clinical Pharmacology of Sedative Medications

Agent	Onset After IV Loading Dose	Elimination Half-Life	Active Metabolites	Loading Dose (IV)	Maintenance Dosing (IV)	Adverse Effects
Midazolam	2–5 min	3–11 hr	Yesª	0.01-0.05 mg/ kg over several minutes	0,02–0,1 mg/ kg/hr	Respiratory depression, hypotension
Lorazepam	15-20 min	8-15 hr	None	0.02-0.04 mg/ kg (≤2 mg)	0.02-0.06 mg/ kg q2-6 hr prn or 0.01-0.1 mg/kg/ hr (≤10 mg/hr)	Respiratory depression, hypotension; propylene glycol-related acidosis, nephrotoxicity
Diazepam	2–5 min	20-120 hr	Yesª	5-10 mg	0.03-0.1 mg/kg q0.5-6 hr prn	Respiratory depression, hypotension, phlebitise
Propofol	1-2 min	Short-term use = 3-12 hr Long-term use = 50 ± 18.6 hr	None	5 μg/kg/min over 5 min ^b	5-50 μg/kg/min	Pain on injection ^f , hypotension, respiratory depression, hypertriglyceridemia,
Dexmedetomidine	5–10 min	1.8–3.1 hr	None	1 μg/kg over 10 min°	0.2–0.7 µg/kg/hr⁴	Bradycardia, hypotension; hypertension with loading dose; loss of airway reflexes

Choice of Sedative

Cardiac surgery

Propofol

> benzodiazepine

Other surgery
Medical patients

Propofol Dexmedetomidine

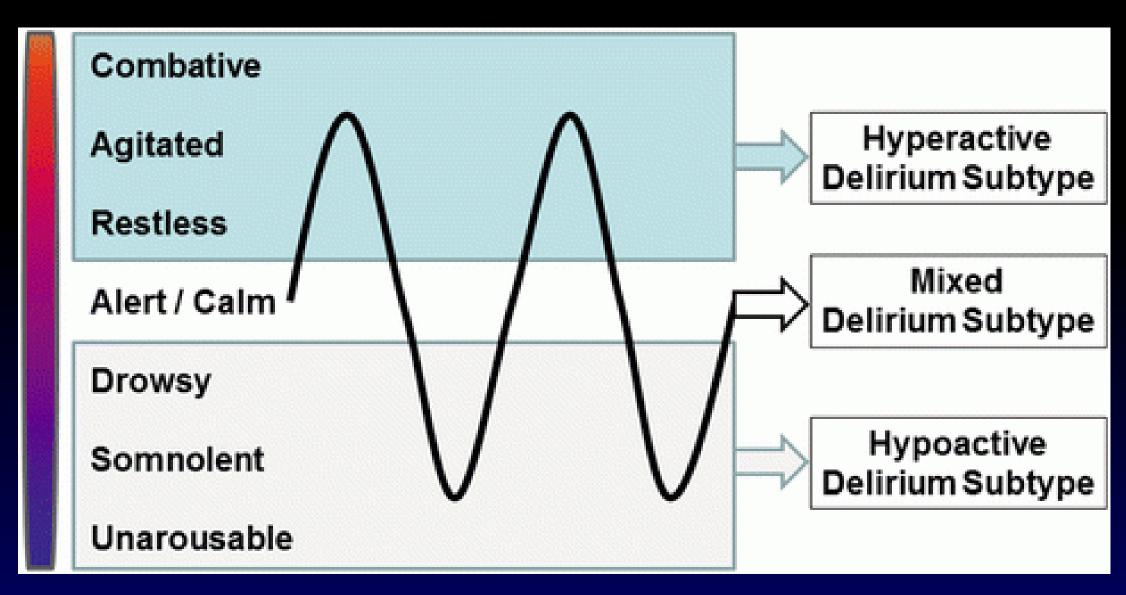
> benzodiazepine

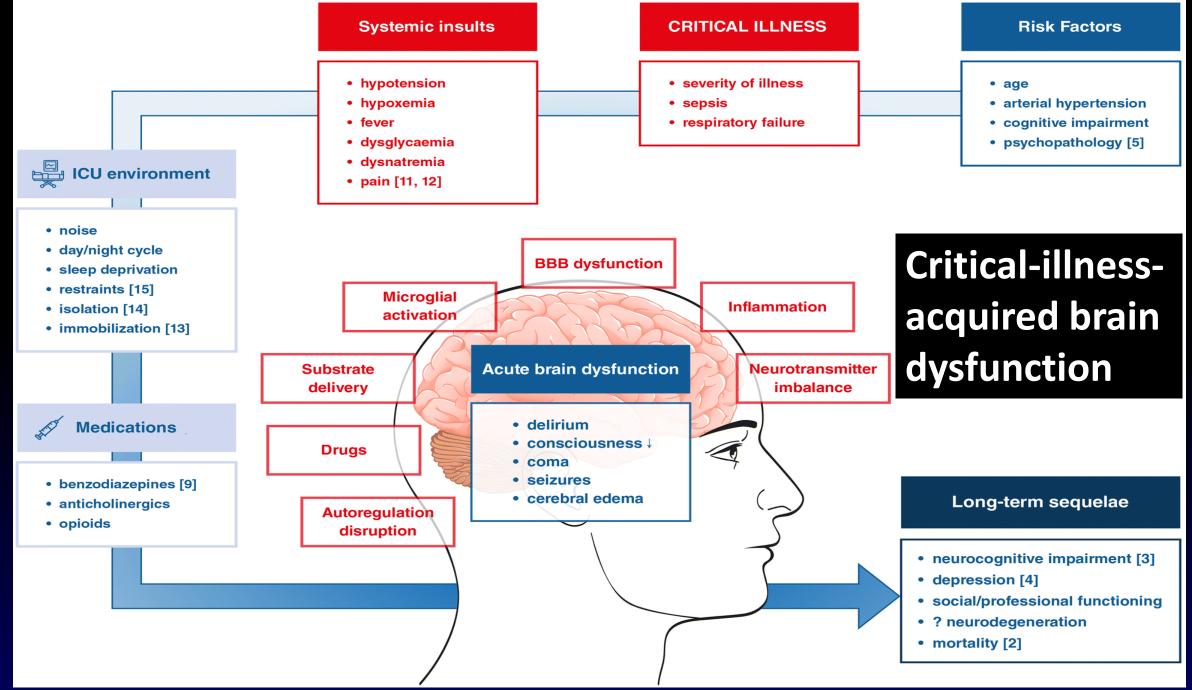
Delirium

- Approximately 50% frequency in ICU patients
- Associated with:
 - Threefold increase in 6-month mortality
 - > An extra 5 days on mechanical ventilation
 - An extra 8-10 days of hospitalization costing on average \$15,000 per patient
 - > 50% have cognitive impairment at hospital discharge
 - Long-term cognitive impairment in 1 in 3 patient



Spectrum of Delirium





Confusion Assessment Method for ICU (CAM-ICU)

特徵 1:精神狀態急性發作或改變			有		
			(1)		
A. 和病人平常的狀況相較,有證據顯示精神狀態的急性改變嗎?					
B.(不正常的)行為在過去24小時有變動嗎?嚴重度增加或減少?					
可以以鎮靜評估表(例:Richmond Anxiety Sedation Scale)、Glasgov	w Coma Scale	,或先前的	镥妄來評		
估(資料來源可由床旁重症護士或家屬獲得)。					
特徵 2:不注意	正確≥8	4-7	0-3		
10 12% 2 · 1 · 2 = 76·	(0)	(1)	(2)		
「視覺圖片辨認」或「聽覺隨機數字"1"測試」: 低於8個正確答	案,則此特徵	存在。			
<u>指引</u> :告訴病人:「我會唸給您聽 10 個數字,當您聽到數字"1"時	指引:告訴病人:「我會唸給您聽 10 個數字,當您聽到數字"1"時,就握住我的手。」以正常的音				
量(足以篕過加護病房的噪音)和速度,每秒一個字母,唸下面列出的 10 個字母。					
8 1 7 5 1 4 1 1 3 6					
<u>記分</u> :當唸到「1」時病人沒有握住我們的手或唸到其他字母時病。	人握住我們的	手,則記分	為錯誤。		
需要時可以調一下 1 的位置,避免病患記住答案。					
		答錯	題數		
「視覺圖片辨認」					
「聽覺隨機數字"1"測試」					
特徵 3:意識層次的改變	RASS=0	1, -1	>1, <-1		
将後3・ 多観音 次的段を		(1)	(2)		

Intensive Care Delirium Screening Checklist (ICDSC)

意識狀態改變	1. 你好 2. 我是今天照顧你的護理師,我是:OOO 3. 請問,你姓O嗎?(隨便一個錯誤的姓) 4. 請問,你姓O嗎?(正確的姓)
注意力不集中	1. 今天是O月O日,你現在是在台大醫院加護病房 2. 我今天是照顧你的護理師,我姓O
定向感障礙	 今天是O月O日(隨便一個錯誤的日期) 你現在在家裡嗎? 你現在在台大醫院嗎? 我今天是照顧你的護理師嗎?
幻覺	 不主動詢問病人有看到什麼其他的東西嗎? 以觀察為主 病人主動說有看到即得分
精神運動性興奮或遲鈍	護理師未給予約束或鎮靜劑;表情情緒正常
不恰當的言語或情緒	護理師觀察病人表情平靜;表情情緒正常
睡眠/清醒週期紊亂	 請問,晚上睡得好嗎? 請問,有吃安眠藥嗎?
症狀波動	上述1~7項出現症狀變差

病患回報影響加護病房睡眠品質的因子

環境因子				
• 噪音	• 床鋪舒適度	•訪客 (醫護人員或家人)		
• 光線	• 病房通風系統	· 手部清潔 (醫護人員清潔)		
• 異味	• 隔壁病床活動			
	心理因子			
• 恐懼	• 感到焦慮	•不了解醫學術語		
• 孤單	• 感到擔心	•不知道護士名字		
• 缺乏隱私	• 感到有壓力	• 失去時間定向感		
• 病人服裝	• 不熟悉的環境	•缺少規律的就寢 時間		

生理學及病理生理學因子			
• 疼痛	• 呼吸困難	• 感到口乾及飢餓	
• 不適	• 感到噁心	• 需要便盆或尿壺	
●咳嗽	• 感到過熱過冷		
	照護相關因	子	
•插管	• 藥物管理	• 生命徵象的測量	
• 導尿管	• 監控設備	• 移動受管線所限制	
• 護理照護	• 氧氣面罩		
• 診斷測試	• 患者接受術式		

Evidence: Sleep Promoting Protocol

Study	Design	Population	Components	Patient- reported Sleep Quality
Hu RF 2010	RCT	Cardiac Surgery	Earplugs, eye shades, music	Better with protocol
Kamdar B 2013	Before- after	Medical	Ear plugs/eye shades/music Clustering of care, mobilization, Zolpidem (no delirium); Antipsychotic (delirium)	No difference with protocol
Li SJ 2014	Before - after	Medical	Earplugs, eye shades, music	No difference with protocol
Patel J 2014	Before- after	Mixed	Ear plugs/eye shades Removal of meds known to worsen sleep	Better with protocol

ICU Liberation Bundles - ABCDEF bundles



Bedside Treatments for ABCDE Protocol

ABC

Awakening & Breathing Coordination

SAT Safety Screen

If passed the SAT
safety screen,
Perform SAT

If passed the SAT, Perform SBT safety screen

If fail SAT → Restart sedatives if needed at ½ dose & titrate

If passed the SBT safety screen, Perform SBT If passed the SBT, team should consider extubation

If fail → Return ventilator

support to previous settings



Delirium Nonpharm Interventions

Pain: Monitor and/or manage pain using an objective scale

Orientation: Talk about day, date, place; discuss current events; provide caregiver names; use clock and calendar in room

Sensory: Determine need for hearing aids and/or eye glasses

Sleep: noise reduction, day-night variation, "time-out" to minimize interruptions of sleep, promoting comfort & relaxation (e.g., massage, daytime bath, back care, wash face/hands, oral care)



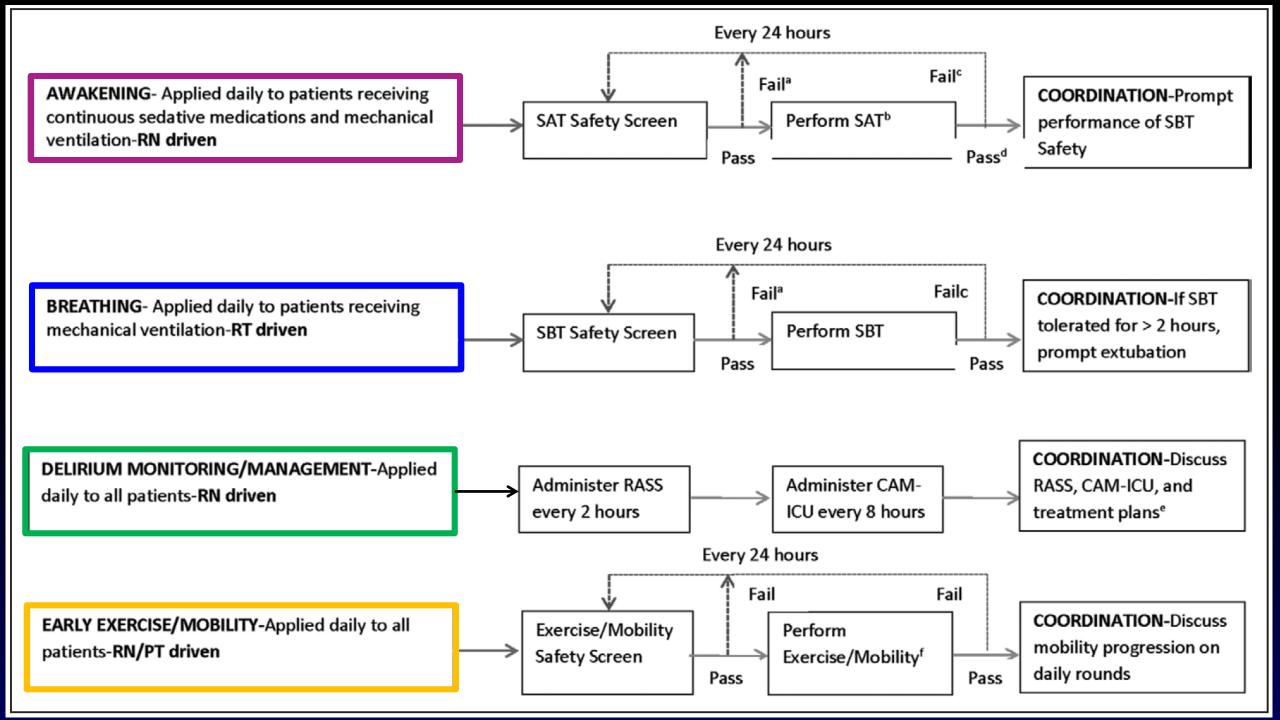
Early Exercise & Mobility

Perform Exercise Safety Screen. If passed, perform therapy at patient's highest level of ability.

- 1. Active range of motion exercises in bed and sitting position in bed
- 2. Dangling

Effectiveness and Safety of the Awakening and Breathing Coordination, Delirium Monitoring/Management, and Early Exercise/Mobility Bundle*

- Eighteen-month, prospective, cohort, before-after study conducted between November 2010 and May 2012
- \uparrow ventilator free days by 3 days (P = 0.04)
- Odds of developing delirium \downarrow by = 45% (P = 0.03)
- Odds of patients getting out of bed $\uparrow x2.11$ (P = 0.003)



ABCDEF Bundle Care

- 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

SATs: spontaneous awakening trials SBTs: spontaneous breathing trials

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



Improve Patient Comfort, Safety, and Outcomes



www.iculiberation.org		
PAD SYMPTOMS	ASSESSMENT & MONITORING TOOLS	CARE IMPROVEMENT ABCDEF BUNDLE
	NRS: Numeric Rating Scale	A ssess, Prevent, and Manage Pain
Pain	BPS: Behavioral Pain Scale CPOT: Critical Care Pain Observation Tool	B oth Spontaneous Awakening Trials and Spontaneous Breathing Trials
	RASS: Richmond Agitation	C hoice of Sedation
AGITATION	Sedation Scale SAS: Sedation Agitation Scale	<u>D</u> elirium: Assess, Prevent and Manage
Delirium	CAM-ICU: Confusion Assessment Method for ICU	E arly Mobility and E xercise
	ICDSC: Intensive Care Delirium Screening Checklist	F amily Engagement and Empowerment

Study Characteristics of Randomized Controlled Trial used for "Standardized and/or Protocol-Based (Analgesia/Analgosedation) Pain Assessment and Management Program"					
Trial	Outcomes assessed	Study Population	Intervention	Control	
Breen D, Karabinis A, Malbrain M, et al. Crit Care 2005;9:R200-10	MV duration; ICU LOS; Dose of sedatives; dose of opioids	Medical/surgical ICU	Remifentanil-based sedation (57 patients)	Midazolam-based sedation (48 patients)	
Brook AD, Ahrens TS, Schaiff R, et al. Crit Care Med	MV duration, ICU LOS	Medical ICU	Protocolized pain and sedation assessment and treatment (162 patients)	Tradition practice (159 patients)	
1999;27:2609-2615					
Karabinis A, Mandragos K, Stergiopoulos S, et al: Crit Care	MV duration, PIS, opioid exposure, sedative exposure, CV ADR	Neurointensive care unit with brain injury	Analgesia-based sedation with remifentanil (84 patients)	Standard hypnotic-based regimen (77 patients)	

2004;8:R268-80 Pain intensity scores, ICU LOS, MV Medical/surgical ICU Rozendaal FW, Spronk Remifentanil-propofol-based Conventional practice (109 PE, Snellen FF, et al: duration, sedative exposure, opioid (96 patients) patients) **Intensive Care Med** exposure, CV ADR

Medical/surgical ICU

Analgesia-first, no sedation

(55 patients)

Conventional sedation with

daily sedation interruption

(58 patients)

2009;35:291-298

Toft P: Lancet

2010;375:475-480

Strom T, Martinussen T,

ICU LOS, sedative exposure, opioid

exposure, nosocomial infection, MV

duration

Daily Sedation Interruption (DSI) vs. Nurse-Protocolized Sedation

- A DSI or spontaneous awakening trial (SAT) :
 - ➤ Sedative medication is discontinued so the patient can wake up and achieve arousal and/or alertness defined by RASS score of -1 to +1.
- Nurse-protocolized targeted sedation:
 - An established protocol used by a bedside nurse to titrate sedatives to an established sedation goal.

^{*}Note that the frequency of assessment and sedative titration often vary considerably

Pain Sedation Delirium Diagnosis/Indication Diagnosis/Indication Diagnosis/Indication target: scoretarget: alert patient target: no delirium dependent RASS 0/-1 Actual RASS? **Contraindication for alertness?** Self-assessment possible? e.g. intracranial hypertension Requirements fulfilled? YES NO (e.g. delirium-score positive) RASS ≥ -2 YES NO NO YES NO Motor-function Intact? YES **Defintion of** Target-RASS 0/-1 target-RASS Interruption Self-assessment: Validated scale Observational tool (avoid deep of sedation Increasing significance Validated scale sedation) e.g. CAM-ICU ICDSC NRS-V BPS/BPS-NI RASS ≥ -2 actual RASS RASS < -2 CPOT Alternative: FPS-R Actual RASS Target-RASS **Differential** Actual RASS Actual-RASS Diagnosis Target-RASS Target-RASS Symptom-based therapy Additional use of Subjective pain-associated criteria (e.g. physiological apparative Differential diagnosis, parameter): monitoring coma, Can be used in addition (EEG/EMG-based) neuromuscular diseases Symptom-based therapy

Non-pharmacologic Treatment for Delirium Multi-component

- ABCDE bundle multi-intervention approach (1 before-after study), 296 patients
 - Significantly associated with: Less delirium (49% vs. 62%, OR = 0.55)
- ABCDEF bundle approach (1 cohort study), 6,064 patients
 - Included a focus on component F (family engagement)
 - Improvement in bundle compliance significantly associated with: reduced mortality and more coma- and delirium-free ICU days

Implement Delirium Assessment Tool in the MICU at NTUH

- 第一階段: 選定量表期
- 第二階段:總教官、種子教官認證期
- 第三階段:全面臨床執行Delirium評估
- 瞻妄評估紀錄: ICDSC → ICCA







Clinical Practice – Measurement of Physical Functioning

Pre-ICU

- Proxy / patient report of ADL function (e.g. Katz, Lawton IADL, baseline evaluation of FSS-ICU)
- Premorbid mobility, comorbidities, frailty (Clinical Frailty scale)
- · Employment, education, living circumstances

ICU admission

- Screening to determine mental capacity for functional assessment:
- . Pain: BPS or CPOT, if patient able to communicate use NRS
- Sedation level: RASS or SAS
- Delirium: CAM-ICU or ICDSC
- Muscle Strength: Medical Research Council sum-score
- If awake can use measurement instruments below

During ICU

- Physical function measured using one of the following: CPAx, FSS-ICU, PFIT-s or IMS – choice of instrument may depend on purpose of assessment e.g.
- Mobility only: IMS
- · Strength + Mobility: PFIT-s, CPAx
- · Respiratory + Mobility: CPAx
- · Detailed physical functioning evaluation: FSS-ICU, PFIT-s
- · Repeat evaluation at least weekly and/or ICU discharge

Safety Criteria for Start/Stop Rehab/Mobilization (in Bed or out of Bed)

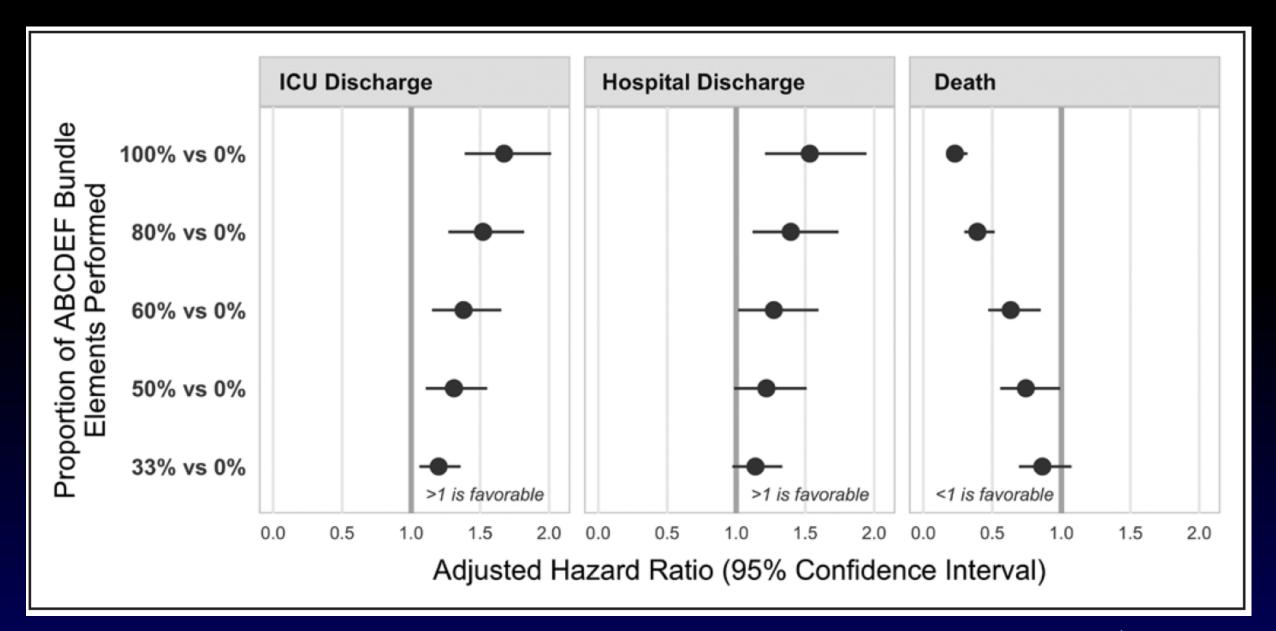
Safety Criteria	Starting a Rehab/Mobilization Session	Stopping a Rehab/Mobilization Session
System	Start when all of the following are present:	Stop when any of the following are present:
Cardiovascular	 Heart rate 60-130 beats/min, Systolic BP 90-180 mm Hg, or MAP 60-100 mm Hg 	 Heart rate decreases < 60 or increases > 130 beats/min Systolic BP decreases < 90 or increases > 180 mm Hg MAP decreases < 60 or increases > 100 mm Hg
Respiratory	 Respiratory rate 5-40 breaths/min SpO₂ ≥ 88% FIO₂ < 0.6 and PEEP < 10 cm H₂O Airway (ETT or tracheostomy tube) adequately secured 	 Respiratory rate decreases < 5 or increases > 40 breaths/min Spo₂ decreases < 88% Concerns about securing ETT or tracheostomy tube
Neurologic	Able to open eyes to voice	Change in level of consciousness
Other	 The following should be absent: New or symptomatic arrhythmia Chest pain with concern for ischemia Unstable spinal injury or lesion Unstable fracture Active or uncontrolled GI bleeding Mobility may be performed with Continuous renal replacement therapy 	 If following develop and are clinically relevant: New or symptomatic arrhythmia Chest pain with concern for ischemia Ventilator asynchrony Bleeding Medical device removal or malfunction Distress reported by patient or clinician

 Table 2 Patient and family support guideline recommendations for adult ICUs

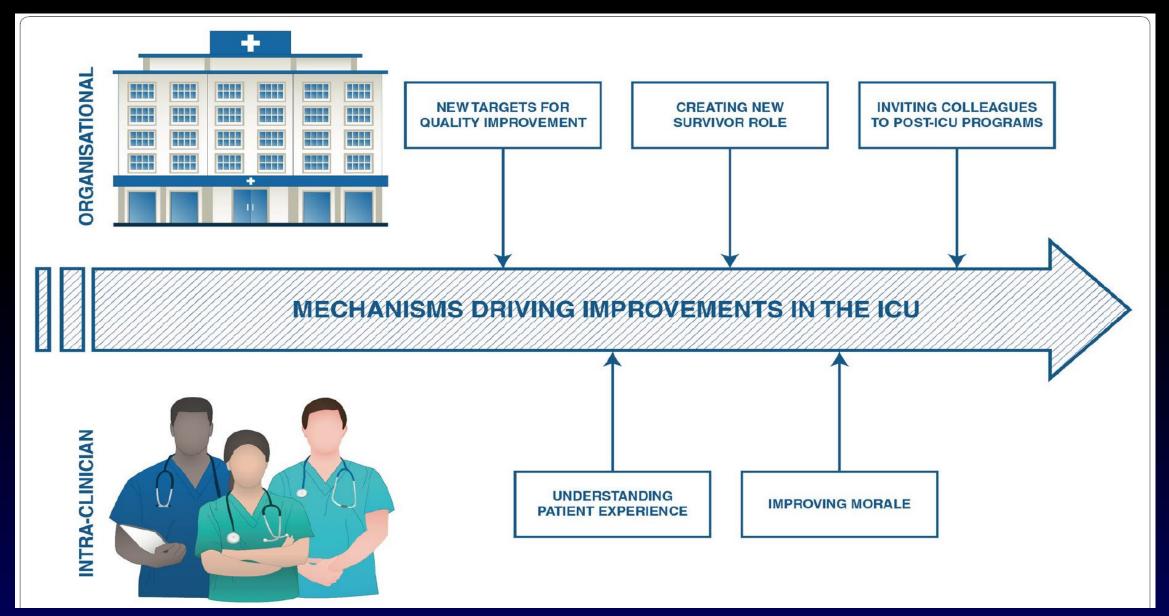
Objectives	Recommendations
1 Family presence in the ICU	24-hour ICU visitation policy Family participation in ICU rounds Family presence during patient resuscitations
1 Family support in the ICU	Family education, information about the ICU, how to assist in patient care, etc Use of ICU diaries by families and staff
† Communication with ICU family members	Routinely scheduled interdisciplinary ICU family conferences ICU clinicians receive family-centered communication training Provider use of VALUE communication tool for patients with poor prognosis
Use of consult and support services	Routine palliative care and/or ethics consults for selected ICU patients with poor prognoses ^a Social worker participation in ICU family conferences Use of ICU family navigators and spiritual support
1 Create patient- and family- centered ICU policies	Standardized use of sedatives and analgesics during withdrawal of life support Nurse training, involvement in ICU patient/family goals of care discussions Develop hospital-wide family-centered care policies Implement ICU sleep hygiene, noise reduction strategies Provide private patient rooms, sleeping options for family members

Caring for Critically III Patients with the ABCDEF Bundle: Results of the ICU Liberation Collaborative in Over 15,000 Adults

- Prospective, multicenter, cohort study from a national QI collaborative: 68 academic, community, and federal ICUs in USA
- hospital death within 7 days (aHR, 0.32; CI, 0.17-0.62),
- next-day mechanical ventilation (aOR, 0.28; CI, 0.22-0.36),
- coma (aOR, 0.35; CI, 0.22-0.56),
- delirium (aOR, 0.60; CI, 0.49-0.72),
- physical restraint use (aOR, 0.37; CI, 0.30-0.46),
- ICU readmission (aOR, 0.54; CI, 0.37-0.79)



Implement post-ICU Follow-up Program



Future directive

- Transforming ICU organization occurring only with strong support and ongoing engagement by hospital leadership and stakeholder
- Building inter-professional care in modern critical care medicine
- Engaging patients and families as partners in their healthcare
- Providing high quality of ABCDEF bundle care to patients of increasing complexity and with increasingly diverse needs

Thanks for Your Attentions!



TAIPEI 11-13 SEPT 2020

For physicians, nurses, and other allied healthcare professionals

National Taiwan University Hospital International Convention Center



Please Save the Dates

For more information please contact us tsccm@ms32.hinet.net seccm.tw@msa.hinet.net congress@esicm.org

