



# ABCDEF Bundle: Using the Alphabet to Liberate Patients from the ICU



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## Purpose:

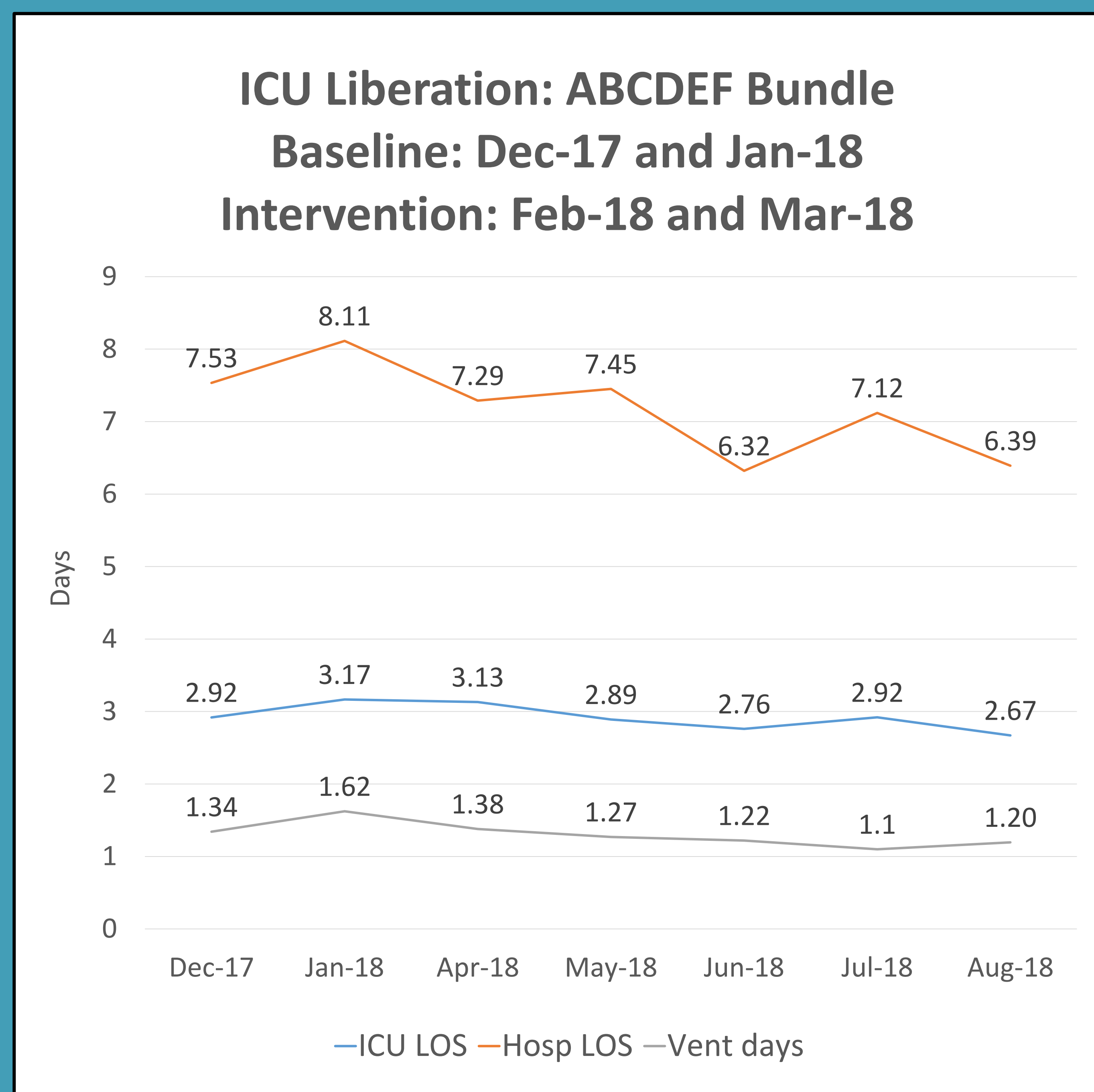
To determine how implementation of the recent ICU Liberation, ABCDEF Bundle, affects ventilator days and length of stay outcomes at a community hospital.

## Background:

Critically ill patients require complex daily planning in order to reach optimal health. Over the past 20 years, experts developed several iterations of check lists addressing Intensive Care Unit patient safety and the setting of target goals for ventilators, medication and mobility. More recently, the Society of Critical Care Medicine endorsed a revised ABCDEF Bundle of Care.

## Project Description/ Methods:

- Utilized Lean quality improvement methods to direct daily Multidisciplinary Rounds (MDRs)
- Published literature on the ABCDEF Bundle
- Delivered 60 days of education
  - ABC bundle components in month 1
  - DEF bundle components in month 2
- Outcome metrics selected:
  - Ventilator Days
  - ICU Length of Stay (LOS)
  - Hospital LOS and
  - ICU associated delirium



ICU Rounding Team: Respiratory Therapist, Family, MD, RN, Dietitian, Pharmacist

## Results:

- ICU associated delirium remained consistent at (the) baseline of 41%
- Ventilator days were reduced from 1.62 days at baseline to 1.1 days
- ICU LOS decreased from 3.17 days at baseline to 2.76 days
- Hospital LOS decreased 8.11 days at baseline to 6.32 days

## Conclusion:

- Checklists and bundles are effective in addressing the daily needs of ICU patients. A blend of the new ABCDEF Bundle and the old rounding tools led to fewer ventilator days and decreased ICU/ Hospital LOS.
- Strategies in the future will focus on reduction of ICU associated delirium.

## ICU Liberation ABCDEF Bundle:

<b><u>A</u>ssess, prevent and manage pain</b>	<b><u>D</u>elirium: assess, prevent and manage</b>
<b><u>B</u>oth awakening and breathing trials</b>	<b><u>E</u>arly mobility and exercise</b>
<b><u>C</u>hoice of analgesia and sedation</b>	<b><u>F</u>amily engagement and empowerment</b>

References: Barnes-Daly, MA, Phillips, G., Ely, EW., (2017). Improving hospital survival and reducing brain dysfunction at seven California community hospitals: Implementing PAD guidelines via the ABCDEF Bundle in 6,064 patients. *Crit Care Med* 45:171-17.

<http://www.sccm.org/ICULiberation/ABCDEF-Bundles>

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