

A-F Bundle: **a case study of multidisciplinary,** **longitudinal care in the ICU**

Jeremy Hardison, MD

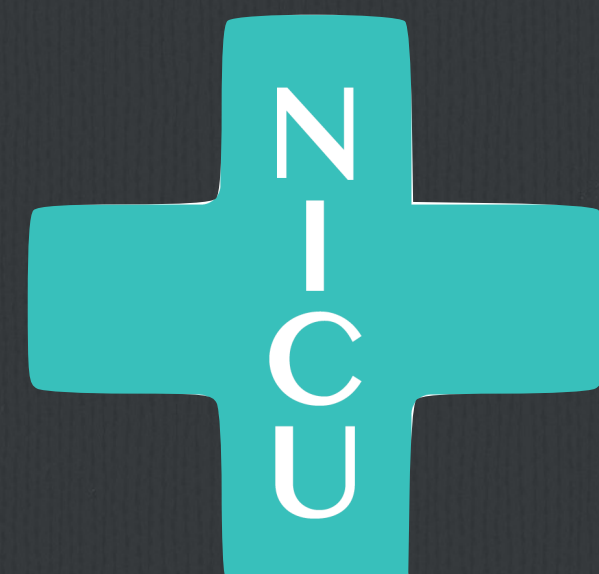
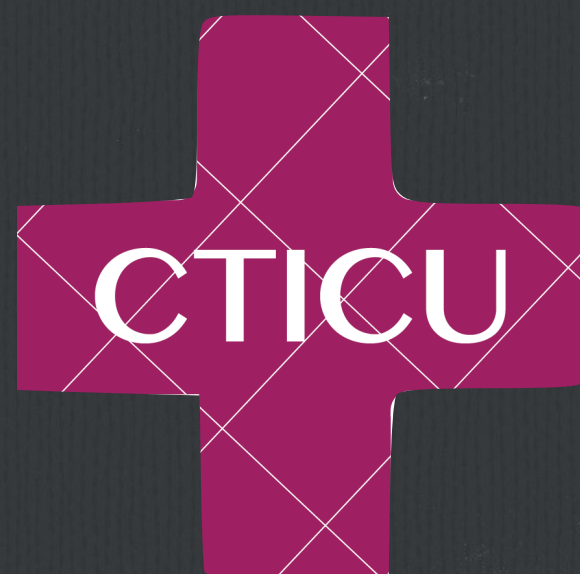
Rhae Newbill BSN, RN, CCRN

Garry Gellert PT, DPT, CCS

Instructional Objectives:

- **Review goals of the A-F Bundle as it relates to patient, family, and provider care in the intensive care unit**
- **Discuss challenges and opportunities associated with developing a collaborative culture to optimize patient and family recovery from critical illness**
- **Illustrate changes in multidisciplinary care using a case study**

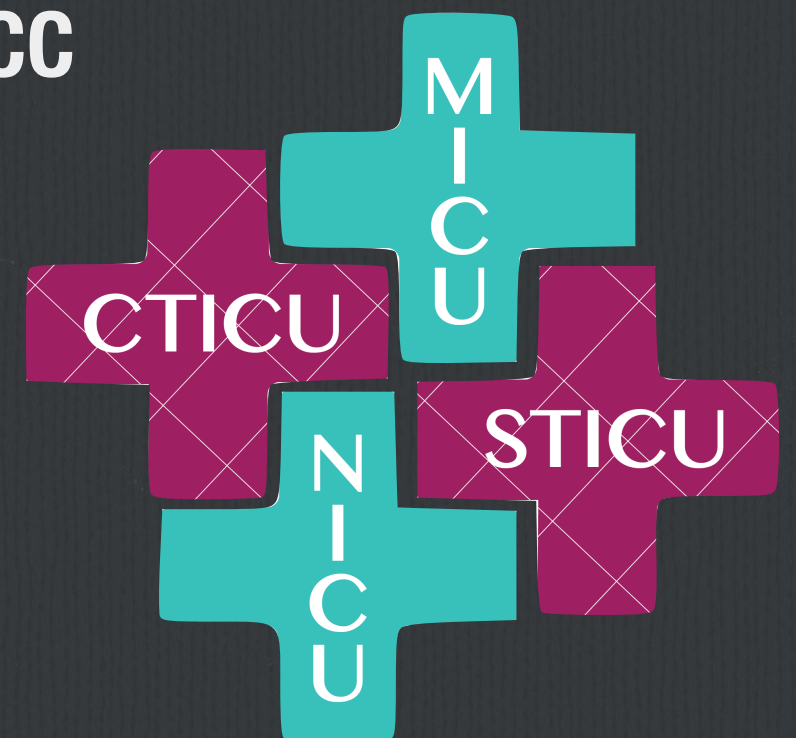




- New Service Line uniting all ICU's under one director, one VP



- ☐ **New Service Line uniting all ICU's under one director, one VP**
- ☐ **Hire up to 24/7 in house coverage**
- ☐ **Initiated multidisciplinary rounding**
- ☐ **Start VV and VA ECMO program run by CC**
- ☐ **FCCS Center**
- ☐ **First ENLS course**





A-F Bundle Conference

Nashville, TN

Who is involved?

- ☐ **A**ssess, Prevent, and Manage Pain: Leigh Ann Gilbert - STICU
- ☐ **B**reathing Trials: Brandi Creasy - CTICU
- ☐ **C**hoice of Sedation: Leigh Ann Gilbert - STICU
- ☐ **D**elirium - Assess, Prevent, and Manage: Isabel Carrol - MICU
- ☐ **E**arly Mobility: Jessica Womack - NICU
- ☐ **F**amily: Demetrice Poindexter and Rhae Newbill - MICU

How are we doing?

What else are we doing?

ICU Updates

- ☐ ICU Mobility Guidelines
- ☐ ICU Diaries
- ☐ Caregiver Cafe
- ☐ ICU Support Group
- ☐ PICS Clinic

ICU Mobility Guidelines

- ☐ Is pt.'s RASS -2 to +3?
- ☐ If pt. is on a ventilator, is PEEP less than 15cmH2O?
- ☐ Is pt.'s O2 sat greater than 88% (infrequent periods of de-saturation do not count)?
- ☐ Is pt.'s respiratory rate between 10-30?
- ☐ Is pt.'s MAP between 55-130?
- ☐ Does the pt. have a significant change from pre-hospital function?

IF "YES" to ALL: Consider Rehab. Consult

ICU Mobility Guidelines - continued

- ☐ Has there been a significant increase of vasopressor infusion within the past 2 hours?
- ☐ Is the pt. receiving a neuromuscular blockade?
- ☐ Does the pt. have evidence of an acute MI with ongoing ischemia?
- ☐ Does the pt. have an unstable arrhythmia?
- ☐ Does the pt. have an injury in which mobility is contraindicated (ie: unstable fracture)?
- ☐ Does the pt. have any medical therapies that restrict mobility (ie: unsupported abdomen)?

IF “NO” to ALL: Consider Rehab. Consult

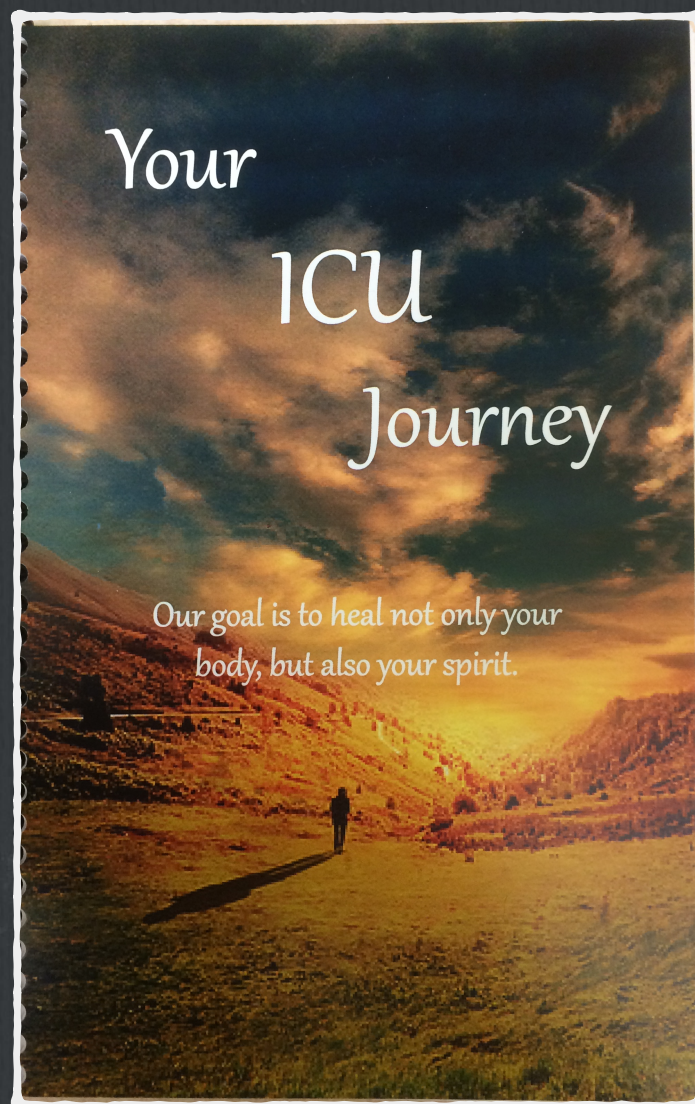
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**“What fits your busy schedule better, exercising
one hour a day or being dead 24 hours a day?”**

Consistent Rehab. Team

ICU Journals



- ☐ **Objective Journal to aide in alleviating anxiety/depression; reduce PTSD; improve health-related quality of life post-critical illness**
- ☐ **Family members**
- ☐ **Clinical team members**

Caregiver Cafe

FAMILIES AND FRIENDS
WE INVITE YOU TO JOIN US
FOR

CAREGIVER CAFÉ

MONDAY-FRIDAY
2 PM TO 3 PM

Join us in the
Critical Care Waiting Room.

Come relax, grab a snack, and meet our team!

- ☐ Every weekday from 2-3pm
- ☐ Monday: Respiratory Therapy
- ☐ Tuesday: Bedside Nurse
- ☐ Wednesday: Rehab. Team
- ☐ Thursday: Clinical Nurse Specialist
- ☐ Friday: Chaplain Team

ICU Support Group

After the ICU:
Your Journey to Recovery




CENTRA
Peer Led Support Group

Second Thursday of each month | 6-7 pm
Lynchburg College Graduate Health Sciences Building
300 Monticello Avenue, Lynchburg, Virginia

434.200.3564 | AftertheICU@gmail.com
CentraHealth.com

- ☐ Second Thursday of each month
- ☐ 6-7pm
- ☐ University of Lynchburg Graduate Health Sciences Building located at 300 Monticello Avenue
- ☐ 434.200.3564
- ☐ AftertheICU@gmail.com

PICS Clinic



- **Post ICU Syndrome**

- Decreased physical function
- Continuation of pain
- Global cognitive impairment, specifically memory and executive function
- Emotional instability
- Anxiety and depression

- Clinic to provide a comprehensive, interdisciplinary assessment of patients that have been in the ICU > 3 days

Why are we doing it?

**We want our patients to be more
than just alive when they leave
the ICU... we want them to be able
to LIVE!**

Collaborative Culture