HRET HIIN FISHBOWL FINAL REPORT

LESSONS LEARNED FROM PARTICIPATING HOSPITALS

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PARTICIPATING HOSPITALS:
> Boulder Community Health    > Erlanger Health System    > Logansport Memorial Hospital    > Navicent Medical Center    > North Alabama Medical Center    > Ransom Memorial Hospital

PURPOSE OF THE FISHBOWL:
Four month collaborative designed for selected hospitals “inside the fishbowl” to receive customized quality improvement coaching and demonstrate these results to the larger audience “outside the fishbowl.”
Screening for Delirium: built into routine assessments. Integrating delirium score (CAM) and sedation levels (RASS) in handoffs and interdisciplinary rounds helps build common language amongst caregivers.

Delirium prevention activities were implemented on targeted patients: mobility 3 times a day, up in chair for meals, lights on, shades up during day, pain control, cognitive exercises (music, phone calls, visits, fresh air on the balcony) and minimal sleep interruptions at night.

Music Therapy: A website, Playback.fm, was installed on the bedside computers at Logansport and sets of speakers were purchased. The staff tested playing music from the patient’s reminiscent years (teens to mid-twenties) as a mentally stimulating activity that helped anchor the patients in the present moment.

Anchoring Activities: Who I am is a tool, questionnaire that is filled out by the patient or family regarding the patients preferences and routines. This tool was tested by North Alabama Medical Center on two patients resulting in the following interventions: a cell phone call to the patient’s sister every morning and the continuation of a morning coffee ritual from the long term care facility. Both interventions helped anchor the patient in the present moment. North Alabama Medical Center also tested morning routine of up in am to wash face, brush teeth with positive results with two patients which promoted organic spread. The Boulder nurses hypothesized that moving a delirium positive patient to a room with a view of the mountains would help anchor the patient and it did, within twenty four hours his delirium has resolved. Logansport built anchoring activities, family presence, familiar photos and music into their delirium care set.

Mobility: BMAT Banner Mobility Assessment Tool for Nurses was tested by Boulder Hospital as part of their mobility plan. The Boulder team plan to transition this ICU delirium work to the ABCDEF Bundle. Logansport utilized their mobility tech to provide mobilizations. Ransom hospital added ambulation to hourly rounds documentation. North Alabama Medical Center is getting patients up for meals and promoting earlier mobilization.

Sleep hygiene was identified by Boulder hospital as an opportunity identified by the Unit’s Intensivist. Sleep quality discussed in rounds and correlation seen with sleep promotion and delirium prevention. North Alabama Medical Center night shift champion is focusing on sleep hygiene with test patients.

Patient and Family Engagement: Lutheran Health network shared their Falls Questionnaire that is used to help “overconfident” patients understand their post-operative risk. This is being tested at Boulder Hospital. Family presence and familiar photos are included in the delirium interventions care set created by Logansport.

Medication Review: MedStopper.com was used by Ransom hospital for medication review by Nurse Practitioner for delirium positive patients. Med review was built into the Logansport delirium intervention care set.
Early success with one patient at a time builds credibility

Leadership supports front line implementors

Permission to act, test, fail

Auditing process measures

Collecting success stories

Patients and Families are the untapped resource

Test on a small scale with champions

Impacting one patient at a time brings joy and promotes organic spread