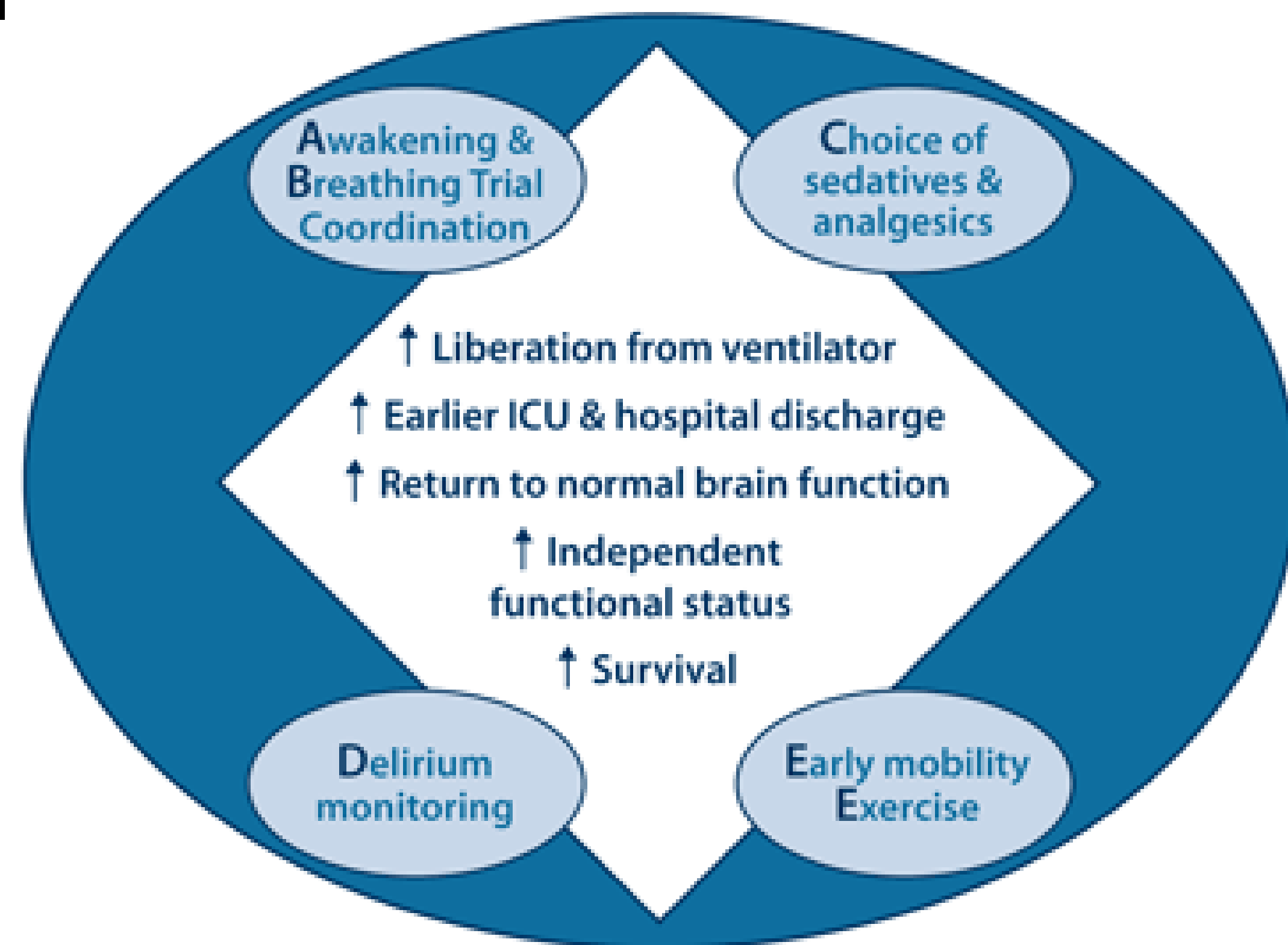


# The Brain Bundle: An Interprofessional Initiative to Optimize Pain, Sedation and Delirium Assessment in the ICU

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## Introduction

- The brain bundle utilizes the ABCDE approach to incorporate best practices around ventilator weaning del



## Critical Care Delirium Team

- An interprofessional team made up of:
  - Intensivists
  - Psychiatrists
  - Registered Nurses
  - Physiotherapists
  - Physiotherapy Assistants
  - Registered Respiratory Therapists
  - Pharmacists
  - Dietitians



## Education Plan

- Reinforce goals and objectives during daily rounds
- Incorporate Critical Care Pain Observation Tool (CPOT) and Ventilator Adjusted Motor Assessment Score (VAMAAS) into routine assessment
- Promote awareness around appropriate use of restraints
- Introduce the ICDSC tool for early identification of delirium
- Focus group education sessions
- Team planning to facilitate early mobilization

## Future Goals

- Creation of pamphlets for patients and their families
- Creation of a CrCU Delirium Order-Set
- Partner with Clinical Informatics to improve documentation around brain bundle components
- Development of the Pain, Sedation and Delirium Guideline for ventilated patients

## Delirium

- Syndrome characterized by acutely changing or fluctuating mental status, disorganized thinking, inattention, and/or altered level of consciousness
- The prevalence of delirium reported as 20% to 80% in medical and surgical ICUs
- Delirium increases the risk of longer duration of hospitalization, higher cost of care, risk of death, and long-term cognitive impairment

## Early Mobilization

- Shown to be safe and feasible in critically ill patients
- Decreases duration of delirium, duration of mechanical ventilation and ICU and hospital length of stay

## Team Goals and Objectives

- Optimize pain control and sedation management
- Implement the Intensive Care Delirium Screening Checklist (ICDSC) as standard nursing assessment
- Promote early mobilization
- Incorporate pharmacological and non-pharmacological strategies to prevent and manage delirium

## Non-pharmacological Strategies

- Appropriate light/darkness for day and night
- Noise reduction strategies
- Family involvement encouraged
- Reduce transfers between rooms
- Promote sleep at night
- Use of communication/hearing and/or visual aids
- Frequent re-orientation as required

## Pain, Sedation and Delirium

