Preventing PICS: Targeted QI in the ICU

Nida Qadir, MD
Assistant Professor of Medicine
Associate Director, Medical ICU
Co-Director, Post-ICU Recovery Clinic
Ronald Reagan UCLA Medical Center
ABCDEF bundle

- Assess, prevent, and manage pain
- Both spontaneous awakening and breathing trials
- Choice of analgesia and sedation
- Delirium: assess, prevent, and manage
- Early mobility and exercise
- Family empowerment and engagement

Ely, *Crit Care Med* 2017
ICU Liberation Collaborative

• 15,226 patients
• 68 ICUs
• Complete bundle performance → improved outcomes

Pun et al, *Crit Care Med* 2019
ICU Liberation Collaborative

Pun et al, *Crit Care Med* 2019
Ensure smooth transitions in care

• Medications
  • Resume chronic meds
  • Stop unnecessary meds
  • Adjust medication doses
• PT/OT assessment
• Tubes/lines/devices
• Identify caregiver
• Arrange follow-up
• Educate about PICS

Bell et al, JAMA 2011
Scales et al J Gen Intern Med 2016
Taylor et al Ann Am Thorac Soc 2020
Kovacic J Pharm Pract 2020
How post-ICU activities can improve ICU care

• Identifying otherwise unseen targets for ICU QI
• Creating a new role for survivors in the ICU
• Inviting ICU providers to the post-ICU program as a learning strategy
• Challenging clinician’s own understanding of patient experience
• Improving morale and meaningfulness of ICU work

Haines et al, *Intensive Care Med* 2019
Feedback from PICS clinic

• 53M with h/o HTN admitted to the ICU with COVID-19 PNA and severe ARDS
• Intubated x 10 days
• Discharged to rehab facility
• Seen post-ICU clinic 6 weeks later
Feedback → QI

• Neuropathy in R wrist (site of arterial line)
  • Updated inpatient ICU guidance to recommend arterial line placement on non-dominant side

• Facial pressure ulcers from proning
  • Discussed with inpatient RN team → proning protocol modified

• Returned home when many thought his illness was not survivable
  • Improves GOC discussions
  • Improves morale!
Thank you!