

ICU Liberation Bundle – Element B

Both spontaneous awakening trials (SATs) and spontaneous breathing trials (SBTs)

What is ICU Liberation?

ICU Liberation refers to key clinical elements aimed at reducing pain, oversedation, delirium, mechanical ventilation, immobility, isolation, sleep disturbances, and ICU acquired weakness ¹. These experiences contribute to life altering post discharge residual effects, or Post Intensive Care Syndrome (PICS), and are modifiable.

ICU Liberation aims to improve patient and family involvement and encourage interdisciplinary team communication. [ICU Liberation Bundle Elements](#) are most effective when implemented by an interdisciplinary team and unit champions.

Do SATs and SBTs make a difference in patient outcomes?

Yes, researchers report that pairing SATs and SBTs together can reduce:

- ✓ mortality (28-day - 7%; 1 yr. - 11% [SAT/SBT vs SBT + usual care] ²)
- ✓ mechanical ventilation days (3.1 days ¹)
- ✓ necessity for tracheostomy (21% ²)
- ✓ ICU length of stay (~ 4 days ²)

Recommendations

- Set a unit goal to target light/no sedation (RASS 0) as per the PADIS Guidelines³.
- Discuss sedation target and score, and results of SBT during daily interdisciplinary rounds.
- Identify a unit standard for SBT assessment time and mode and broadly communicate amongst interdisciplinary teams to support consistency and workflow.
- Screen daily and complete SBT when criteria are met, in alignment with organizational guidance.
- Document sedation targets, RASS scores and results of SBTs to support safe handover, continuity of care, quality improvement evaluation, research to improve patient outcomes, and growth of a learning health system.

The ICU Liberation Bundle is about improving the culture of care. By working as an interdisciplinary team, adhering to evidence informed practices, and making sedation and ventilation decisions that prioritize patient well-being, we can improve outcomes and reduce the long-term effects of PICS.¹

Up to 80% of ICU patients experience PICS symptoms that can last for years. ⁴

< Space to paste QR codes for Health Authority SAT and SBT CDSTs >

References

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