

The SICU Quarterly

Issue # 2

Winter 2015-2016



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SICU PI Committee

Ongoing Projects & Research

Current Initiatives:

- Veritas reporting/tracking—June McGhee
- Protocol reviews & updates finalizing Spring 2016
- Chronic SICU patient care conferences taking place on Tuesdays

Upcoming meetings in the SICU conference room:

February 16th, 2015 at 2:30pm

March 15th, 2015 at 2:30pm

April 19th, 2015 at 2:30pm

Questions/Comments/Concerns:

SICUPI2@email.mc.vanderbilt.edu

PI Leadership:

Brad Dennis, MD—Physician co-chair

Roslyn Green, NP—APP co-chair

Heather Hart, RN—Nursing co-chair

Join FreeForm!!

The SICU now has a dedicated FreeForm page! FreeForm is a Vanderbilt application built to create online communities across the institution to share ideas, stories, interests, and more. Anyone with a VUNet ID has access. Simply log on, add a photo to your profile, and search for the SICU group to join! A lot of great information will be shared on this page in the future, so don't hesitate to join the community!

For more information:

<https://freeform.vanderbilt.edu/Docs/WhatIsThis.aspx>

SICU group:

<https://freeform.vanderbilt.edu/Group.aspx?id=1435>

- CPOT implementation study
 - Purpose: examine implementation and user satisfaction in a multidisciplinary setting
 - SICU contacts: Heather Hart, RN, Liz King, RN
 - Timeframe: April 2015-April 2016
- Analysis of CPOT score in verbal & nonverbal patients
 - Scope: coordination between SICU & MICU, led by pharmacy resident, to analyze validity of CPOT in verbal population
 - SICU contact: Kelli Rumbaugh, PharmD
 - Timeframe: this retrospective review will start in the Spring of 2016
- Lidocaine Infusion Medication Use Evaluation
 - Scope: hospital-wide effort, will closely affect SICU due to frequent use
 - SICU contact: Kelli Rumbaugh, PharmD
- Aminoglycoside Medication Use Evaluation
 - Scope: determining the benefit of having double gram negative coverage in the SICU in late onset pneumonia protocol
 - SICU contact: Kelli Rumbaugh, PharmD
- Heparin Infusion Medication Use Evaluation
 - Scope: examining number of heparin boluses, ordering of SICU protocol, and timing of PTT draws pre & post initiation of nurse-managed protocol
 - SICU contact: Kelli Rumbaugh, PharmD
- SAT Outcome Study:
 - Scope: examining ventilator days, mortality, hospital LOS, ICU LOS, and use of sedation before and after implementation of SAT/SBT bundle in the SICU
 - SICU contacts: Brad Dennis, MD, Heather Hart, RN, Pratik Pandharipande, MD, Kelli Rumbaugh, PharmD
- MENDS II study:
 - Scope: comparing propofol and dexmedetomidine to determine the best sedative medication to reduce delirium and improve survival and long-term brain function in the ventilated septic patient.
 - SICU contacts: Pratik Pandharipande, MD, Chris Hughes, MD
- MIND USA study:
 - Scope: to define the role of antipsychotics in the management of delirium in vulnerable critically ill patients.
 - SICU contact: Pratik Pandharipande, MD

CAUTI Celebration & MAGNET

On October 6th, 2015, the SICU celebrated 1 year since our last CAUTI! In fact, we ultimately went 442 days between infections—not only a unit record, but also an institutional record for all ICUs. Way to go, team!!

The legendary bedpan cake will never be forgotten.



Also not to be forgotten is the hard work the SICU staff put into preventing CAUTIs in the unit.

In fact, our efforts caught the attention of the Magnet committee and will be featured in the application for Vanderbilt's 3rd Designation.

How did we do it??

The hospital-wide Nursing Foley discontinuation protocol was launched in early 2014.

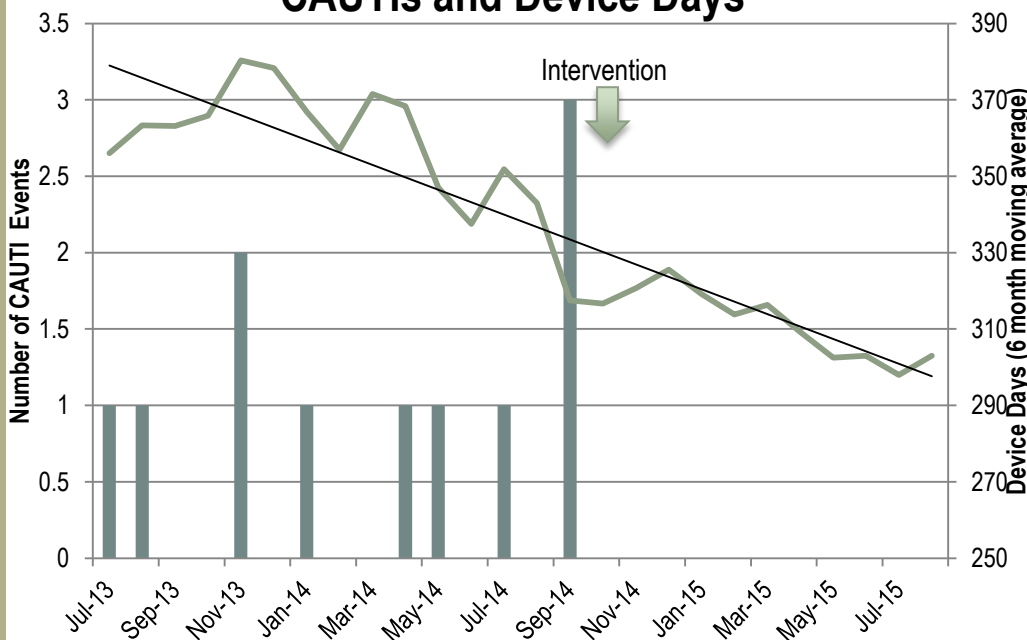
By that summer, after several CAUTIs occurred in the SICU, a knowledge gap surrounding the discontinuation protocol was identified with nursing staff and SICU house staff, which was believed to be largely due to the similarities between our former unit-based protocol and the newly developed protocol.

Click [here](#) for more information about Vanderbilt's Magnet Journey... (VUNet login)

Through the Performance Improvement committee, multidisciplinary education was sent out to all SICU staff via weekly newsletters, charge nurses began intentional, daily rounds on all Foley catheters on the unit, and bedside nurses began presenting the status of their patients' Foley catheters and whether they met discontinuation criteria during daily multidisciplinary rounds. House staff received education regarding the protocol via presentations in monthly leadership focused discussions and during the monthly PI committee meetings.

The end result of these efforts beat the records and improved quality of care in the SICU!

SICU Discontinuation Protocol CAUTIs and Device Days



New SICU Nurses—Welcome!

This time of year we are busy recruiting new nurses to join the ranks of the SICU. Please join us in welcoming the following nurses—several are already hard at work, several will be starting with us soon!

Kristopher Owens, RN	Paige Harrison, RN	Kelli Wheaton, RN	Alison Smith, RN
Margaret Bickley, RN	Katherine Kots, RN	Amber Valimont, RN	Kezia George, RN
Alaina Lewis, RN	Jesse Woodward, RN	Sarah Blanton, RN	Ashley Brunn, RN
Alexis Scott, RN	Danielle Beckham, RN	Dalton Shockley, RN	Lauren Seall, RN
Johnathan Garlit, RN	Chelsea Gutsue, RN	Toby Thrower, RN	

SICU Great Saves—Molly Wrigley



Molly Wrigley was admitted to the SICU April 1, 2015 and was discharged at the end of August 2015 after a long and complicated hospital course. We are excited to share her story since she spent over 150 days in our unit both in our ICU and stepdown and received excellent care throughout her stay.

In Molly's own words:

"I was diagnosed with stage 1 cervical cancer in June 2014. I included a pic of me getting Chemo. When chemo and radiation didn't work I had to have a Total Pelvic Exenteration in a surgery that lasted more than 13 hours. I was in ICU for 15 days then moved to step-down. A blockage forced another 13 plus hour surgery in June. Many complications, including a fall that resulted in a broken wrist, kept me around for quite a while, going back and forth between ICU and step-down. I battled intense pain and constant nausea. I was also NPO for 3 months thanks to a fistula, which was fun. 😊

I would not have made it through all of that and more, if it wasn't for my amazing team, led by Dr. Marta Crispens. The Nurses and Care Partners in the SICU were incredible. Many made me feel like family, and we're still close today. Haleigh Power, Yana Kiroff, Tanna Walker, Kristen Salinas, Hanna Lee and Jill Tompkins, literally just to name a VERY FEW. I had someone new taking care of me every 12 hours, but the bonds with many of them were swift and deep. I felt like the the men and women in the SICU truly cared about me as a person, not just a patient. I know many of the relationships I formed through this difficult time will be lifelong friendships."

SICU Nursing Shared Governance

The SICU Unit Board is a shared governing body empowered by the Nursing Shared Governance bylaws. Its goal is to give bedside nurses an opportunity to improve patient care and the condition of work life on the SICU. The subcommittees meet monthly at individual times and report their progress during the monthly unit board meeting. All staff members on the SICU are members of the Unit Board, and are encouraged to attend meetings and share ideas and concerns.

The UB is organized as follows:

Chair of Unit Board: Liz King

Education and Competency subcommittee chair: Emily Longbrake. Upcoming events include PA interpretation class led by Roslyn Green and John Nickle, CEU's available! Liver transplant educational opportunity is forthcoming as well.

People and Work subcommittee co-chairs: Tanna Walker and Erica Schoch. Comfort care kits are returning to the SICU. Please consider making a donation to the cause! Contact Tanna Walker for more info. Erica will be taking orders for new SICU jackets and swag—more info to come!

Quality subcommittee chair: Zach Hoverman.

Clinical Practice and Research subcommittee chair: Beth Coughlin. Care Conferences for the Chronic ICU patient population on Tuesdays at 1pm are off to a great start! Led by SICU faculty, case management, and nursing leadership, these meetings focus on tailoring care to this specific population, in hope to shorten length of stay, reduce ICU delirium, and improve quality of life for these patients during their ICU admission. The SICU Journal club is an online community via FreeForm, consider following the group!

SICU Gives Back

Volunteer excursions in the Nashville Community

Several nurses volunteered at the Humane Society on October 21, 2015. Katie adopted one of the cats needing a home!

The People & Work Subcommittee arranges volunteer outings every month. Reach out to Ashley Miller to get involved!



Pictured (L-R):
Tanna Walker
Liz King
Katie Sullivan
Erica Schoch
Bethany Cones
Tyler Wolz

Advanced Practice Provider Leadership Updates

In February, the SICU sent three of our amazing Nurse Practitioners to the Trauma unit, to start the new T1 NP service. Lauren, Laurie, and Caroline—you will be missed!! Sarah Davis has stepped into the SICU Lead NP position and moved to days February 1st. We are delighted to have her in this role! In addition to all of these changes, we have 3 new NPs to celebrate joining our team: Alex Alford, Tyler Wolz, and David Owens.

Welcome, new APNs to the SICU!!



Getting to Know Me- Alex Alford

I was born and raised in Atlanta, GA where I grew up playing lots of sports. I went to the University of Miami (FL) for my undergraduate degree where I played soccer for the university team and obtained my Bachelor of Health Science. After graduation, I moved back to Atlanta where I attended Georgia State University and completed by B.S.N. After working as a nurse for a year in Georgia, I moved out to Denver, Colorado because I love to ski, snowboard, and do all outdoor activities. In an attempt to move closer to home, I moved to Nashville, TN where I have lived the past 5 years. I most recently graduated from Vanderbilt University with my M.S.N in August 2015. I am currently enrolled to obtain my D.N.P by August 2017. On a more exciting and fun note, I married my husband, Austin, on 2/21/15 so we will be celebrating our one year anniversary soon! We have one dog, Rocky, who is a “maltidor”- a mix of a maltese and a black Labrador. We have two cats, Voltron and Princess Meowers, who love to wrestle with Rocky. I love to run, cycle, swim, snowboard, wakeboard, hike, walk, watch Disney movies, and eat good food with delicious drinks. I am a huge Miami Hurricane and Denver Broncos fan, so most weekends I am wearing orange to support my teams. I am so excited to be joining the SICU family and look forward to working and playing with all my new coworkers and friends!



Getting to Know Me- Tyler Wolz

Tyler is a Knoxville native and received his BSN from the University of Tennessee, Knoxville and his MSN from Vanderbilt University. He was a bedside nurse at UTK hospital in the trauma/surgery ICU prior to relocating to Nashville. Outside of work he enjoys most things related to the mountains including hiking, backpacking, fly-fishing, and rock climbing.

Contributors & Contacts:

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- Liz King, RN Elizabeth.M.Bishop@vanderbilt.edu
- Erica Schoch, RN Erica.M.Schoch@vanderbilt.edu

Dates to remember:

February 23rd 8am: PA catheter interpretation class
 March 16th 5pm: New Nurse potluck

FY16 Quality Metrics

Hand Hygiene	97%		
CAUTI	1	Days since	81
CLABSI	2	Days since	201
Days since: Fall	14	Fall with harm:	33