



# ICU Liberation Bundle

*Developed through a unique partnership between clinicians at Vanderbilt University Medical Center and the VA, using a combination of their own research and that of experts around the world, the ACBC-DEF Bundle is an evidence-based, multicomponent care guide that optimizes recovery and outcomes for adult ICU patients.\* Some of the bundle's elements were not available in eStar, or needed additional development. Other elements were available but not easily located by care team members.*

## CHALLENGE

Best practice for critical care patients recommends that care team review data from the ICU Liberation Bundle, but existing eStar documentation made analysis difficult.

## SOLUTION

Build customized report within eStar that facilitates holistic review by care team of all elements in ICU Liberation Bundle.

## OUTCOMES

Holistic view of ICU Liberation Bundle can generate better outcomes for adult ICU patients, including reduced delirium, better controlled pain, and fewer long-term consequences.

*“With the bundle, we’ve seen higher rates of survival, less time in the hospital, and fewer readmissions. Even better, patients are more alert, more mobile, less delirious, and more communicative with their loved ones.”*

—Wes Ely, MD, MPH

The ABCDEF bundle is now recommended by the Society of Critical Care Medicine, which renamed it the ICU Liberation Bundle. The bundle consists of several distinct elements, which should be regularly reviewed by care team members:

- **A**ssess, prevent and manage pain
- **B**oth Spontaneous Awakening Trials (SAT) and Spontaneous Breathing Trials (SBT)
- **C**hoice of analgesia and sedation
- **D**elirium: assess, prevent and manage
- **E**arly mobility and exercise
- **F**amily engagement and empowerment

Some of the recommended bundle's elements were missing in eStar, or needed to be augmented. These elements included documentation and measurement of patient mobility, family engagement and respiration. HealthIT team members needed to ensure these new elements were included in a way that did not overly tax documentation requirements for already busy ICU nurses.

The other elements were already included in existing documentation in

eStar, but care team members were having to locate them in numerous different places within the patient's medical record. Such data hunting compromised the ability for a comprehensive analysis that could be completed in a short period of time—time constraints being all the more important in the pressurized environment of critical care medicine.

To solve these challenges, the HealthIT team:

- Developed new documentation elements for patient mobility and family engagement
- Enhanced existing respiratory documentation
- Created an easily located report

These solutions, which have now been incorporated into Epic's "foundation" build, allow care team members in the adult ICU to easily review—in a single location—all elements of the ICU Liberation bundle. Data from more than 21,000 ICU patients has shown that use of the bundle results in improved outcomes, such as better survival rates, shorter stays and fewer readmissions.

\* Learn more at [www.icudelirium.org](http://www.icudelirium.org)