



FROM ZERO TO HERO DEVELOPING A BEST PRACTICE IN VAP-PREVENTION

November 2016
dr. Walter Swinnen



DISCLOSURE

CONFLICT OF
INTEREST



NONE



CORE DATA

ICU-azSB



12 beds

1200 patients / year

1,4 VAP / 1000 VD

Mixed medical/surgical ICU
Closed type



6 intensivists
25 FTE nurses
0,6 FTE physio
1 FTE logistics

5,4 % Mortality



0,36
SMR (SAPS-2)



5 jan 2011
Last catheter sepsis

PATIENTS FIRST: OUR VALUE EQUATION

Everyone has an idea for how to improve health care, and they all have merit. There are no one-size-fits-all solutions. There's one common thread, however, woven throughout all of them: Creating more value for patients. This is how we define value.

$$V = \frac{\uparrow Q + \uparrow S}{\downarrow \$}$$

The equation illustrates the components of value:

- Value (V):** Represented by a large red letter V.
- Quality (Q):** Represented by an orange upward arrow above the letter Q.
- Service (S):** Represented by a teal upward arrow above the letter S.
- Cost (\$):** Represented by a green downward arrow below the dollar sign \$.

WHAT'S SO SPECIAL ABOUT VAP?

SPECIAL CIRCUMSTANCES

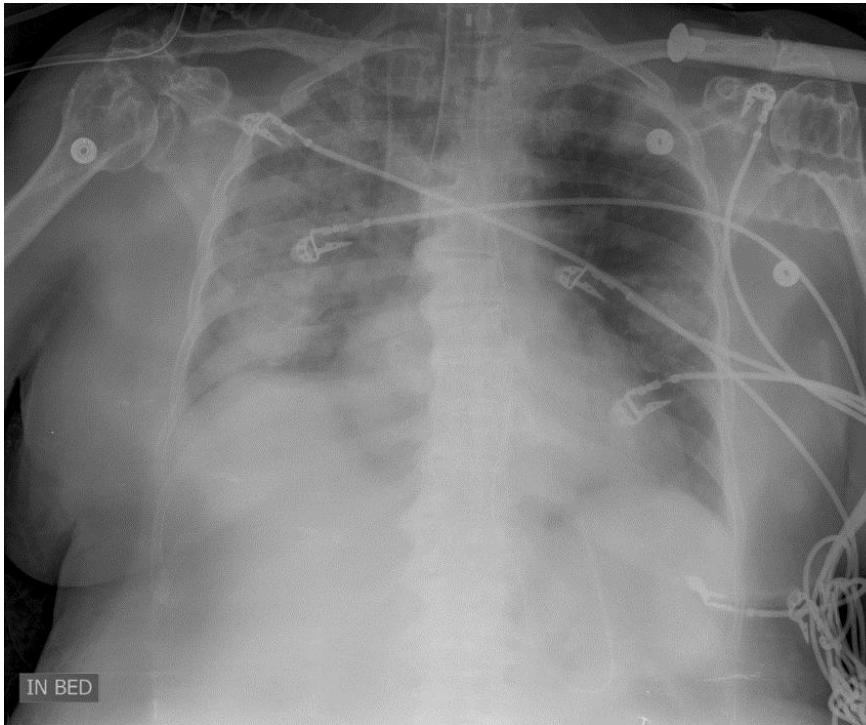
Special patients

Special environment

After a few days
of mechanical ventilation



SPECIAL CIRCUMSTANCES



SPECIAL CONSEQUENCES



Photoshop PSD file download - Resolution: 1280x9124 px - www.psdgraphics.com

SPECIAL CONSEQUENCES



NCBI Resources How To Sign in to NCBI

PubMed ((ventilator[Title/Abstract]) AND associated[Title/Abstract]) AND pneumonia[Title/Abstract] Search Help

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Intensive care unit-acquired pneumonia due to *Pseudomonas aeruginosa* with and without multidrug resistance.
1. Fernández-Barat L, Ferrer M, De Rosa F, Gabarrús A, Esperati M, Terraneo S, Rinaudo M, Bassi GL, Torres A.
J Infect. 2016 Nov 16; pii: S0163-4453(16)30290-0. doi: 10.1016/j.jinf.2016.11.008. [Epub ahead of print]
PMID: 27865895

Predictors of extubation outcomes following myasthenic crisis.
2. Liu Y, Yao S, Zhou Q, Deng Z, Zou J, Feng H, Zhu H, Cheng C.
J Int Med Res. 2016 Nov 17; pii: 0300060516669893. [Epub ahead of print]
PMID: 27856933
Similar articles

1532: EMPIRIC BROAD-SPECTRUM ANTIBIOTICS FOR EARLY VENTILATOR-ASSOCIATED PNEUMONIA IN TRAUMA PATIENTS.
3. Davis N, McGinn K, Simmons J, Lee YL, Morgan J, Brevard S.
Crit Care Med. 2016 Dec;44(12 Suppl 1):458. No abstract available.
PMID: 27851168
Similar articles

707: DEVELOPMENT OF PROGNOSTIC BIOMARKERS FOR VENTILATOR-ASSOCIATED PNEUMONIA BY ACINETOBACTER BAUMANNII.
4. Kwon S, Na M, Son J, Jung I, Kim J, Kang P, Uk Kwon H, Cho C.
Crit Care Med. 2016 Dec;44(12 Suppl 1):253. No abstract available.
PMID: 27850345
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683: OUTCOMES COMPARING INHALED AND INTRAVENOUS TOBRAMYCIN IN VENTILATOR-ASSOCIATED PNEUMONIA
5.

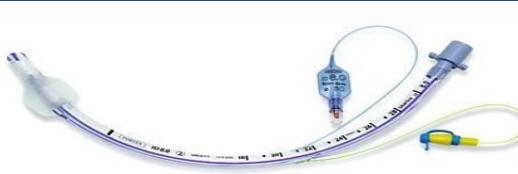
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Inhaled Antibiotics for Hospital-acquired and Ventilator-associated Pneumonia [Clin Infect Dis. 2016]
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Oral hygiene care for critically ill patients to prevent ventilator-associated [Cochrane Database Syst Rev. 2016]
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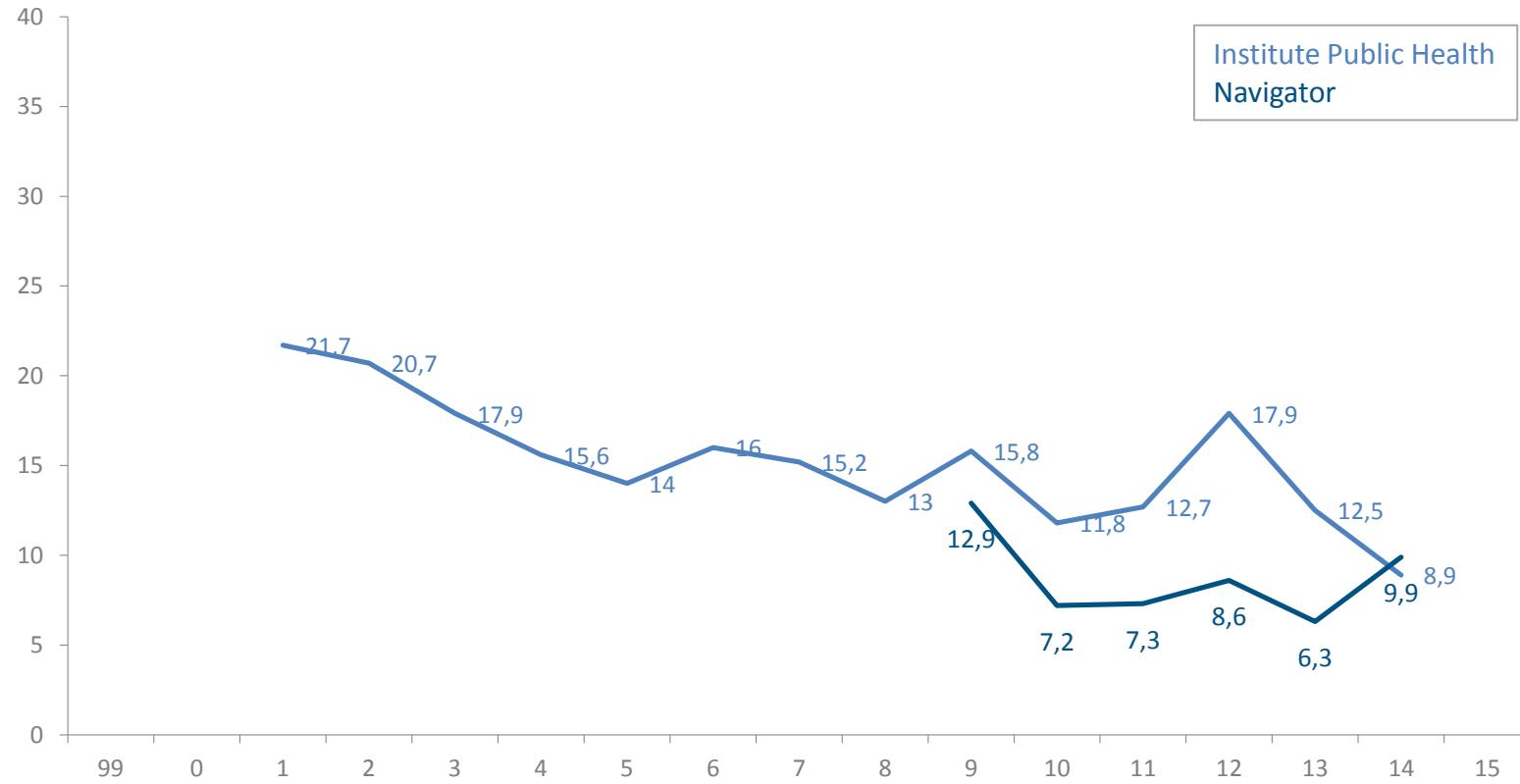
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Search details
(ventilator[Title/Abstract] AND associated[Title/Abstract]) AND pneumonia[Title/Abstract]

SPECIAL CONSEQUENCES



TO IMPROVE DIFFICULT IS



Institute Public Health
Navigator



TO IMPROVE IS DIFFICULT

Guidelines for the Management of Adults with Hospital-acquired, Ventilator-associated, and Healthcare-associated Pneumonia

THIS OFFICIAL STATEMENT OF THE AMERICAN THORACIC SOCIETY AND THE INFECTIOUS DISEASES SOCIETY OF AMERICA WAS APPROVED BY THE ATS BOARD OF DIRECTORS, DECEMBER 2004 AND THE IDSA GUIDELINE COMMITTEE, OCTOBER 2004

Evidence-Based Clinical Practice Guideline for the Prevention of Ventilator-Associated Pneumonia

Peter Dodek, MD, MHSc; Sean Keenan, MD, MSc(Epid); Deborah Cook, MD, MSc(Epid); Daren Heyland, MD, MSc(Epid); Michael Jacka, MD, MSc; Lori Hand, RRT; John Muscedere, MD; Debra Foster, RN; Nav Mehta, MD; Richard Hall, MD; and Christian Brun-Buisson, MD, for the Canadian Critical Care Trials Group and the Canadian Critical Care Society

Background: Ventilator-associated pneumonia (VAP) is an important patient safety issue in critically ill patients.

Purpose: To develop an evidence-based guideline for the prevention of VAP.

Data Sources: MEDLINE, EMBASE, and the Cochrane Database of Systematic Reviews.

Study Selection: The authors systematically searched for relevant randomized, controlled trials and systematic reviews that involved mechanically ventilated adults and were published before 1 April 2003.

Data Extraction: Physical, positional, and pharmacologic interventions that may influence the development of VAP were considered. Independently and in duplicate, the authors scored the validity of trials; the effect size and confidence intervals; the homogeneity of results; and safety, feasibility, and economic impact.

Data Synthesis: **Recommended:** The orotracheal route of ventilation, changes of ventilator circuits only for each new patient, and if the circuits are soiled, use of closed endotracheal suctioning.



Med Intensiva. 2014;38(4):226-236



medicina intensiva

www.elsevier.es/medintensiva



SPECIAL ARTICLE

Guidelines for the prevention of ventilator-associated pneumonia and their implementation. The Spanish "Zero-VAP" bundle

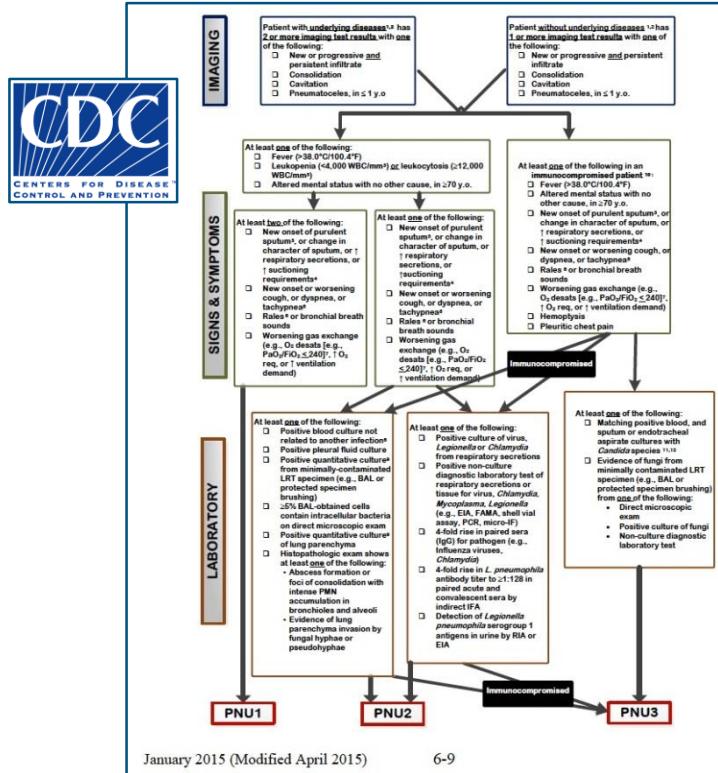
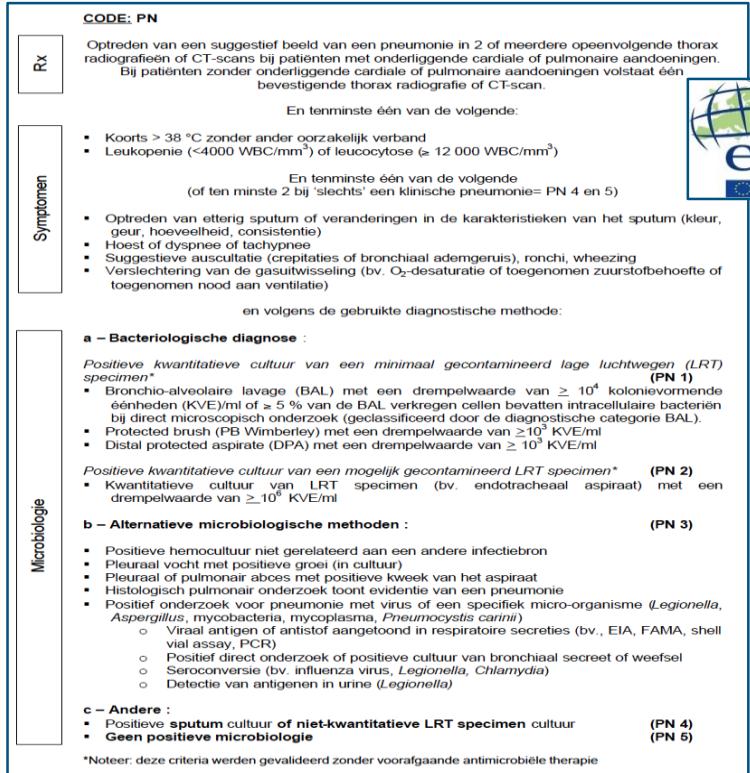
F. Álvarez Lerma^a, M. Sánchez García^b, J. Gordo^d, J.M. Añón^e, J. Álvarez^f, M. Palomar^g, R. García^h, Calatayud^j, R. Jam^k



2014



TO IMPROVE IS DIFFICULT



NOTHING LASTS FOREVER... 9 QUALITY INDICATORS OF ESICM 2011

Intensive Care Med (2012) 38:598–605
DOI 10.1007/s00134-011-2462-3

ORIGINAL

A. Rhodes
R. P. Moreno
E. Azoulay
M. Capuzzo
J. D. Chiche
J. Eddleston
R. Endacott
P. Ferdinand
H. Flaaften
B. Guidet
R. Kuhlen
C. León-Gil
M. C. Martín Delgado
P. G. Metnitz
M. Soares
C. L. Sprung
J. F. Timsit
A. Valentin

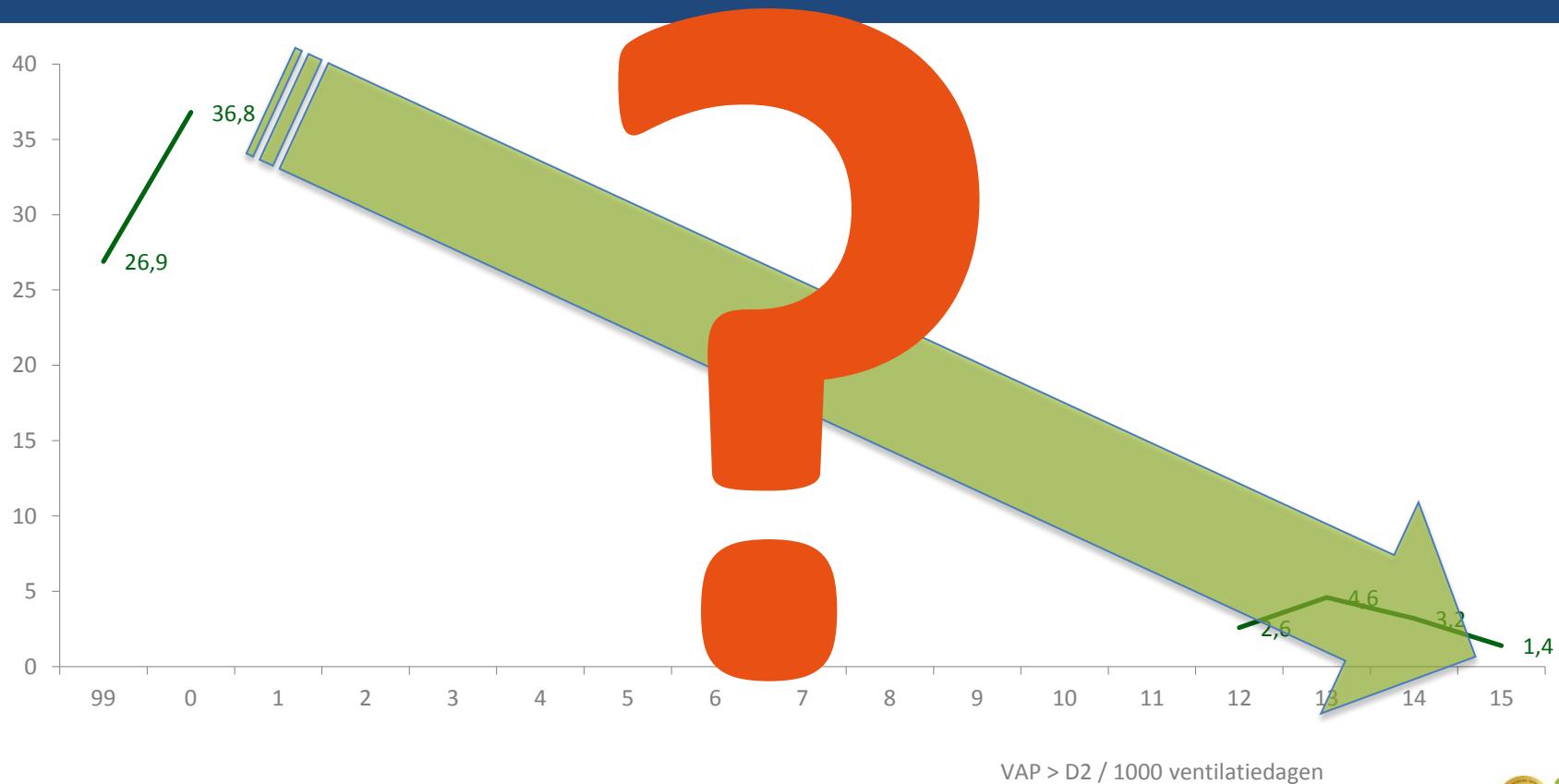
Prospectively defined indicators to improve the safety and quality of care for critically ill patients: a report from the Task Force on Safety and Quality of the European Society of Intensive Care Medicine

- NO ROOM FOR VAP !
- with okay with national legislation
- Intensivist 24/24 available
- Multidisciplinary consultation
- Incident reporting
 - Standardized hand over at discharge
 - Standardized Mortality Ratio (SMR)
 - Readmission < 48u after discharge
 - Unplanned extubations
 - Catheter associated blood stream infections

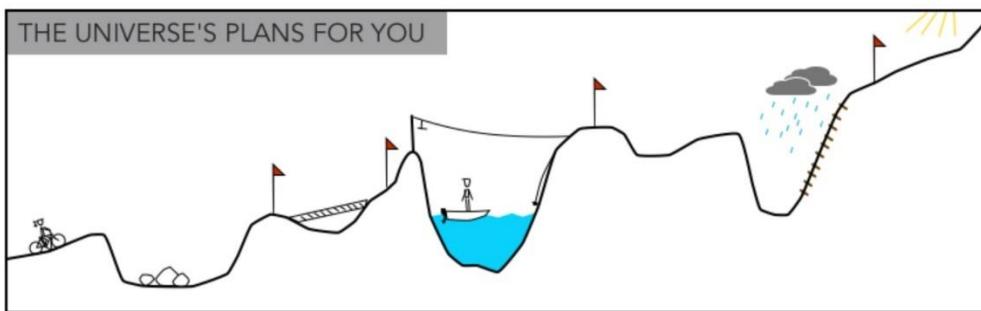
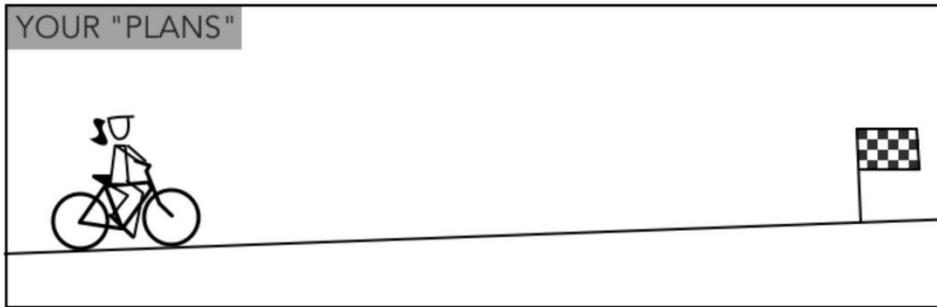


The Intensive Connection

FROM ZERO TO HERO



FROM ZERO TO HERO NOT THAT EASY !



DOGHOUSEDIARIES

UNIFORM DEFINITIONS

$$\text{VAP incidence} = \frac{\text{VAP (n)} * 1000}{\text{ventilator days (n)}}$$

- Exclude patients with LOS < 48h
- Stop measuring 48h after extubation
- Count patients with duration of MV < 48h
- Measure continuously, or:
 - You lose the attention of your collaborators
 - You lose knowledge of registration & definitions



USE UNIFORM DEFINITIONS

Pneumonia (PN1-PN5)

X-ray
Two or more serial chest X-rays or CT-scans with a suggestive image of pneumonia for patients with underlying cardiac or pulmonary disease. In patients without underlying cardiac or pulmonary disease one definitive chest X-ray or CT-scan is sufficient.

and at least one of the following

- Fever > 38 °C with no other cause
- Leukopenia (<4000 WBC/mm³) or leucocytosis ($\geq 12\,000$ WBC/mm³)

Symptoms
and at least one of the following
(or at least two if clinical pneumonia only = PN4 and PN5)

- New onset of purulent sputum, or change in character of sputum (color, odor, quantity, consistency)
- Cough or dyspnea or tachypnea
- Suggestive auscultation (rales or bronchial breath sounds), ronchi, wheezing
- Worsening gas exchange (e.g., O₂ desaturation or increased oxygen requirements or increased ventilation demand)

and according to the used diagnostic method

a – Bacteriologic diagnostic performed by :

Positive quantitative culture from minimally contaminated LRT specimen (PN1)

- Broncho-alveolar lavage (BAL) with a threshold of $\geq 10^4$ colony forming units (CFU)/ml or $\geq 5\%$ of BAL obtained cells contain intracellular bacteria on direct microscopic exam (classified on the diagnostic category BAL).
- Protected brush (PB Wimberley) with a threshold of $\geq 10^3$ CFU/ml
- Distal protected aspirate (DPA) with a threshold of $\geq 10^3$ CFU/ml

Positive quantitative culture from possibly contaminated LRT specimen (PN2)

- Quantitative culture of LRT specimen (e.g. endotracheal aspirate) with a threshold of 10^6 CFU/ml

b – Alternative microbiology methods (PN3)

- Positive blood culture not related to another source of infection
- Positive growth in culture of pleural fluid
- Pleural or pulmonary abscess with positive needle aspiration
- Histologic pulmonary exam shows evidence of pneumonia
- Positive exams for pneumonia with virus or particular germs (*Legionella*, *Aspergillus*, mycobacteria, mycoplasma, *Pneumocystis carinii*)
 - Positive detection of viral antigen or antibody from respiratory secretions (e.g., EIA, FAMA, shell vial assay, PCR)
 - Positive direct exam or positive culture from bronchial secretions or tissue
 - Seroconversion (ex : influenza viruses, *Legionella*, *Chlamydia*)
 - Detection of antigens in urine (*Legionella*)

c – Others

Positive sputum culture or non-quantitative LRT specimen culture (PN4)

- No positive microbiology (PN5)

Note: PN1 and PN2 criteria were validated without previous antimicrobial therapy



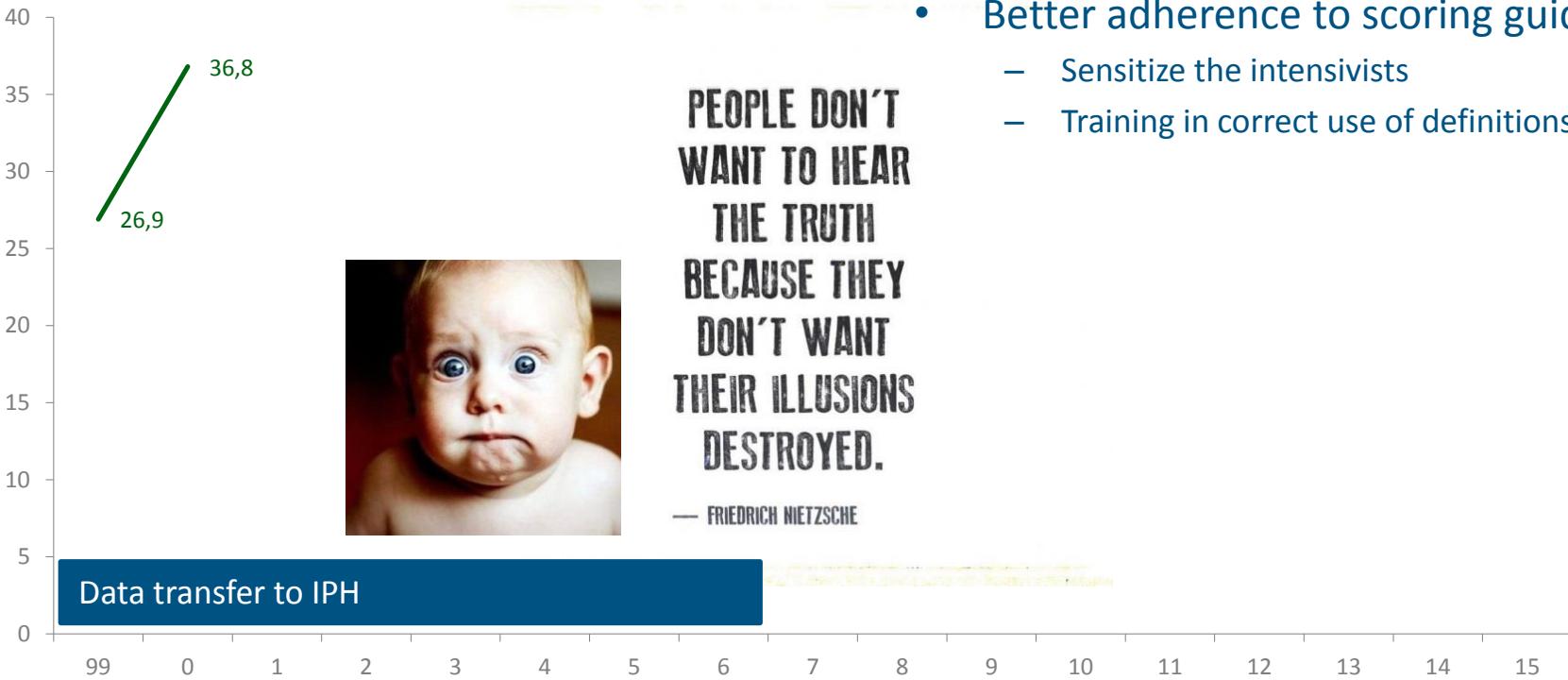
Peer review of possible VAP's:

- Promote identification
- Data manager checks definitions
- 2 peers review data
- Majority wins



EVOLUTION VAP ICU-azSB

2000: FIRST FEEDBACK



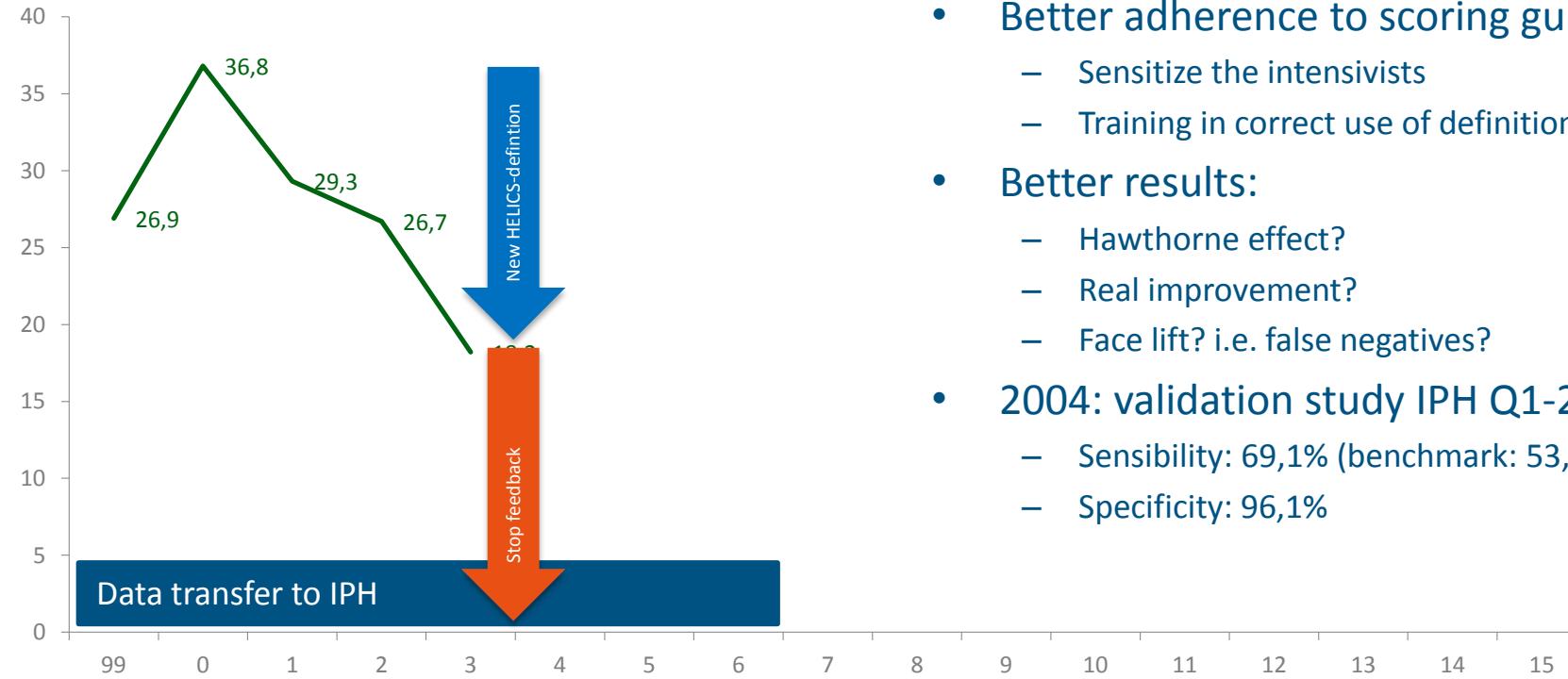
PEOPLE DON'T
WANT TO HEAR
THE TRUTH
BECAUSE THEY
DON'T WANT
THEIR ILLUSIONS
DESTROYED.

— FRIEDRICH NIETZSCHE

- Better adherence to scoring guidelines by:
 - Sensitize the intensivists
 - Training in correct use of definitions

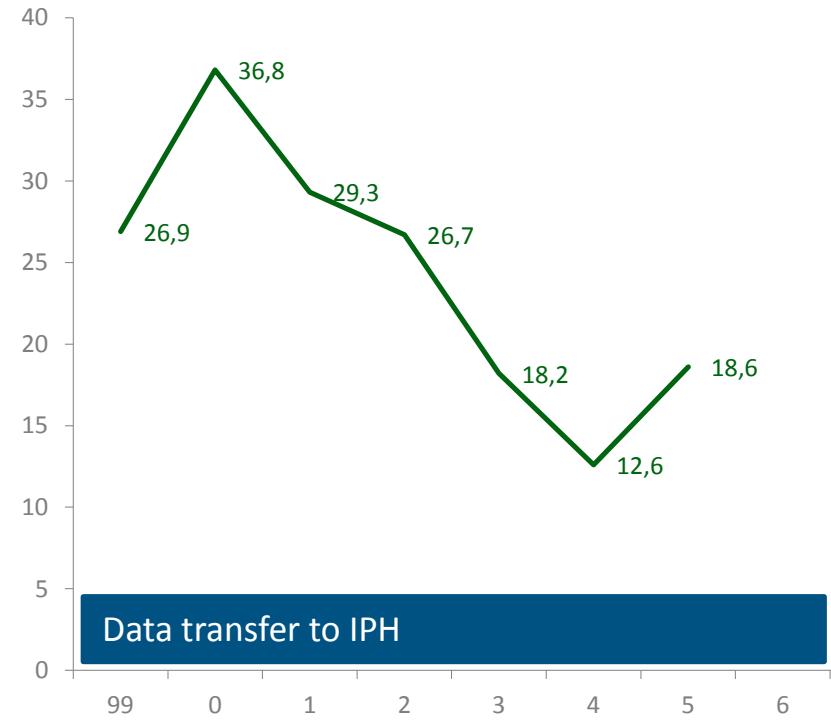
EVOLUTION VAP ICU-azSB

2001-2003

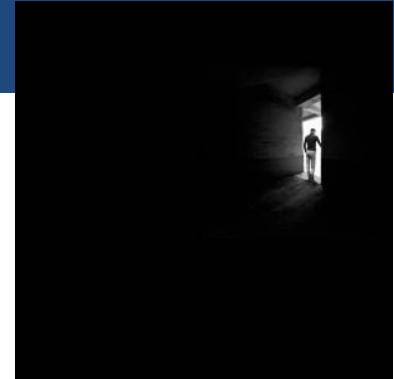


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2004-2005

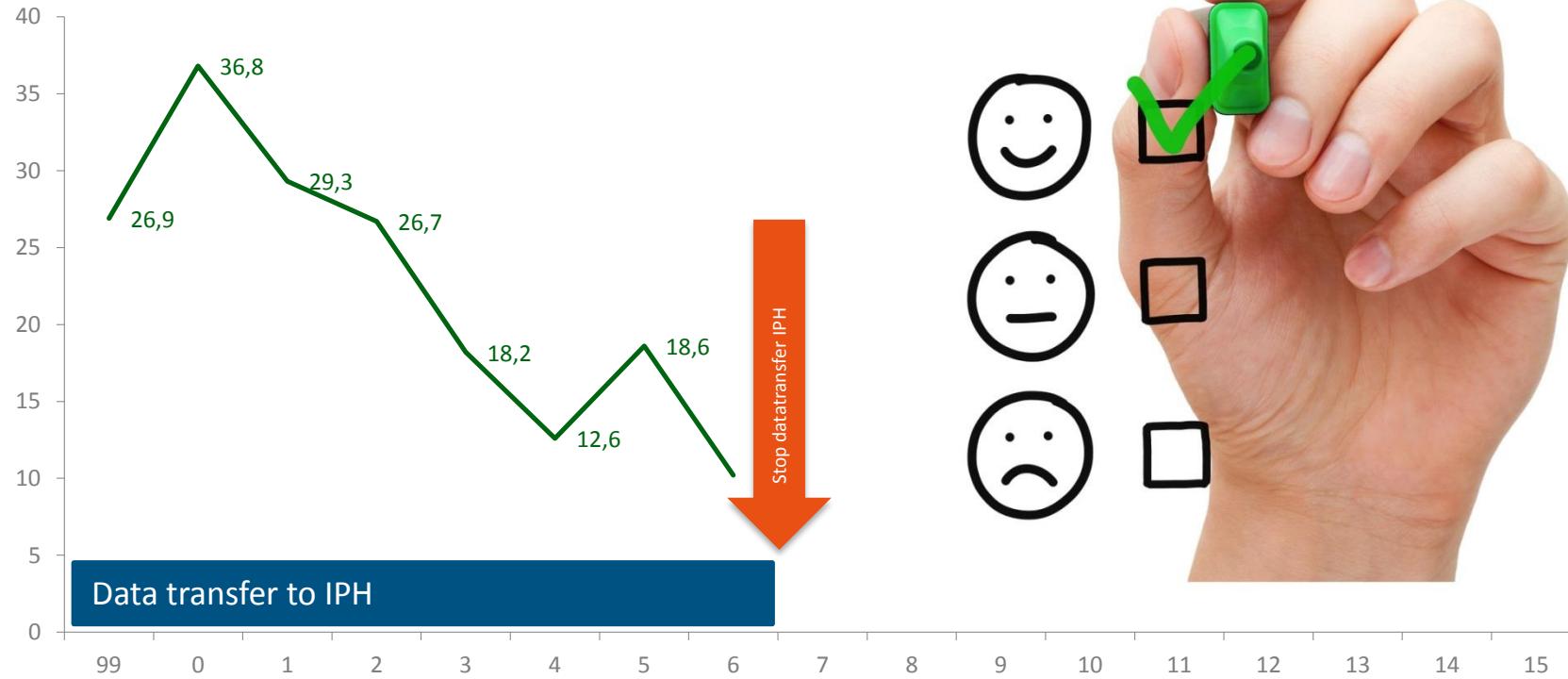


- Dark ages:
 - No feedback IPH
 - Calculate results with NISH-software
- 2004: aspiration technique
 - Training
 - Standing order
- S2-2004 & S1-2005:
 - Test subglottic suctioning
 - Result: negative



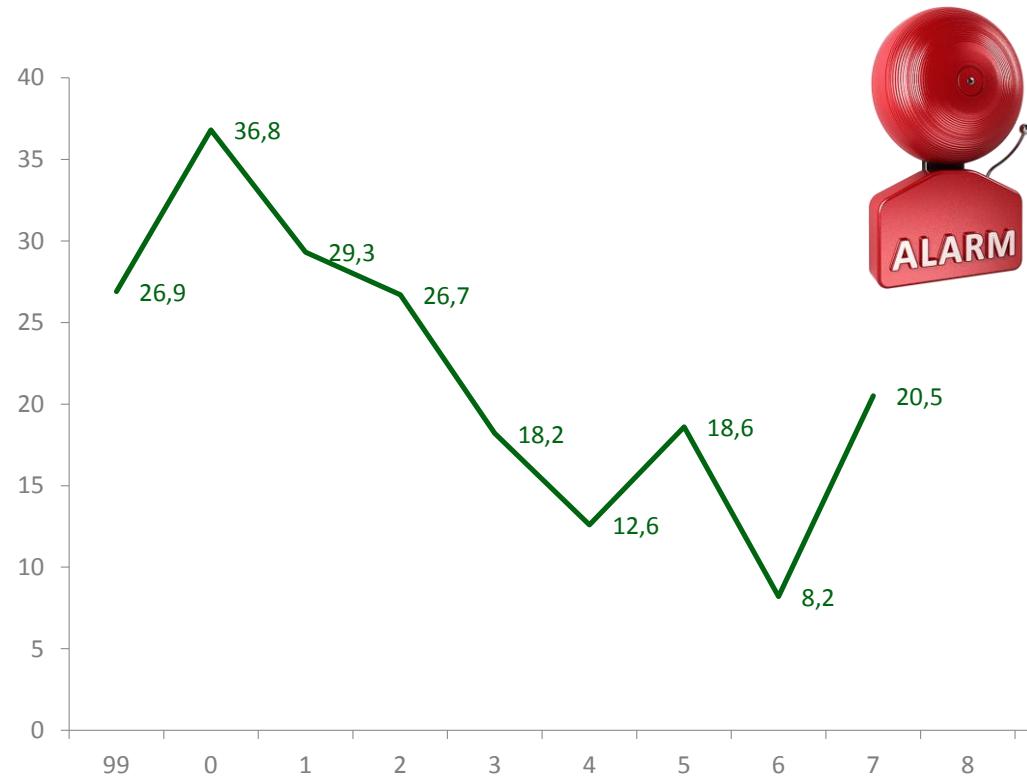
EVOLUTION VAP ICU-azSB

2006



EVOLUTION VAP ICU-azSB

2007



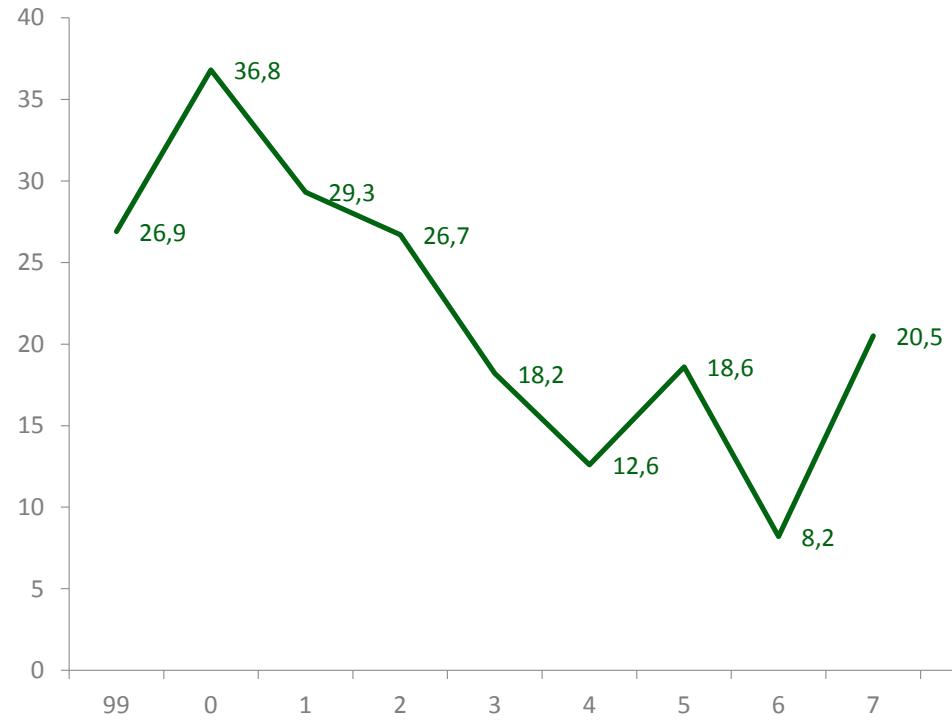
“ YOU CAN'T MANAGE
WHAT YOU DON'T MEASURE.

- W. Edward Deming



EVOLUTION VAP ICU-azSB

2008



Preventie van kolonisatie van de luchtweg

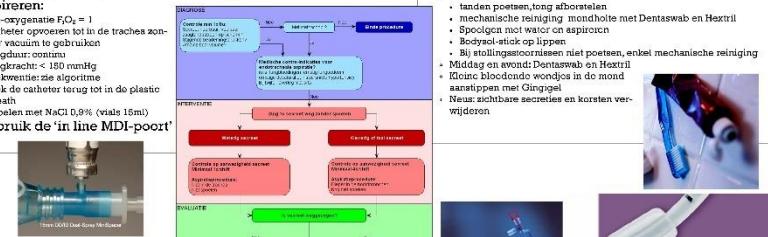
- Strikte handhygiëne voor én na elke manipulatie
- Gebruik handschoenen bij elke manipulatie
- Geen routinevervanging van beademingscircuits, tenzij zichtbaar vervuild
- Kunstneuzen /48u vervangen of indien zichtbaar vervuild
- Drainage van condensaat in het beademingscircuit

Suctieprotocol

- Houd het beademingscircuit zoveel mogelijk gesloten
- Indicaties gesloten aspiratiesysteem:
 - ≥ 48u beademing voorzien
 - sowieiso indien $F_{O_2} \geq 0,6$ of PEEP $\geq 10 \text{ cmH}_2\text{O}$
- Gesloten aspiratiesysteem /72u vervangen

Aspireren:

- Pre-oxygenatie $F_{O_2} = 1$
- Katheter oppoelen tot de trachea zon
- Geen aspiratie gebruiken
- Zuigduur: continu
- Zuigkracht: < 150 mmHg
- Frequentie: zie algoritme
- Trok de catheter terug tot in de plastic sheath
- Spuiten met NaCl 0,9% (viale 15ml)
- Gebruik de 'in line MDI-poort'



Sint-Blasius
ALGEMEEN ZIEKENHUIS

- New new stuff:
 - Closed airway suctioning
 - MDI-port
 - ETT with PU-cuff
 - Manual cuff pressure measurement
- Poster in every room

Preventie van aspiratie van gecontamineerde secretes

- Gebruik de Microcuff ETT
- Cuffdruk controleren/shift
- Zuig secreet uit de mond/keelholte alvorens cuff te lossen van ETT te manipuleren
- Controleer de positie van de ETT
- Fixeer de ETT stevig, om ongeplande extubatie te voorkomen
- > 30° hoogstand van het hoofdeinde van het bed
- Controleer maagresidu, cf. stand en order 'Sondevoeding'
- Verwijder maagsonde zodra mogelijk
- Staan order 'neus- en mondhygiëne': 3x/dag
- Ochtend:
 - tanden poetsen, tong afborstelen
 - mechanische reiniging mondholte met Dentaswab en Hextril
 - Spogelgoot water op aspireren
 - Geen aspiratie gebruiken
 - Bi stollingscorrisie niet poetsen, enkel mechanische reiniging
- Middag en event: Dentaswab en Hextril
- Klinc bloedende wondjes in de mond aanstippen met Gingigel
- Neus: zichtbare secretes en korsten verwijderen



Kimberly-Clark
Trusted Clinical Solutions®

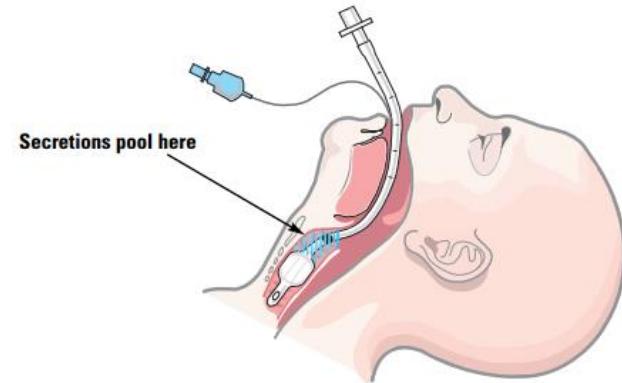


EVOLUTION VAP ICU-azSB

2008



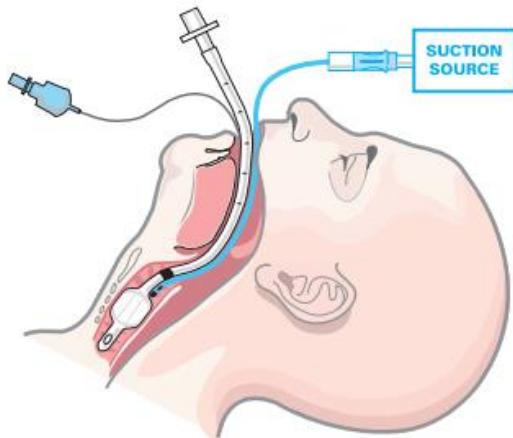
- Nurses' observations: closed suction doesn't work
- New focus: micro-aspiration



HOW TO TACKLE MICRO ASPIRATION ?

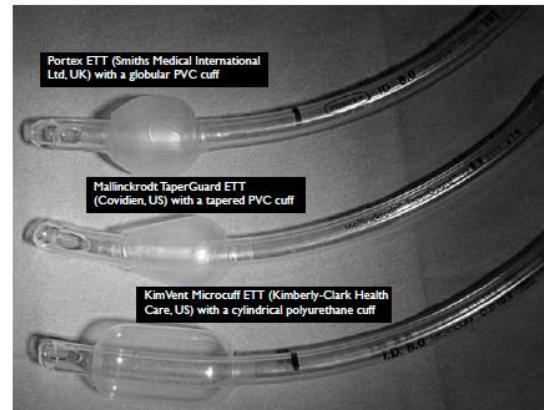
Subglottic suctioning

- Evacuation of secretions above the cuff
- Manual vs. automatic

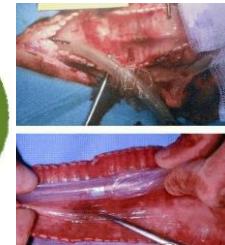
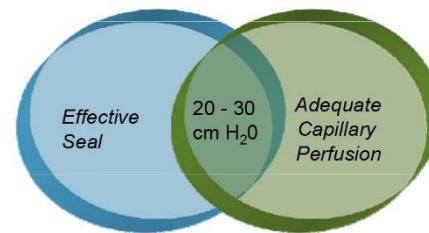


Cuff

- Design: barrel vs. cylindric vs. tapered
- Material: PVC vs. PU vs. silicone

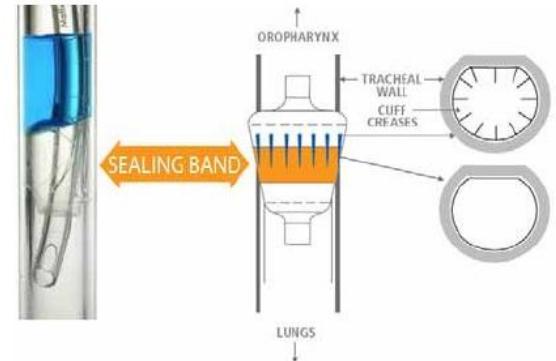
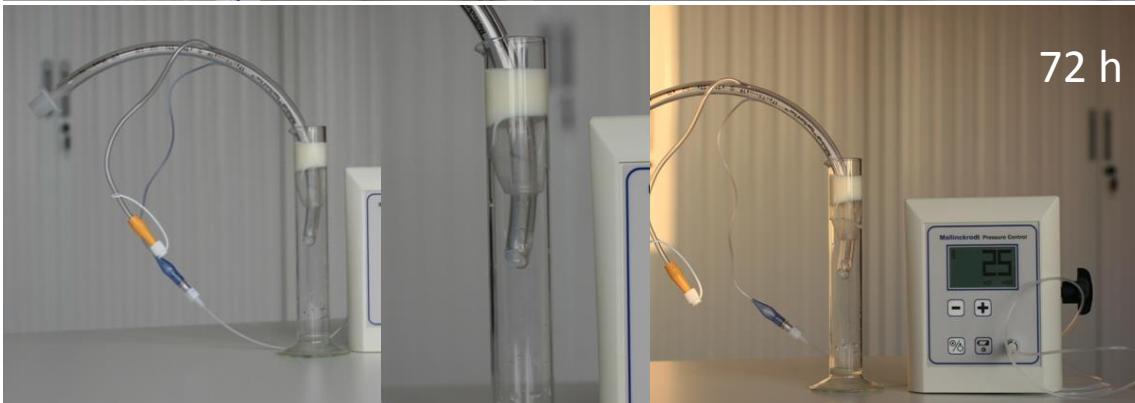
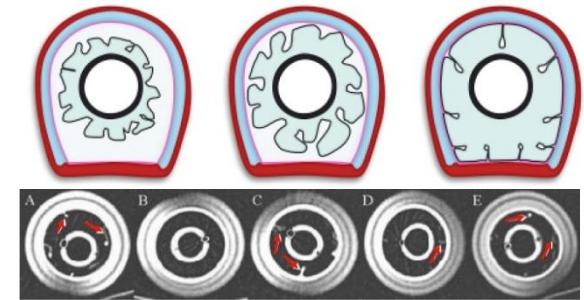


Cuff pressure



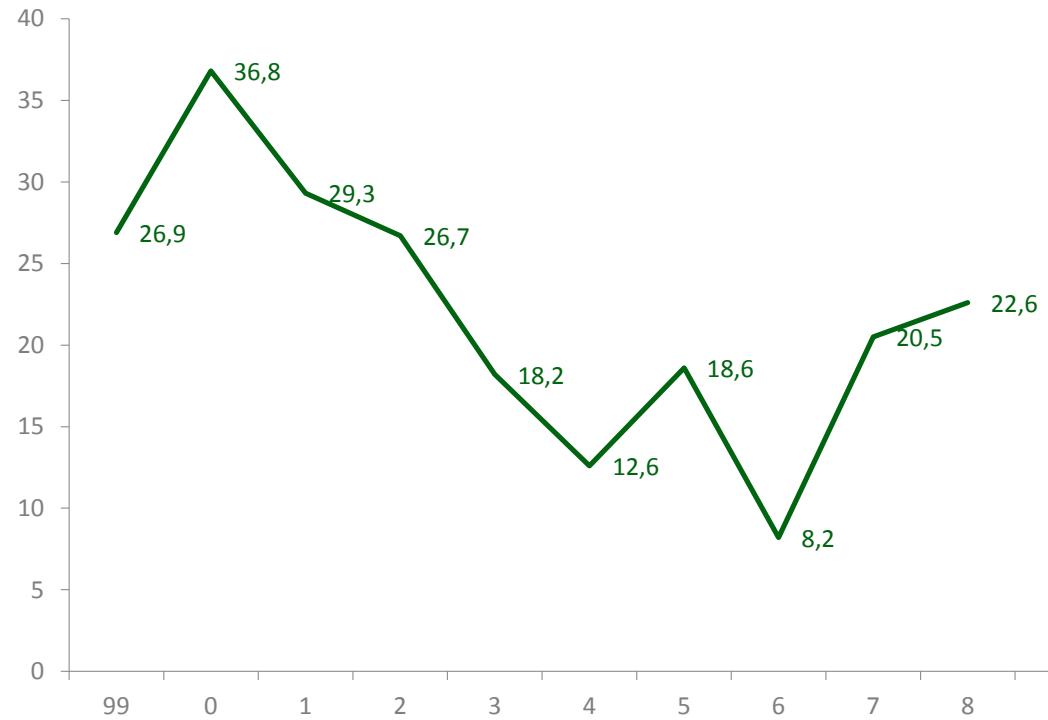
- Intermittent vs. continuous measurement
- Automatic vs. manual correction

MICRO ASPIRATION



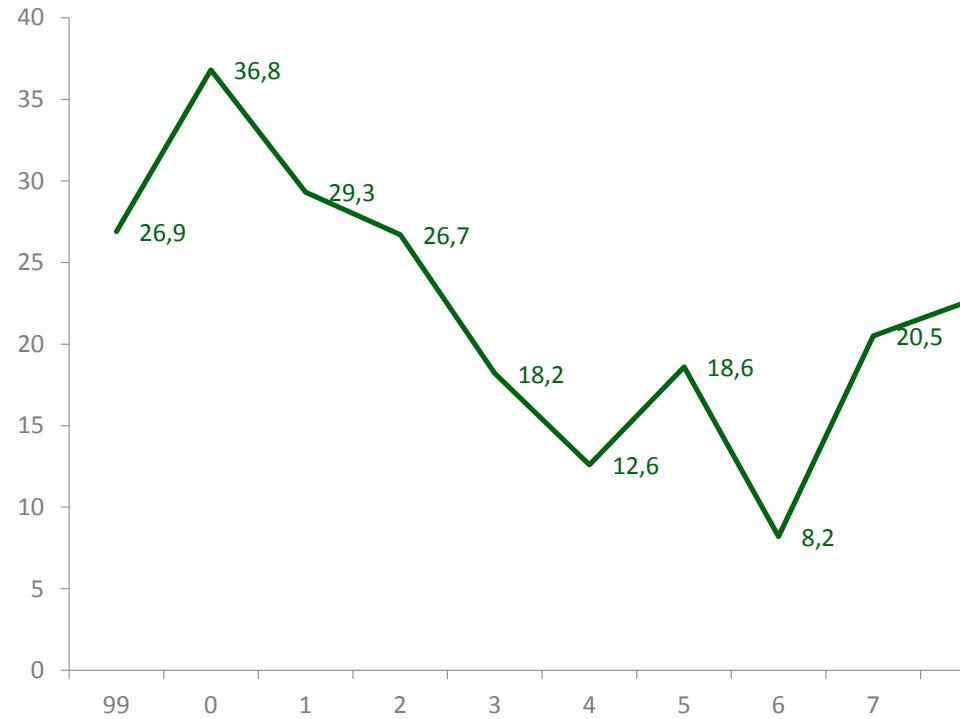
EVOLUTION VAP ICU-azSB

2009



EVOLUTION VAP ICU-azSB

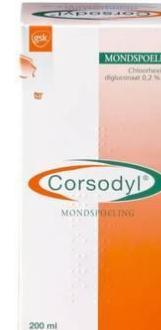
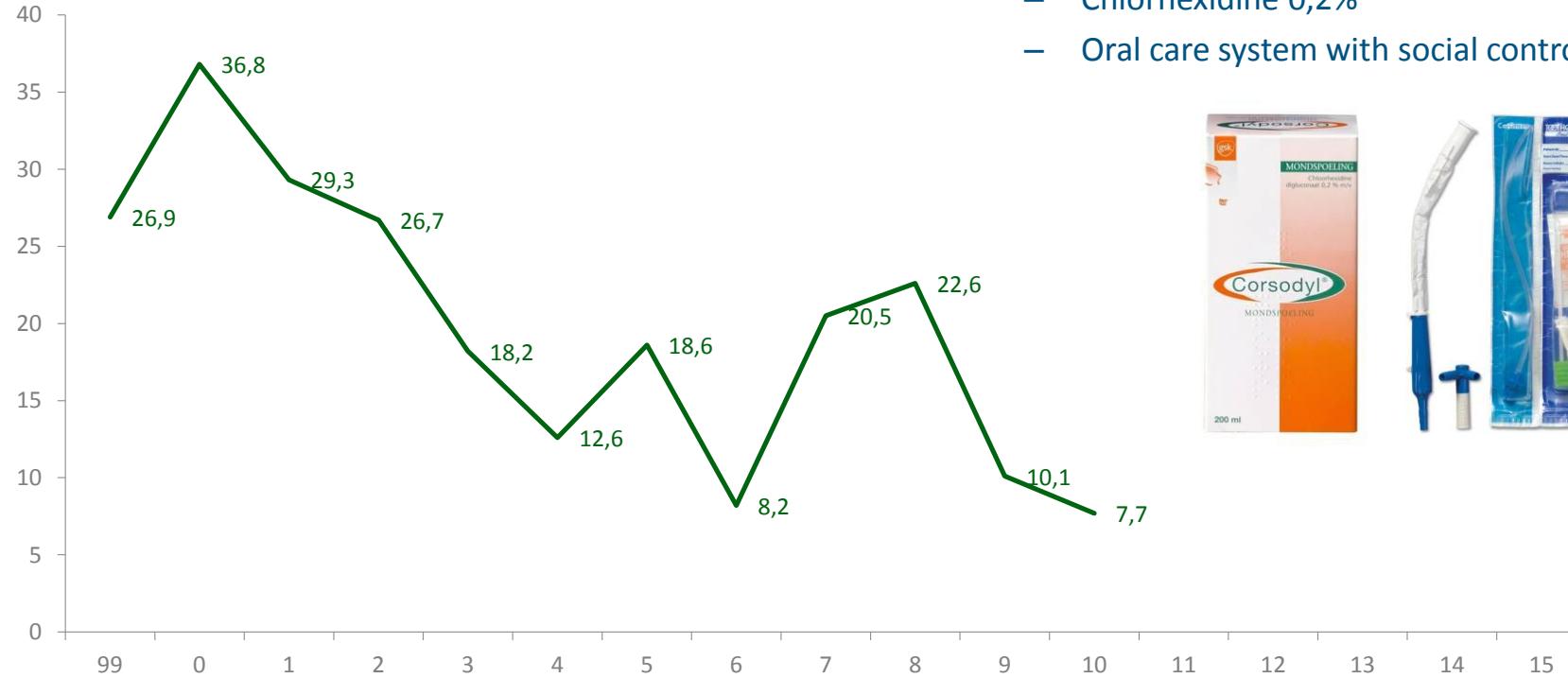
2009-2010



EVOLUTION VAP ICU-azSB

2009-2010

- New oral care materials:
 - Chlorhexidine 0,2%
 - Oral care system with social control



EVOLUTION VAP ICU-azSB

2011

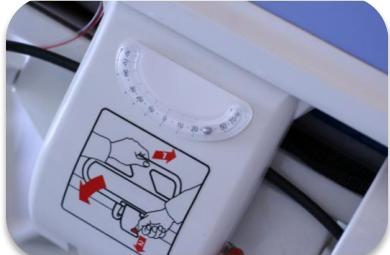
- Project Fed Dpt Health, cell Quality
- Development Belgian VAP-bundle



BUNDLE

- Synergistic combination of 'best practices' that improve care (1+1=3).
- Evidence based & 'standard of care'.
- Very clear, measurable elements: yes / no answers.
- All the elements in the bundle must be carried out together: non-compliance with one element =non-compliance of the complete bundle.

BELGIAN VAP-BUNDLE v2012



> 30° elevation



Sedation stop?



Cuff pressure
control



Oral Care
Chlorhexidine

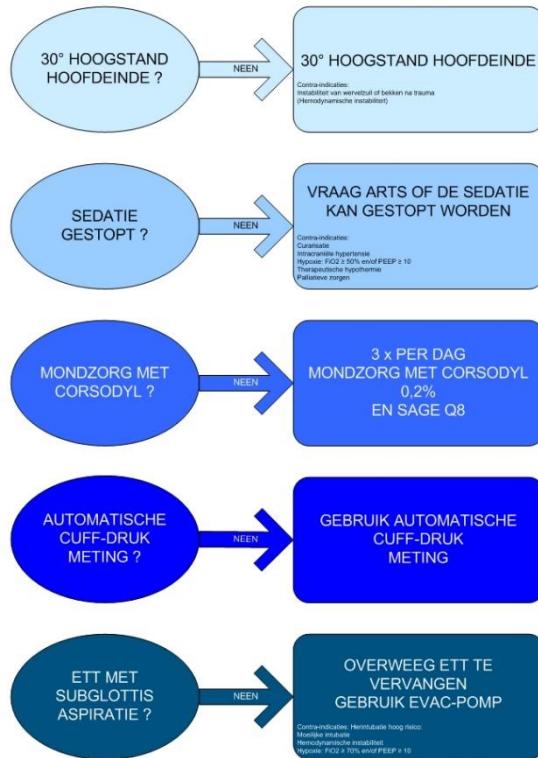


Optional: Subglottic
suctioning

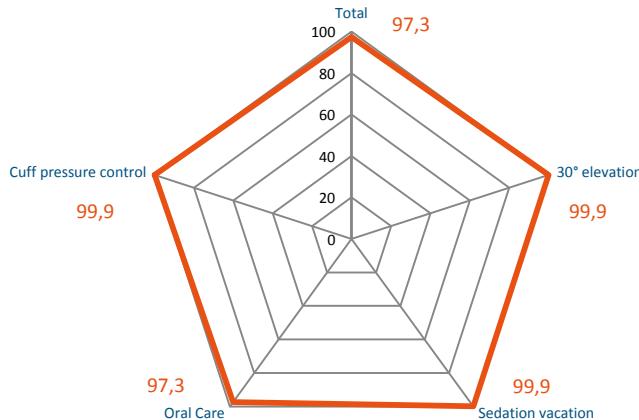
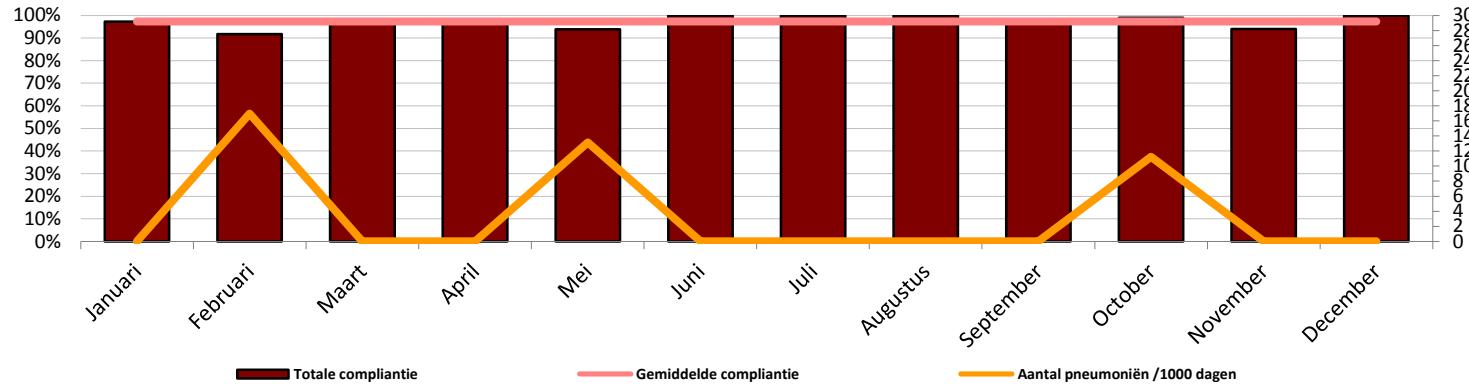
azSB VAP-BUNDLE v2012



PREVENTIE VENTILATOR GEASSOCIEERDE PNEUMONIE

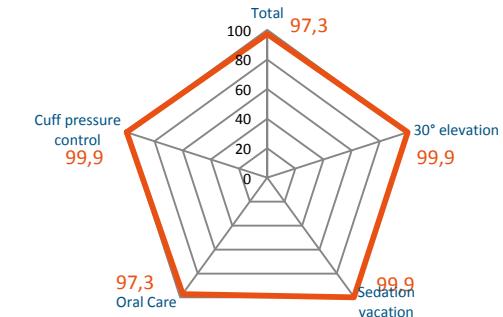
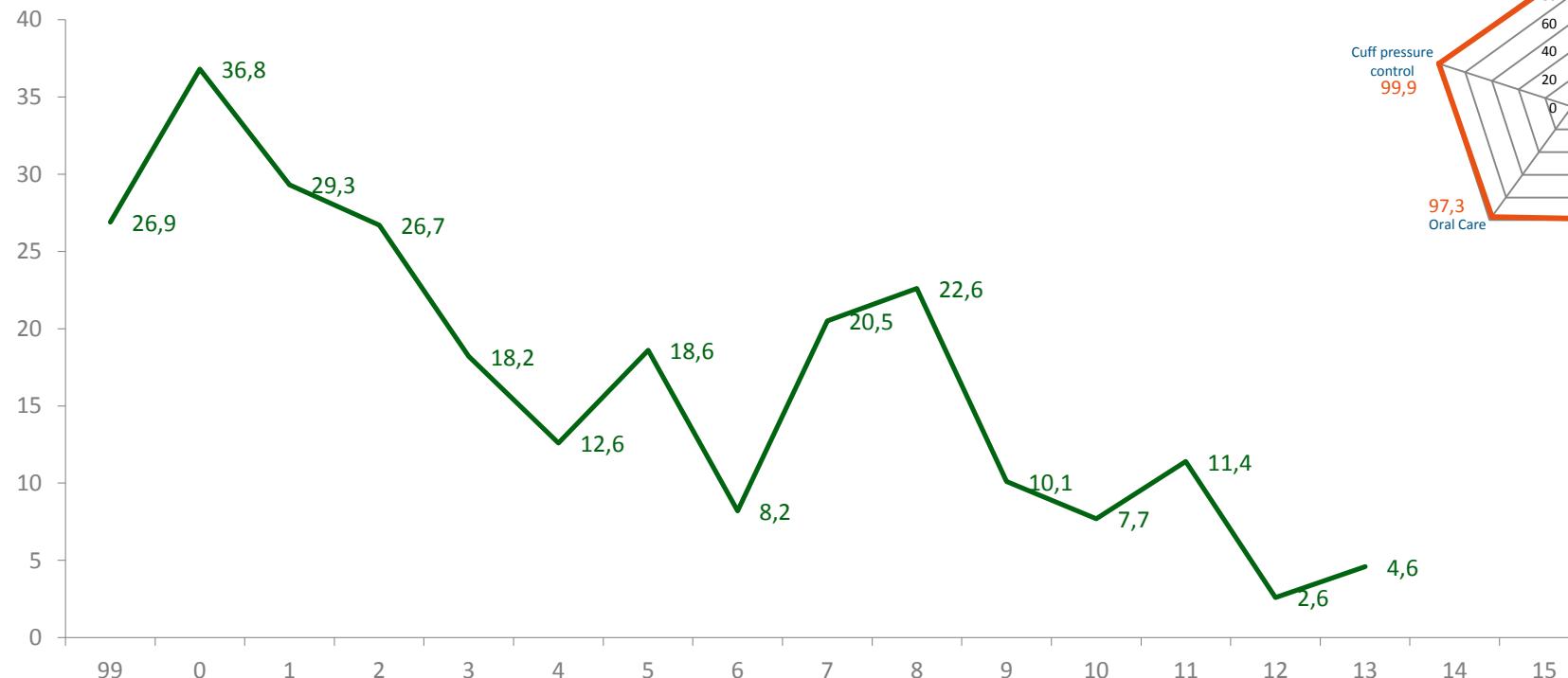


COMPLIANCE azSB 2013



EVOLUTION VAP ICU-azSB

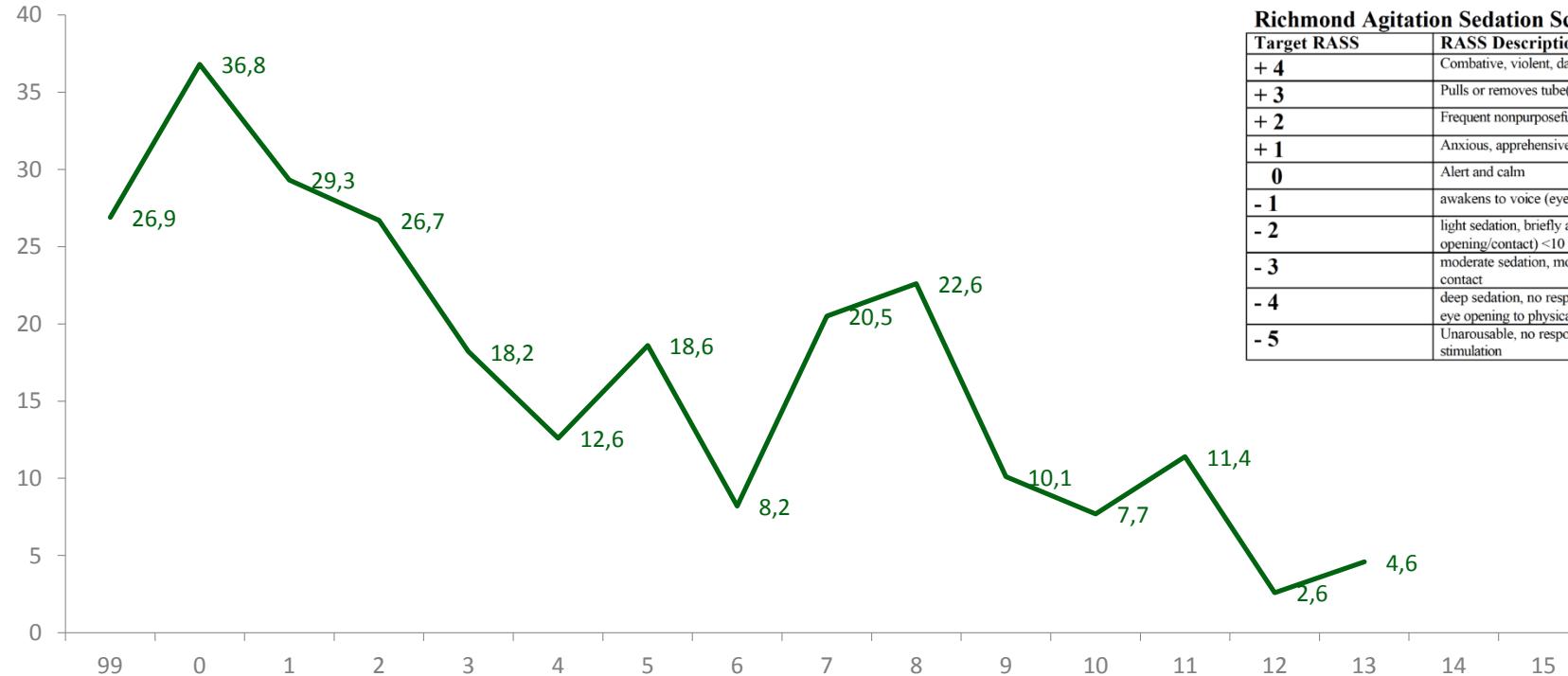
2012-2013



EVOLUTION VAP ICU-azSB

2012-2013

- Sedation protocol with RASS



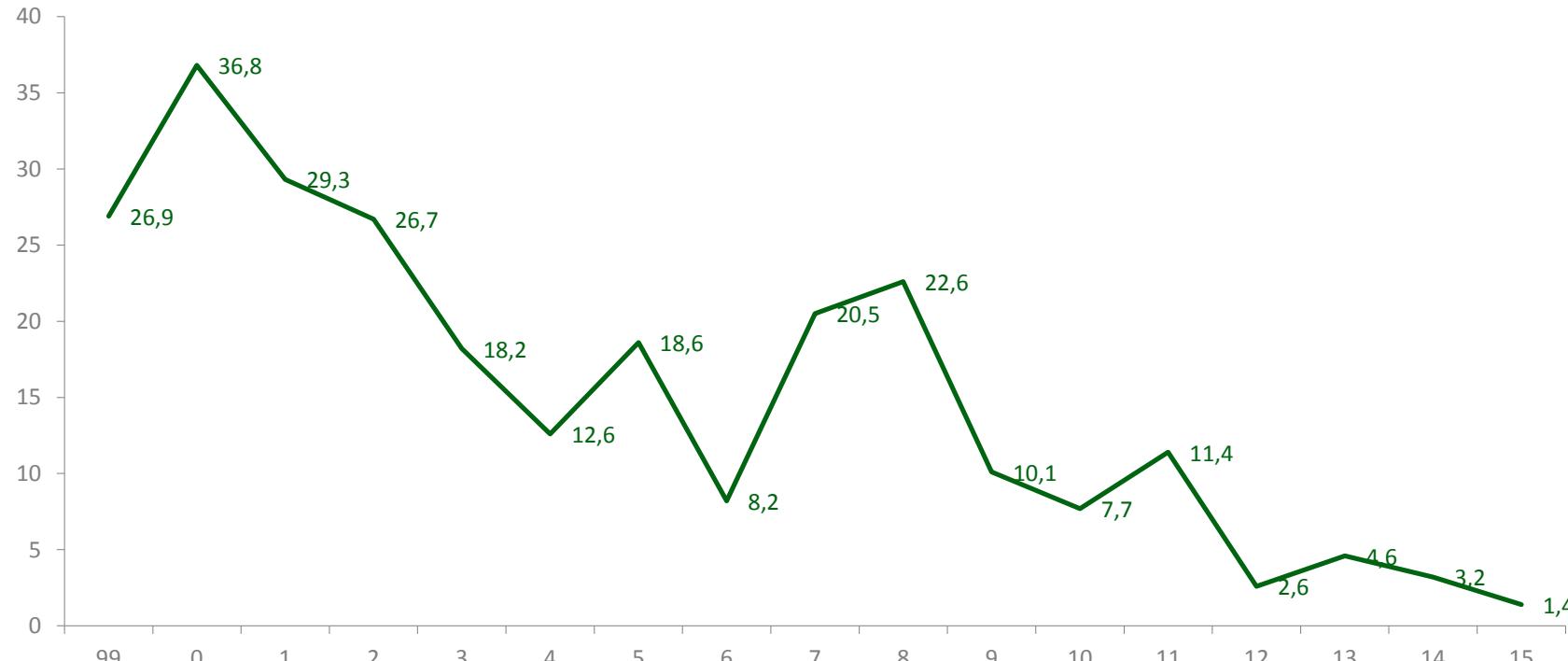
Richmond Agitation Sedation Scale (RASS)

Target RASS	RASS Description
+ 4	Combative, violent, danger to staff
+ 3	Pulls or removes tube(s) or catheters; aggressive
+ 2	Frequent nonpurposeful movement, fights ventilator
+ 1	Anxious, apprehensive , but not aggressive
0	Alert and calm
- 1	awakens to voice (eye opening/contact) >10 sec
- 2	light sedation, briefly awakens to voice (eye opening/contact) <10 sec
- 3	moderate sedation, movement or eye opening. No eye contact
- 4	deep sedation, no response to voice, but movement or eye opening to physical stimulation
- 5	Unarousable, no response to voice or physical stimulation

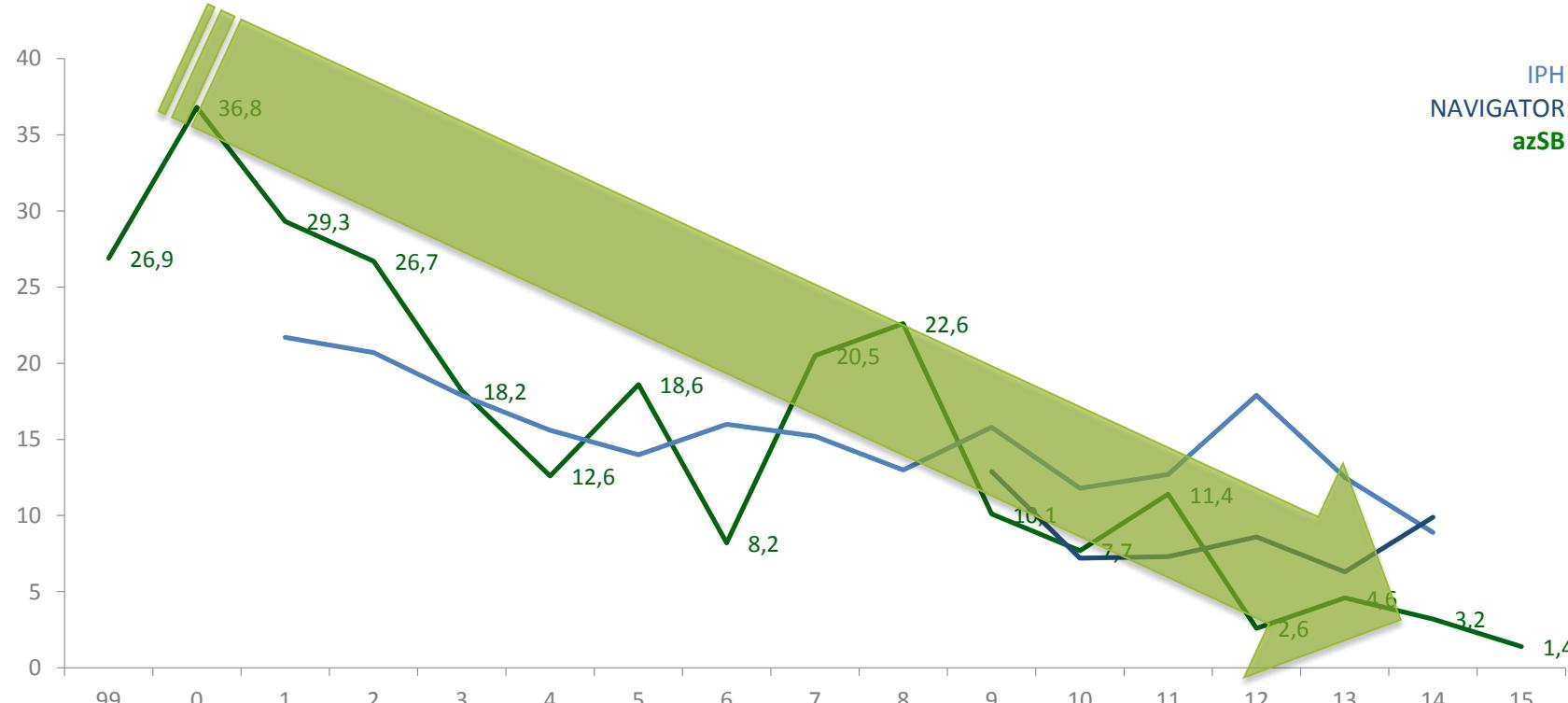


EVOLUTION VAP ICU-azSB

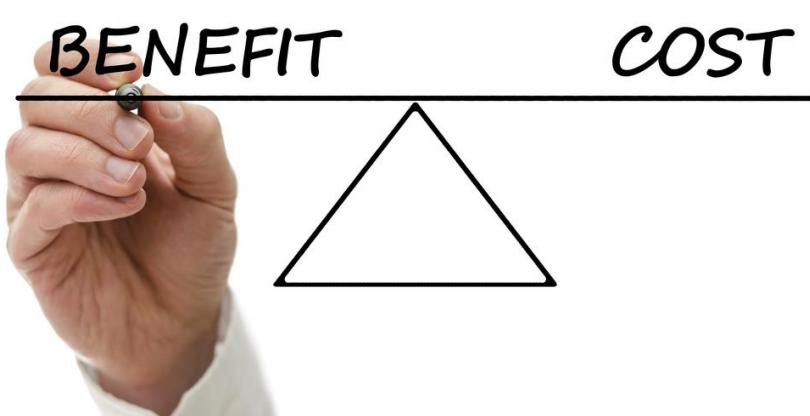
2014-2015



EVOLUTION VAP IZ-azSB 1999-2015



CRITICISM



COSTS OF INNOVATION



COST-EFFECTIVE ?

COST

For the hospital

- ETT: 200x
 - € 20 vs. € 2
- Cuff controller: 12x
 - € 1.440 vs. € 141
- Suction pumps: 12x
 - € 650
 - Reservoirs 200mL: € 3
 - Reservoirs 1L: € 1

Total: € 28.080

Additional expenses: € 21.080

BENEFIT

For society



3 VAP's = € 30.000 benefit = cost neutral

COST-EFFECTIVE ?



A dream you dream alone
is only a dream.

A dream you dream together
is reality.

-John Lennon

IMAGINE...



67 accredited ICU's, 1152 beds

REPRODUCIBILITY ?

azSB

- ETT: Covidien Taperguard EVAC
- Intermittent subglottic suctioning pump
- Continuous cuff pressure measurement
- > 30° elevation head end bed
- Oral care with hexetidine
- No sedation goals

Prevention of Ventilator-Associated Pneumonia and Ventilator-Associated Conditions: A Randomized Controlled Trial With Subglottic Secretion Suctioning*

Pierre Damas, MD, PhD¹; Frédéric Frippiat, MD, PhD²; Arnaud Ancion, MD²; Jean-Luc Canivet, MD, PhD¹; Bernard Lambermont, MD, PhD²; Nathalie Layios, MD¹; Paul Massion, MD, PhD¹; Philippe Morimont, MD, PhD²; Monique Nys, PhD¹; Sonia Piret, MD¹; Patrizio Lancellotti, MD, PhD²; Patricia Wiesen, MD¹; Vincent D'orio, MD, PhD³; Nicolas Samalea¹; Didier Ledoux, MD, PhD¹

- ETT: Teleflex Isis
- Subglottic suctioning, no data about technique
- Non-continuous cuff pressure measurement
- > 30° elevation head end bed
- Oral care with chlorhexidine
- Daily reassessment of sedation goals

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EVERY ADVANTAGE HAS ITS DISADVANTAGE

Johan Cruyff, reversed



DISADVANTAGES

MEAN LENGTH OF STAY



BED OCCUPANCY 2015

Calender day
based

3961 d

90,4 %

Exact
(minute based)

2763,63 d

63,1 %

CONSEQUENCES

STAFF REDUCTION



INCOME DROP



BUT, IF YOU ASK ME ...

You invested...



Was it
Worth
it?

PATIENTS FIRST: OUR VALUE EQUATION

Everyone has an idea for how to improve health care, and they all have merit. There are no one-size-fits-all solutions. There's one common thread, however, woven throughout all of them: Creating more value for patients. This is how we define value.

$$V = \frac{\uparrow Q + \uparrow S}{\downarrow \$}$$

The equation illustrates the components of value:

- Value (V):** Represented by a large red letter V.
- Quality (Q):** Represented by an orange upward arrow above the letter Q.
- Service (S):** Represented by a teal upward arrow above the letter S.
- Cost (\$):** Represented by a green downward arrow below the dollar sign \$.

Credits to...

Dr. Koch
Chloé
Pascal
Paul
Vicky
Marc
Sofie
Aafke
Mira
David
Maria
Karen
Stefaan
Annelies



Dr. Temmerman Leen
Gudrun Dr. Mignolet
Kathleen Thijs Cindy
Dr. Pannier Helena
Marijke
Astrid
Evelien
Guido
Mieke
Marlies
Serge Kelly Sonja
Marijke VMariaken
Dr. Sarens Rita Chris
Hendrik Dr. Swinnen



**KEEP
CALM**
Because
**IT'S THE
END**