

# Use of Daily Sedation Vacation Protocol in Prevention of Ventilator Associated Pneumonia

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## RESEARCH QUESTION

In mechanically ventilated adult patients in the intensive care unit (ICU), how does the use of daily sedation vacation compared with standard of care affect decreased ventilator-associated pneumonia?

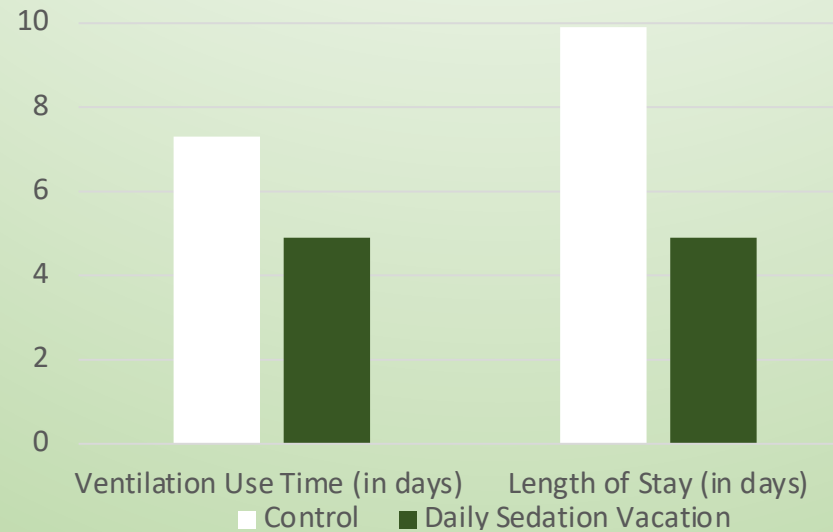
## BACKGROUND

- Ventilator-associated pneumonia (VAP) is the onset or diagnosis of pneumonia within 48-72 hours of endotracheal intubation.
- VAP is one of the most common and deadly hospital-associated infections (HAI), increasing medical costs by \$40,000 and lengthening hospital stay by an additional seven to nine days.
- The death rate of VAP patients is two to ten times more than that of non-VAP patients.
- Sedation vacation is the daily awakening of patients in which the infusion of sedatives is intentionally interrupted.
- Sedation vacation decreases ventilation use time, length of stay, medical costs, and incidence of VAP.

## IMPLICATIONS

- Since every hospital has different ventilator-associated pneumonia protocols, expanding research will allow for greater application and continuity of results
- In comparing practices from various hospitals and organizations, the greatest reward potential is possible.
- Beginning research in the intensive care setting then published by Digital Commons@SHU, 2023 makes the most sense as ventilators are most often used in the ICU.

## IMPLEMENTATION OF SEDATION VACATION



## VENTILATOR CARE BUNDLE

- DAILY SEDATION VACATION
- HEAD-OF-BED ELEVATION
- MAINTENANCE OF ENDOTRACHEAL CUFF
- ASEPTIC TECHNIQUE AND HAND HYGEINE
- EVALUATION OF SUBGLOTTIC SECRETION
- ORAL CARE WITH CHLOROHEXIDINE
- CONDUCTING DAILY ASSESSMENTS

## CONCLUSIONS

- Daily awakening decreases mechanical ventilation duration, length of hospital stay, and occurrence of ventilator-associated pneumonia.
- The longer a ventilator is used, the higher the incidence of VAP. Implementation of daily awakening of patients, sedation vacation, reduces average ventilation use time.

## NURSE'S ROLE

- Due to the associated benefits of daily sedation vacations, nurses must advocate for their patients and ensure this measure is taken every shift.
- Nurses must partake in knowledge translation in order to implement evidence-based research into the standard of care. If research is never translated into actual clinical practice, patient care suffers.
- It is the responsibility of the nurse to implement the most current and supported care guidelines, which is daily sedation vacations for mechanically ventilated patients.

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