

Forgetting about Delirium – a review of sedation documentation in the ICU

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BACKGROUND

Approximately two thirds of critically ill patients develop delirium during ICU admission. The use of sedation, whilst sometimes necessary, can precipitate delirium, and worsen patient outcomes. Use of sedation scores has been shown to significantly improve sedation management as well as various patient outcomes. A commonly used sedation score is the Richmond Agitation and Sedation Score (RASS).

METHODS

Retrospective data collection from medical notes over a 7-day period, assessing all patients on Glenfield ICU requiring a sedation infusion. 32 patient reviews were checked for:

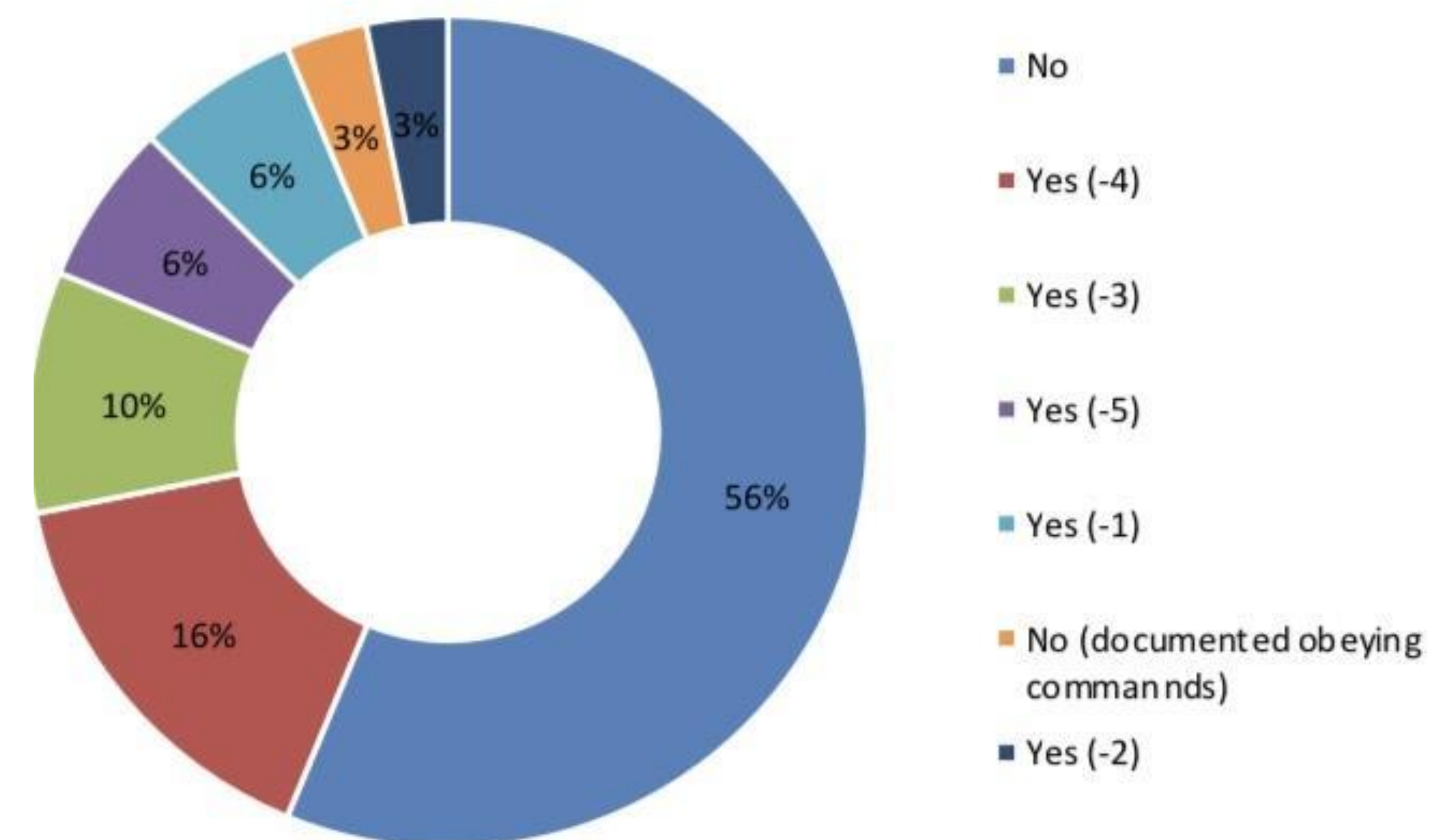
- Documentation of the current RASS
- Target RASS
- Grade of assessing clinician

RESULTS

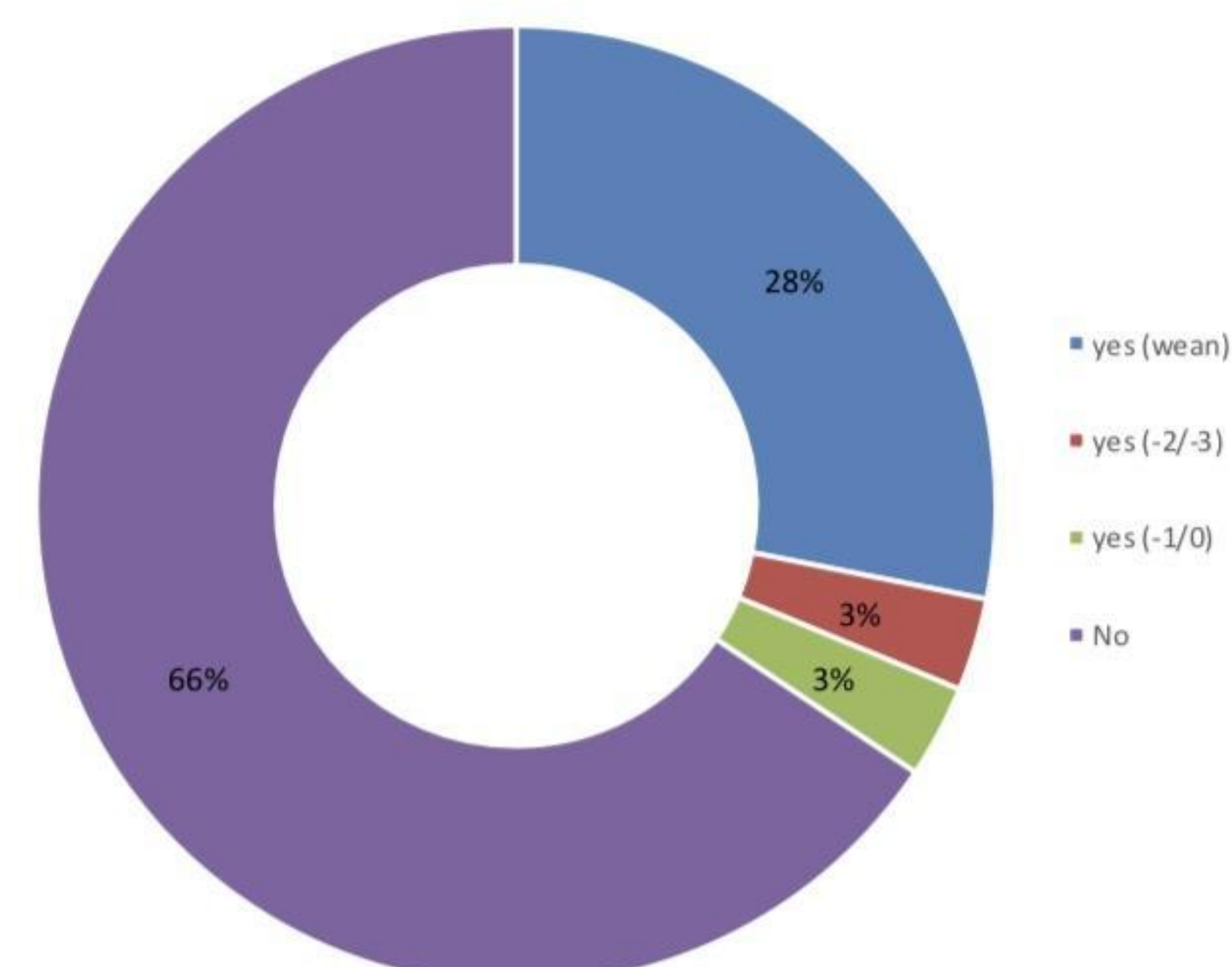
- Current RASS was not documented **56% of the time**
- Target RASS was not documented **66% of the time**
- Specialty registrar documentation of current and target RASS was **30.7% and 30.7%** respectively
- ACCP documentation of current and target RASS was **100% and 60%** respectively

| Clinician | Total Collected | Current Score Documented | % Current Score | Target Score Documented | % Target Score |
|-----------|-----------------|--------------------------|-----------------|-------------------------|----------------|
| ACCP | 5 | 5 | 100.00% | 3 | 60.00% |
| FELLOW | 6 | 2 | 33.33% | 2 | 33.33% |
| SPR | 13 | 4 | 30.77% | 4 | 30.77% |
| FY | 1 | 0 | 0.00% | 1 | 100.00% |
| CT | 1 | 1 | 100.00% | 0 | 0.00% |
| UNCLEAR | 6 | 1 | 16.67% | 1 | 16.67% |

Current RASS



Target RASS



DISCUSSION

Rotational trainees showed **poor compliance with documentation guidelines** compared to ACCPs – this is likely to reflect less exposure to ICU, and lack of awareness of sedation scores. As such, the following recommendations have been made:

- Cross-site ICU teaching session on delirium, sedation, and the use of RASS
- Teaching at induction for rotating doctors on the above topics
- Updating junior doctor ICU handbook
- Updating daily ICU review proforma to make documentation of current and target RASS easier

REFERENCES

- King J, Gratrix A. Delirium in intensive care. Continuing Education in Anaesthesia Critical Care & Pain 2009; 9(5):144–147
- Degrado JR, Anger KE, Szumita PM, Pierce CD, Massaro AF. Evaluation of a local ICU sedation guideline on goal-directed administration of sedatives and analgesics. Journal of Pain Research 2011; 4:127-134.

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