

ROUNDING IN ICU

Integrating evidenced based practices
using FAST HUGS BID

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Educational Objectives

1. Learn how to remember evidenced based practices in ICU using FAST HUG BID system

Why use FAST HUGS BID?

- The evidence base within critical care is growing continually
- We now have high-quality evidence to support our practice from randomised controlled trials
- Remembering how to apply this evidence in a systematic fashion isn't always easy

What is FAST HUGS BID?

- FAST HUGS BID is a mnemonic that allows us to check that we are delivering all the evidence based practices that are appropriate for patients

FAST HUGS BID

FEEDING

- What feeds or diet is the patient receiving? Can this be optimized?
- If currently nil by mouth, do they still need to be?
- If projected to be nil by mouth for a long time, should TPN be considered?

FAST HUGS BID

ANALGESIA

- Is pain control adequate?
- Are non-opioid adjuncts being used?
- Can oral analgesics be added instead of IV infusions

SEDATION

- Is sedation being minimized as much as possible?
- Is a non-benzodiazepine strategy being used, if possible?

THROMBOEMBOLISM

- Is the patient receiving VTE prophylaxis?
- Does the VTE prophylaxis need to be adjusted for renal function?
- For patients at high bleeding risk, are TEDS or SCDs being used?

FAST HUGS BID

HHEAD OF BED ELEVATION

- Is head of bed elevated to at least 30 degrees?

FAST HUGS BID

STRESS ULCER PROPHYLAXIS

- Does this patient require stress ulcer prophylaxis?
- Can stress ulcer prophylaxis be discontinued?

GLYCEMIC CONTROL

- Is glycemic control adequate (blood glucose target generally 6-10mmol/L)?

SPONTANEOUS BREATHING TRIALS

- Does this patient qualify for a spontaneous breathing trial and has it been performed?

FAST HUGS BID

BOWELS

- Is a bowel routine ordered?
- Does it need to be escalated?

INDWELLING LINES

- Can the central line or arterial line be removed?
- Does the patient require a foley catheter?

DE-ESCALATING ANTIBIOTICS

- Can the patient's antibiotics be narrowed or discontinued?
- Do all antibiotics have stop dates?

One Page Summary



FAST HUG BID is a mnemonic to identify and check key aspects of care in the ICU

You can do this anyway you want want as long as you remember the breadth of interventions that are required for every patient