

# AJCC Patient Care Page

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## ABCDEF BUNDLE

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**T**he ABCDEF bundle was created 10 years ago after new data through clinical practice guidelines emerged via the Society of Critical Care Medicine (SCCM). This bundle provided a novel way for interprofessional teams in intensive care units (ICUs) to work together to focus on pain reduction, appropriate sedation for delirium prevention, increased mobility to reduce ventilator days, and improved sleep hygiene.

A lot has happened in the decade since the ABCDEF bundle's inception. Updated in 2018, the ABCDEF bundle continues to be our driving force and the reference standard around which much of our work is centered in our critical care units. According to data released by SCCM,<sup>1</sup> implementing this ICU Liberation Bundle (A-F)<sup>2</sup> decreases the likelihood of hospital death within 7 days by 68%, reduces delirium and coma days by 25% to 50%, reduces physical restraint use by more than 60%, cut ICU readmissions in half, and reduces discharges to nursing and rehabilitation facilities by 40%.

### Here's what you can do:

Quick ways to implement the ABCDEF bundle during your morning rounds:

- A: Assess, prevent, and manage pain
  - Look at behavior trends during shift, ask family or patient about home use of pain medications, use nonpharmacologic interventions such as soft music or guided imagery
- B: Both spontaneous awakening trials (SATs) and spontaneous breathing trials (SBTs)
  - Don't forget your safety screens and know your failure criteria!
- C: Choice of analgesia and sedation
  - Would they rest better? Have they been receiving any medications for too long?
- D: Delirium: assess, prevent, and manage
  - Move to room with light; provide rest periods with lowered lights and sounds



Illustration by Steve Oh

- E: Early mobility and exercise
  - Dangle patient's legs at the bedside, move arms up and down and all around, bicycle legs; every little bit helps!
- F: Family engagement and empowerment
  - Don't be afraid to ask families to help you with passive movements or talk to them about the patient's behavior.

### Other helpful resources:

- AACN CSI Project: Rise and Shine: Implementing ABCDE Bundle: <https://www.aacn.org/clinical-resources/csi-projects/rise-and-shine-implementing-the-abcde-bundle>
- AACN Respiratory Bundle for Pediatric Patients (free online course): <https://www.aacn.org/education/online-courses/care-of-the-acutely-ill-pediatric-patient-respiratory-bundle>

### REFERENCES

1. Pun BT, Balas MC, Barnes-Daly MA, et al. Caring for critically ill patients with the ABCDEF bundle: results of the ICU Liberation Collaborative in over 15,000 adults. *Crit Care Med*. 2019;47(1):3-14.
2. Society of Critical Care Medicine's ICU Liberation Bundle (A-F): <https://www.sccm.org/Clinical-Resources/ICULiberation-Home/ABCDEF-Bundles>

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