ICU Liberation is the overarching philosophy and practice directed at improving care by “liberating” ICU patients from pain, oversedation, delirium, mechanical ventilation, immobility and isolation, as well as from post-discharge sequelae that can be life-altering for many patients.

The PADIS Guidelines provide a roadmap for developing integrated, evidence-based, and patient-centered protocols which can be implemented through the ICU Liberation Bundle.

2018 Clinical Practice Guidelines for the Prevention and Management of Pain, Agitation/Sedation, Delirium, Immobility, and Sleep Disruption in Adult Patients in the ICU (PADIS Guidelines)

- Assess, prevent, and manage pain
- Both SAT and SBT
- Choice of analgesia and sedation
- Delirium: Assess, prevent, and manage
- Early mobility and exercise
- Family engagement and empowerment

The ICU Liberation Bundle

Represents the implementation strategy used to provide each of the recommendations in the PADIS guidelines to every ICU patient.

- Assess, prevent, and manage pain
  - Understand pain and find tools for its assessment, treatment, and prevention
- Both SAT and SBT
  - Use both spontaneous awakening trials and spontaneous breathing trials
- Choice of analgesia and sedation
  - Understand the importance of the depth of sedation and choosing the right medication
- Delirium: Assess, prevent, and manage
  - Understand delirium risk factors and find tools for its assessment, treatment, and prevention
- Early mobility and exercise
  - ICU early mobility involves more than changing the patient’s position
- Family engagement and empowerment
  - Involving the family in patient care can help patients recover