Implementing the Hour-1 Bundle Using a Multiprofessional Approach

Implementation Toolkit
Society of Critical Care Medicine
Diagnostic Excellence Program

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Background

Patients with sepsis are susceptible to severe morbidity or death within hours of onset. The Hour-1 Bundle, based on the Surviving Sepsis Campaign 2021 Adult Guidelines, encourages clinicians to act as quickly as possible when sepsis is recognized.¹ ²

Surviving Sepsis Campaign Hour-1 Bundle elements:

1. Measure lactate level.*
2. Obtain blood cultures before administering antibiotics.
3. Administer broad-spectrum antibiotics.
4. Begin rapid administration of 30mL/kg crystalloid for hypotension or lactate level ≥ 4 mmol/L.
5. Apply vasopressors if hypotensive during or after fluid resuscitation to maintain mean arterial pressure ≥ 65 mm Hg.

*Remeasure lactate if initial lactate is elevated (> 2 mmol/L).

This toolkit is designed to:

- Explain how champions and multiprofessional teams can support implementation of the Hour-1 Bundle
- Provide tools and resources for implementing the Hour-1 Bundle using a multiprofessional approach
How Champions and Multiprofessional Teams Support Implementation of the Hour-1 Bundle

**Champions** are those who are highly committed to promoting and implementing evidence-based practices. They may address lack of interest or aversion to change in their organizations.³

**Multiprofessional teams** are formal workgroups whose members are clinicians from different professional backgrounds, such as physicians, nurses, and pharmacists, who meet to exchange ideas and facilitate learning.³

- Studies on improving implementation of the Surviving Sepsis Campaign have examined the effects of both champions and multiprofessional teams.⁴

- Nurse champions are key team players in the recognition of sepsis.
  - Nurses are often the first to detect signs and symptoms of sepsis.
  - Nurses are often in a strategic position to drive sepsis protocols.

- Often, multiprofessional teams work together to develop, evaluate, and revise sepsis protocols.
Implementation Strategies

Here are some resources recommended by Society of Critical Care Medicine (SCCM) subject matter experts. These resources might help you prepare champions and organize multiprofessional teams to improve implementation of the Hour-1 Bundle in your ICU.

### Implementation Guide

**Surviving Sepsis Campaign: Early Identification of Sepsis on the Hospital Floors: Insights for Implementation of the Hour-1 Bundle**

### Tools

- **Surviving Sepsis Campaign Hour-1 Bundle Pocket Card and Infographic**
- **Surviving Sepsis Campaign Screening Tool**
- **Surviving Sepsis Campaign App**
  - Available on iTunes and Google Play

### Literature


### Learning

- **SCCM webcast: Implementing the Hour-1 Bundle**
- **Surviving Sepsis Campaign video: The Hour-1 Bundle: Functional or Fantasy**
- **Surviving Sepsis Campaign Hour-1 Bundle Teaching Slides**
Learn More

SCCM Diagnostic Excellence Program
Using Education and Technology for
Accurate and Rapid-cycle Sepsis
Diagnoses

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References


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