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# ICU Liberation for Pediatrics and Epic

The goal of the ICU Liberation Campaign from the Society of Critical Care Medicine (SCCM) is to liberate patients from the harmful effects of pain, agitation/sedation, mechanical ventilation, delirium, immobility, and sleep disruption in the intensive care unit (ICU). Epic worked with the SCCM and Epic community members to build ICU Liberation tools for pediatrics, making it easier for your IT team to implement this important change.

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## Facilitate Team-Based Care

Critical care physicians, nurses, pharmacists, respiratory therapists, and physical therapists all see the same patient target arousal level in Epic, which focuses the multidisciplinary team on keeping the patient as awake and as alert as possible. Treating pain while minimizing sedation aids in mobilization, mechanical ventilation weaning, and interaction with clinicians and family, while minimizing the risk of delirium.

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## Embed Evidence-Based Best Practices

Critical care nurses can document every element of the evidence-based ICU Liberation Bundle (A-F) for pediatrics in Epic flowsheets, allowing them to use existing workflows to monitor responses over time. Critical care clinicians can review all the elements of the bundle during multidisciplinary rounding or family conferences.

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## Care for the Whole Patient

The ICU Liberation Campaign for pediatrics helps clinicians see a fuller picture of patients' well-being and understand their care over time and beyond an individual user's area of expertise. Integration of the bundle lets clinicians see a visual map of a patient's progress in awakening, spontaneous breathing, and mobilization.

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## Help Clinicians Stay on Track

Epic's integration of the ICU Liberation Bundle for pediatrics includes a checklist to show which elements have been documented for a pediatric patient, so clinicians can ensure that all components have been completed. This feature fosters continuous advancement of critical care, including liberation from mechanical ventilation, typically the rate-limiting step in duration of pediatric ICU stay.

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## Outcomes

ICU Liberation for pediatrics has been shown to be feasible and safe. Proactive weaning protocols for sedation and mechanical ventilation promote quality sleep, shorten the duration of mechanical ventilation, and decrease the risk of delirium, a known risk factor for quality of life following pediatric critical illness. Early mobilization can help reduce delirium risk and foster patient autonomy. Family members in the pediatric ICU want to be engaged, and their active involvement in the care plan promotes other aspects of the bundle. Several aspects of the ICU Liberation Campaign for pediatrics integrate with Choose Wisely recommendations and can increase the value of pediatric critical care.

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*To get started with ICU Liberation for pediatrics at your Epic organization, ask your IT department to scan this QR code.*



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## Foundation System

### *Epic's Blueprint for Success*

We have added these tools to our Foundation System, which means organizations installing Epic now have these tools out of the box. If your organization is already live with Epic, your IT team can use a tool to quickly move this content into your system.