



CARING FOR COVID 19 PATIENTS MICU PANDEMIC JOURNEY



BACKGROUND

- This poster explores the global Healthcare crisis due to Covid 19 Pandemic specifically in intensive care unit.
- It pictures the role and capacity of the nurses in delivering quality care to highly infected and critical patients.
- Theoretical and practical implications of adhering to evidence based practice and treatment guidelines.

PURPOSE

- Aims to explore the nurse's capability in taking care of Covid 19 patients.
- Aims to evaluate the risks versus benefits of proning and other management of covid patients.
- Aims to determine the safety of ICU nurses while caring for Covid patients.

METHODS

- A survey of medical ICU staff is conducted to measure the following: knowledge on criteria for proning, competency on safety approaches/protocols to proning, knowledge on risks and exposure risks prevention for COVID 19 patients.
- In addition, a separate scale for burn out level among ICU nurse caring for COVID 19 proning patients are to be measured.
- A survey questionnaire using a 5 point Likert scoring will be developed to attain above data.
- A descriptive analysis of each criteria will be conducted.



THERAPY OPTIONS IN ACUTE RESPIRATORY DISTRESS SYNDROME

PRONING



- ✓ Uniform lung inflation minimizes shunting
- ☰ Reduces pleural pressure gradients
- ☰ Improves V/Q mismatching
- ☑ Have a trained team perform
- 🕒 Prone for 12-16 hours per day

Complications

- Pressure Ulcers
- Airway obstruction
- Increased abdominal pressure
- Loss of IV access
- ETT Dislodgement

PARALYTICS



- ➡ Improves patient-ventilator synchrony
- ⬇ Decreases intra-pulmonary shunting
- 🧴 Minimizes muscle O2 consumption
- ⬆ Functional residual capacity
- 🕒 PRN > Early + Continuous Use

Complications

- Increased risk of weakness
- Myopathy
- Increased risk of delirium
- Diaphragm deconditioning

PROTECTION



$$\text{Lung Compliance} = \frac{\text{Tidal Volume}}{(P_{\text{plat}} - \text{PEEP})}$$

- 👤 Use tidal volumes of 4 – 8 mL/kg IBW
- 📉 Plateau pressure < 30 mmHg
- 🔍 Titrate PEEP to open collapsed alveoli
- 🛑 Keep driving pressure < 15 cm H₂O
- ⚠ Caution with recruitment maneuvers

Complications

- Increasing RA pressure
- Increasing PVR
- Hypovolemia
- Lung overdistension
- Pneumothorax



TOGETHER TO FIGHT COVID-19



RESULTS

- Research has found that proper care and attention by ICU nurses improves the outcome.
- Early proning on vented and non vented patients improved the ventilation/perfusion matching through potentially decreasing mortality.
- Complications of proning, paralytic and sedation can be decreased by proper monitoring, adhering to guidelines and prompt referral by ICU nurses and staff.

CONCLUSIONS

- Proning can be use extensively as a rescue therapy in treating ARDS among covid patients.
- Thorough understanding of benefits , identifying risks, proper training and full manpower are the key points in delivering quality of care while minimizing risks among staff and maintaining optimum protection among healthcare workers.

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