

## VAP REDUCTION BUNDLE

1. Assess/attempt daily Spontaneous Breathing Trial
2. Use appropriate sedation:
  - Sedate to a sedation scoring tool (VAMASS)
  - Institute daily weaning of sedation/convert continuous infusions to prn
3. Keep HOB  $\geq$ 30 degrees unless contraindicated (ideal 45 degrees) for all patients who are intubated, trached or have enteral feeding tubes
4. Insert gastric drainage tubes orally versus nasally in intubated patients to reduce sinusitis risk (feeding tubes may be inserted nasally)
5. Oral care that includes toothbrushing and chlorhexidine per procedure:  
<http://www.lhsc.on.ca/critcare/icu/procedures/oralcare.html>
6. EVAC tubes

| <b>Ventilator Adjusted Motor<br/>Assessment Scoring Scale (VAMASS)</b> |  |          |  |
|--|--|----------|--|
| <b>0</b>   | Unresponsive to pain   | <b>A</b> | Minimal coughing; few alarms; tolerates movement                                     |
| <b>1</b>   | Opens eyes and/or moves to pain only   | <b>B</b> | Coughing, frequent alarms when stimulated; settles with voice or removal of stimulus |
| <b>2</b>   | Opens eyes and/or moves to voice   | <b>C</b> | Distressed, frequent coughing or alarms; high RR with normal/ low PaCO <sub>2</sub>  |
| <b>3</b>   | Calm and cooperative   | <b>D</b> | Unable to control ventilation; difficulty delivering volumes; prolonged coughing     |
| <b>4</b>   | Restless but cooperative; follows commands   |          |  |
| <b>5</b>   | Agitated; attempts to get out of bed; may stop behaviour when requested but reverts back |          |  |
| <b>6</b>   | Dangerously agitated; pulling at tubes or lines, thrashing about; does not obey commands |          |  |