ICU Liberation

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.

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)

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

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

Assess, prevent, and manage pain

Understand pain and find tools for its assessment, treatment, and prevention

A

B

The ICU
Liberation Bundle

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

E

E

Family engagement and empowerment

Involving the family in patient care can help patients recover

Both SAT and SBT

Use both spontaneous awakening trials and spontaneous breathing trials

C

D

Early mobility and exercise

ICU early mobility involves more than changing the patient's position

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

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