Implementation of a Pediatric Intensive Care Unit Diary

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Background
- As PICU mortality decreases, morbidity increases
- Post-Intensive Care Syndrome (PICS): new or worsening disorder of cognitive, mental, or physical health status
- PICU admission is a chaotic, stressful experience for patients and parents and may contribute to the development of PICS
- PICS may extend to parents and siblings
- Other best practices already in use: prevention and assessment of delirium, mobility, pain control, family involvement
- Diary purpose: provide context/memory to period lost because of critical illness, injury, medications

Clinical Question
- This EBP project addressed the following question: For registered nurses in the pediatric intensive care unit (P), what are facilitators and barriers (I) to implementation of a PICU diary?

Synthesis of Evidence, cont’d
- Evidence themes included: nursing education, PICU environment, anticipated barriers, family response, and sustainability
- There is currently no firmly established link between diary use and prevention of PICS
- Limited information on barriers/facilitators of diary use by Nursing

Implementation Plan

<table>
<thead>
<tr>
<th>Step 1: Plan</th>
<th>Step 2: Do</th>
<th>Step 3: Study</th>
<th>Step 4: Act</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nursing education</td>
<td>Start diary on first day of admit</td>
<td>Review barriers for solutions</td>
<td>Tie writing to another standard task</td>
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<tr>
<td>Create support materials</td>
<td>Elicit barriers/facilitators</td>
<td>Review use of diary for bilingual patients</td>
<td>Identify diaries in use with magnet on assignment board</td>
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<tr>
<td>Information to multidisciplinary team</td>
<td>Just-in-time education: new staff, travellers</td>
<td>Review use of prior PICU/NICU admission</td>
<td>Refine target patients</td>
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</tbody>
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The Diary Inclusion Criteria
- Length of stay at least 3 days
- English speaking
- First ICU admission

The Diary Writing Process
- One entry per shift
- Write in plain language to child’s developmental level
- Parents asked to complete “about me page”

Outcomes / Conclusions
- The PICU diary was well accepted.
- Younger nurses needed the most support for creating diary entries
- More experienced nurses began to envision how the diary extended care beyond the PICU admission
- More experienced nurses: diary entries helped process challenging experiences.

Implications for Practice
- Sustainment is the biggest hurdle
- Interventions for sustaining: education, writing practice, awareness of diary in use, communication of diary feedback/shout-outs
- Investigation of the possible link between diary use and PICU RN resilience.

References
The Brenner Pediatric Intensive Care nurses have been integral to completing and sustaining this project. The love and care they provide to vulnerable patients and families is humbling.

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