

Bundle of Strength: A Collaborative Care Approach to Reduce Length of Stay in Rib Fracture Recovery

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Objectives

- Recognize the impact of the nursing role in implementing preventative measures that improve patient outcomes
- Explain the evidence-based components of the Trauma Care Bundle
- Explain how standardized documentation tools can improve interprofessional communication and consistency of care
- Identify strategies to implement similar care bundles within their own trauma or specialty units

Salem Health

- Licensed as 644 bed
- Non-profit
- Certified Level II Trauma Center
- TRACS team: Trauma and Acute Care Surgery
 - Surgical Intensivists managing SICU patients
- Critical Care Tower:
 - 2 Intensive Level Units
 - (48 beds)
 - 4 Intermediate Level Units
 - (102 IMC beds)

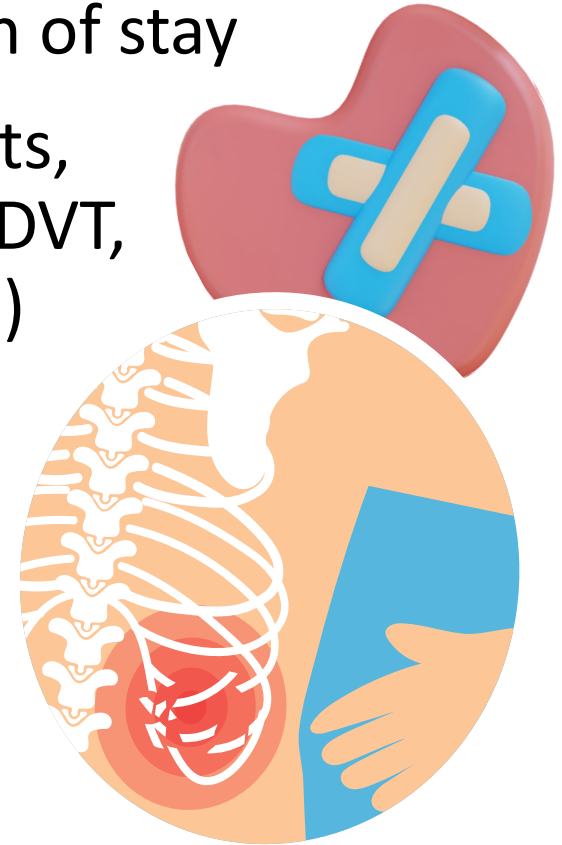


Background... The WHY

- Complications increase hospital length of stay
- In 2023, of the 267 rib fracture patients, 9% had complications (delirium, VAP, DVT, unplanned ICU transfers or intubation)
- **Average LOS: 8.22 Days**
 - No complications 6.95 days
 - Any complications LOS: **22.1 days!**

Root causes:

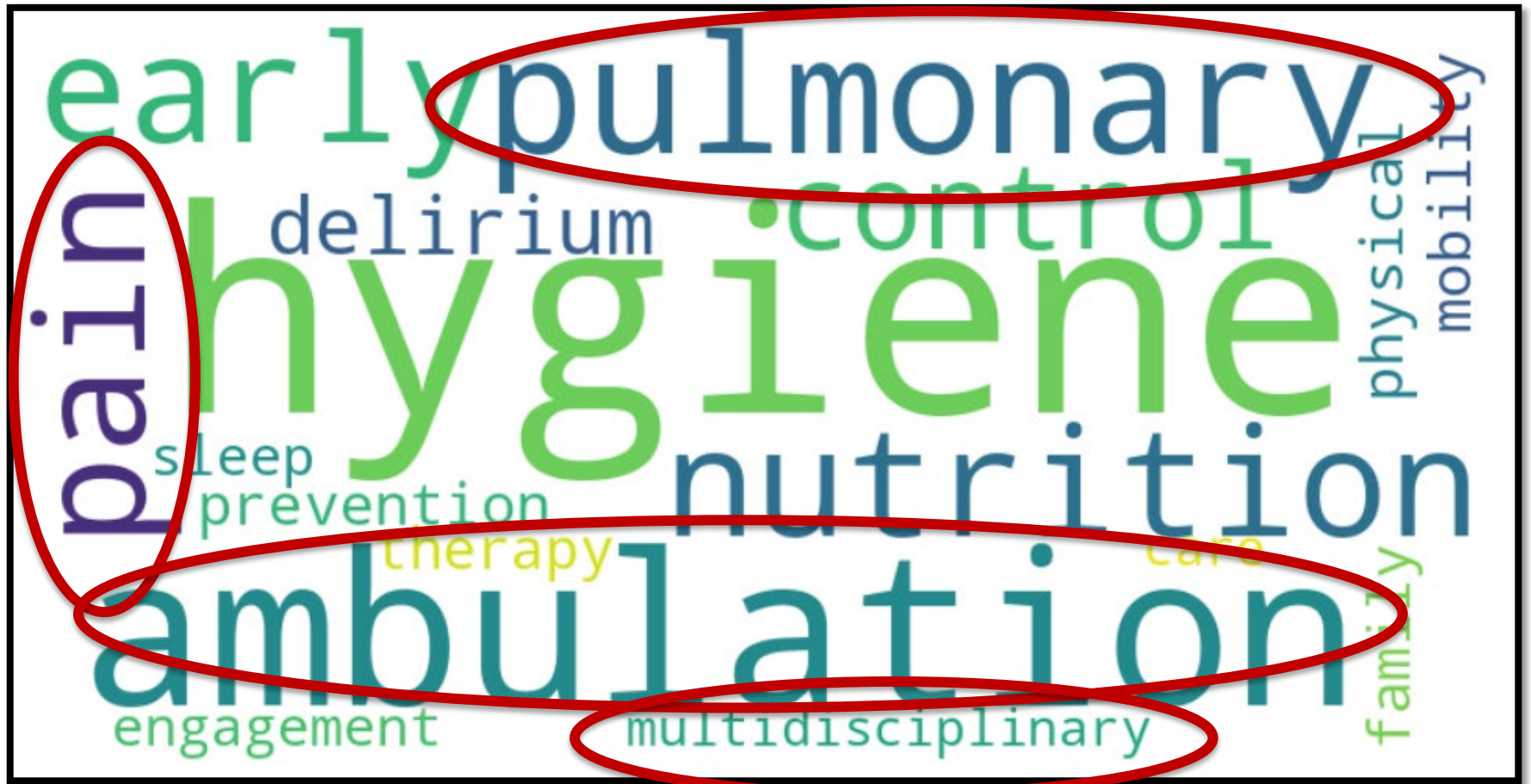
- Inconsistent goals and activities from nursing
- **No standardization of care for Trauma Patients**



What do you think!?

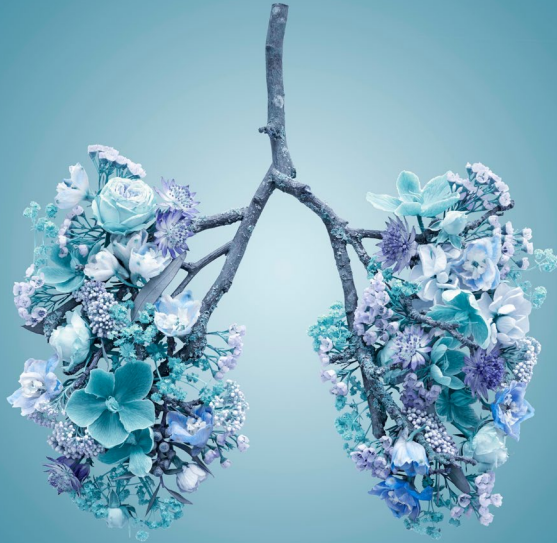
Trauma Best Practices!





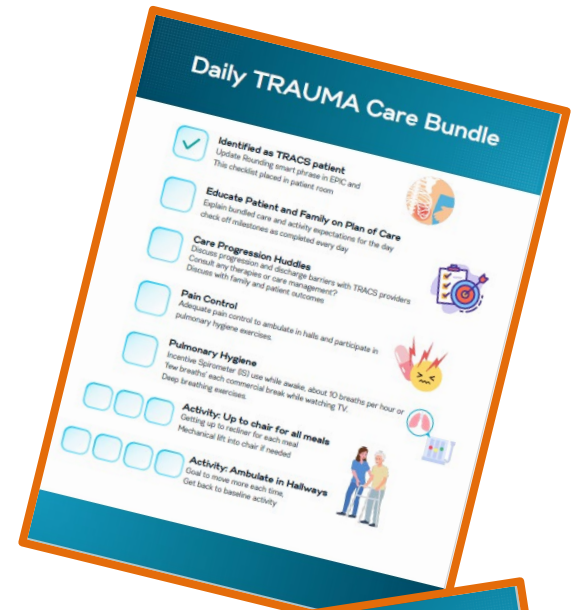
Purpose

- Decrease LOS for rib fracture patients.
- Created the “Trauma Care Bundle” (TCB) that focused on best practices
 - Smartphrase in EMR
 - Reported on specific best practices and pt progression
 - Updated daily



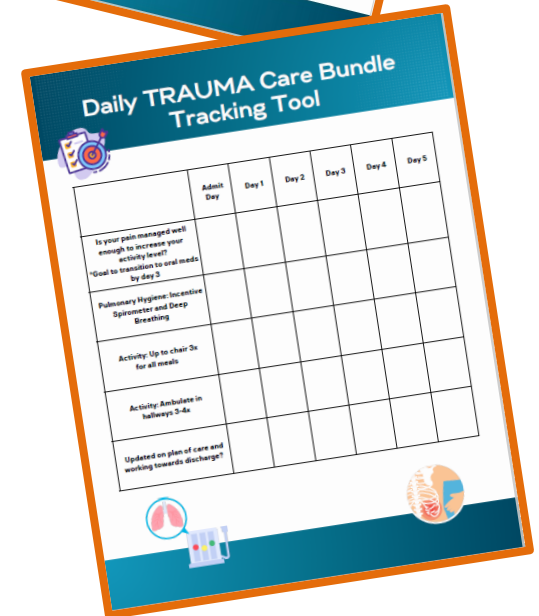
Actions

- ✓ Found a gap
- ✓ Literature Review
- Stakeholders gathered for consensus
- Creation of TCB
- Education (nursing and providers)
- Start! Audit for compliance and adjust



Daily TRAUMA Care Bundle

- ☒ **Identified as TRACS patient**
Update Rounding smart phrases in EPIC and This checklist placed in patient room
- ☐ **Educate Patient and Family on Plan of Care**
Explain bundled care and activity expectations for the day
Check off milestones as completed every day
- ☐ **Care Progression Huddles**
Discuss progression and discharge barriers for the day
Consult any therapists or care management?
Discuss with family and patient outcomes
- ☐ **Pain Control**
Adequate pain control to ambulate in halls and participate in pulmonary hygiene exercises
- ☐ **Pulmonary Hygiene**
Incentive Spirometer (IS) use while awake, about 10 breaths per hour or
Two breaths each commercial break while watching TV.
Deep breathing exercises
- ☐ **Activity: Up to chair for all meals**
Getting up to table for each meal
Mechanical lift into chair if needed
- ☐ **Activity: Ambulate in Halls**
Goal to move more each time.
Get back to baseline activity



Daily TRAUMA Care Bundle Tracking Tool

	Admit Day	Day 1	Day 2	Day 3	Day 4	Day 5
Is your pain managed well enough to increase your activity level? *Goal to transition to oral meds by day 3						
Pulmonary Hygiene: Incentive Spirometer and Deep Breathing						
Activity: Up to chair 3x for all meals						
Activity: Ambulate in hallways 3-4x						
Updated on plan of care and working towards discharge?						

Smartphrase

- Document Smart Phrase by 0900 before APP Rounds
- ACCURATE documentation



TRACS/RN Rounding 2/17/2025 12:08 PM
Trauma Care Bundle

Pain Control Adequate?
(able to participate in PT/OT, or deep breathe/cough)

IS Documented in EPIC?
(VT mL and # breaths)

SCDs Ordered & documented?

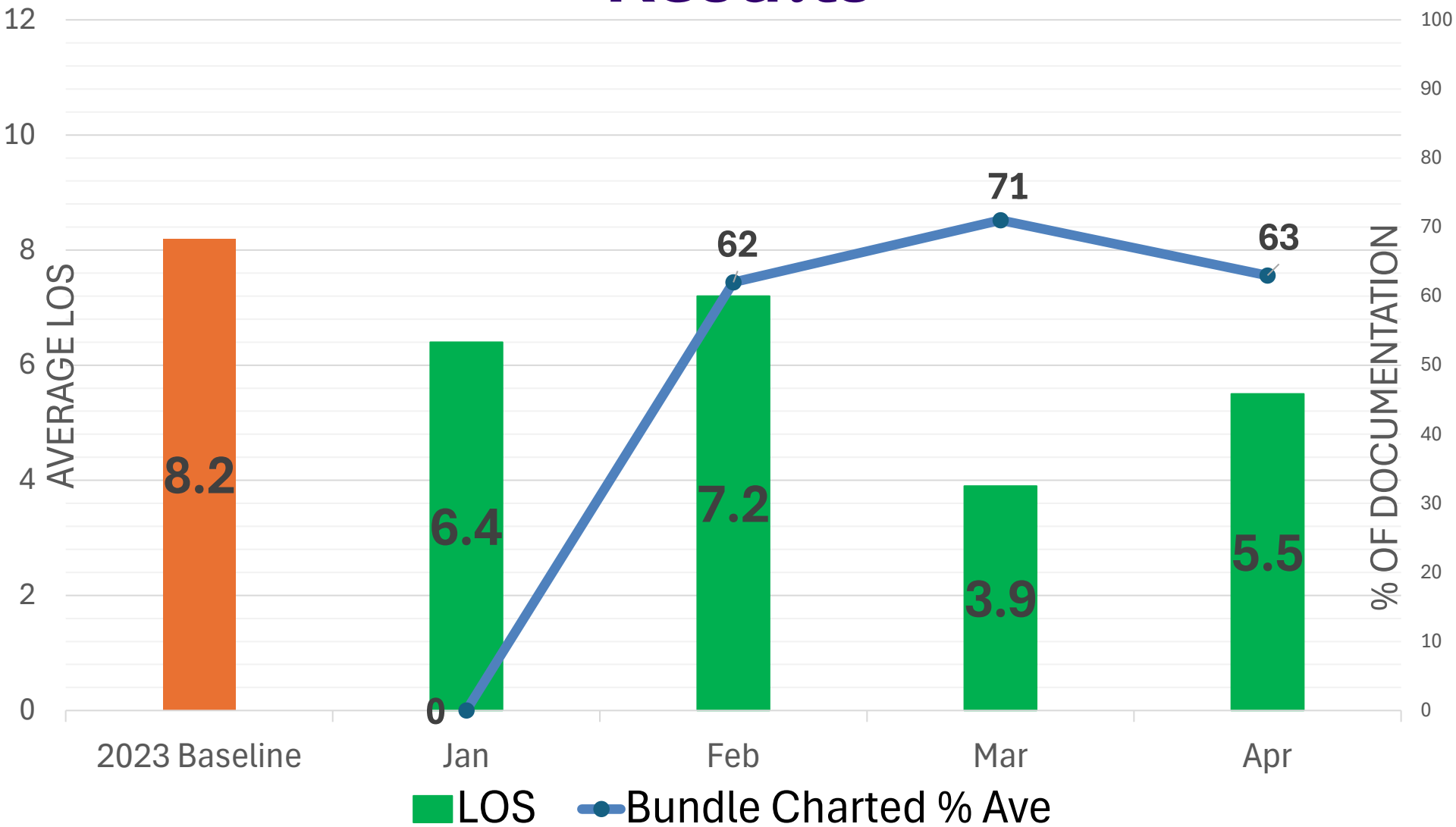
Activity Goals Met:

Other Needs:

DC Barriers Identified?

2000 characters maximum

Results



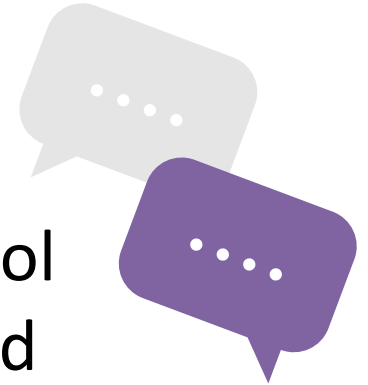
Pearls of Wisdom

- Change the mindset of this is “extra work” to this is “expert work” as evidence-based care for Trauma Patients is delivered by exceptional teams
- Consistency is key on process changes and creating multiple reminders, visually and verbally
- Include the whole care team: Charge RNs, bedside RNs, CNAs, MDs, NPs, etc.

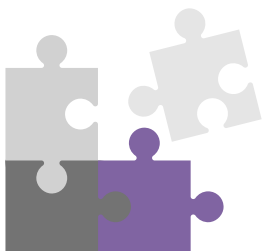




Conclusions/Implications



- Daily TCB smart-phrases documentation tool immediately improved communication and consistency of care
- LOS decreased by 30% and improved documentation compliance, up to 65%
- Nursing has tremendous power to improve patient outcomes
- Model is easily adaptable to other specialties



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ESPECIALLY the A4E Nursing Staff
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Questions?

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References

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