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Let's Pause And Reflect To Prevent CAUTI

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Abstract

The "Let's Pause and Reflect to Prevent CAUTI" campaign underscores a strategic effort to mitigate catheter-associated urinary tract infections (CAUTIs) by equipping nursing staff with enhanced skills and fostering adherence to evidence-based practices. Conducted at Indraprastha Apollo Hospital, the initiative spanned three phases, encompassing pre- and post-campaign assessments, skill-building workshops, and innovative team engagement activities. Among 650 participants, knowledge of CAUTI prevention practices improved significantly, with test scores rising from 67% to 86.5%. This campaign's success highlights the value of targeted education, digital reinforcements, and consistent monitoring in improving patient safety and nursing competency. Sustained success calls for ongoing education, adherence to protocols, and a culture of accountability.

Key words: Infection control campaign, Catheter associated urinary tract infection, Nursing staff, Knowledge and practice, prevention of infection .

I. Introduction

Indraprastha Apollo Hospital is a premier tertiary care facility renowned for its comprehensive range of super specialties, delivering exceptional healthcare services. With over 700 beds, the hospital is equipped to manage a diverse spectrum of complex and acute medical conditions, including those with multiple comorbidities. Its advanced infrastructure and multidisciplinary approach enable the delivery of high-quality care tailored to the needs of patients facing intricate health challenges.

Catheter-associated urinary tract infections (CAUTIs) represent a significant concern in healthcare, affecting patient well-being and straining resources. These infections, linked to the prolonged use of indwelling urinary catheters, are preventable with proper management and adherence to evidence-based practices. Recognizing the need to strengthen nursing competency, Indraprastha Apollo Hospital launched the "Let's Pause and Reflect to Prevent CAUTI" campaign in 2024.

This initiative aimed to address gaps in skills and knowledge among nursing staff, improve compliance with prevention protocols, and reduce infection rates. By implementing educational and awareness strategies, the campaign demonstrated how targeted interventions can lead to measurable improvements in healthcare delivery and outcomes.

II. Methodology

The objectives of a CAUTI (catheter-associated urinary tract infection) prevention campaign are crucial for improving patient outcomes and ensuring best practices in infection control. Here are some key objectives that could be included in such a campaign:

1. To increase awareness among healthcare providers about the risks and prevention strategies for CAUTI.
2. To improve nursing skills by providing targeted training and activities on proper catheter insertion, maintenance, and removal techniques, and by reinforcing these skills through ongoing education.
3. To develop and implement standardized protocols for catheter use and CAUTI prevention, ensuring consistent application of evidence-based practices across the healthcare facility.
4. Focus on increasing compliance with CAUTI prevention protocols through regular monitoring and audits, as well as creating feedback mechanisms to support staff adherence.
5. To improve communication and collaboration among healthcare team members to ensure a unified approach to CAUTI prevention, and to provide clear messaging about best practices.
6. To reducing the incidence of CAUTIs by tracking and evaluating infection rates before, during, and after the campaign, and by setting specific goals for improvement.
7. Foster a culture of continuous improvement by promoting ongoing education in CAUTI prevention and encouraging the adoption of innovative strategies and practices.

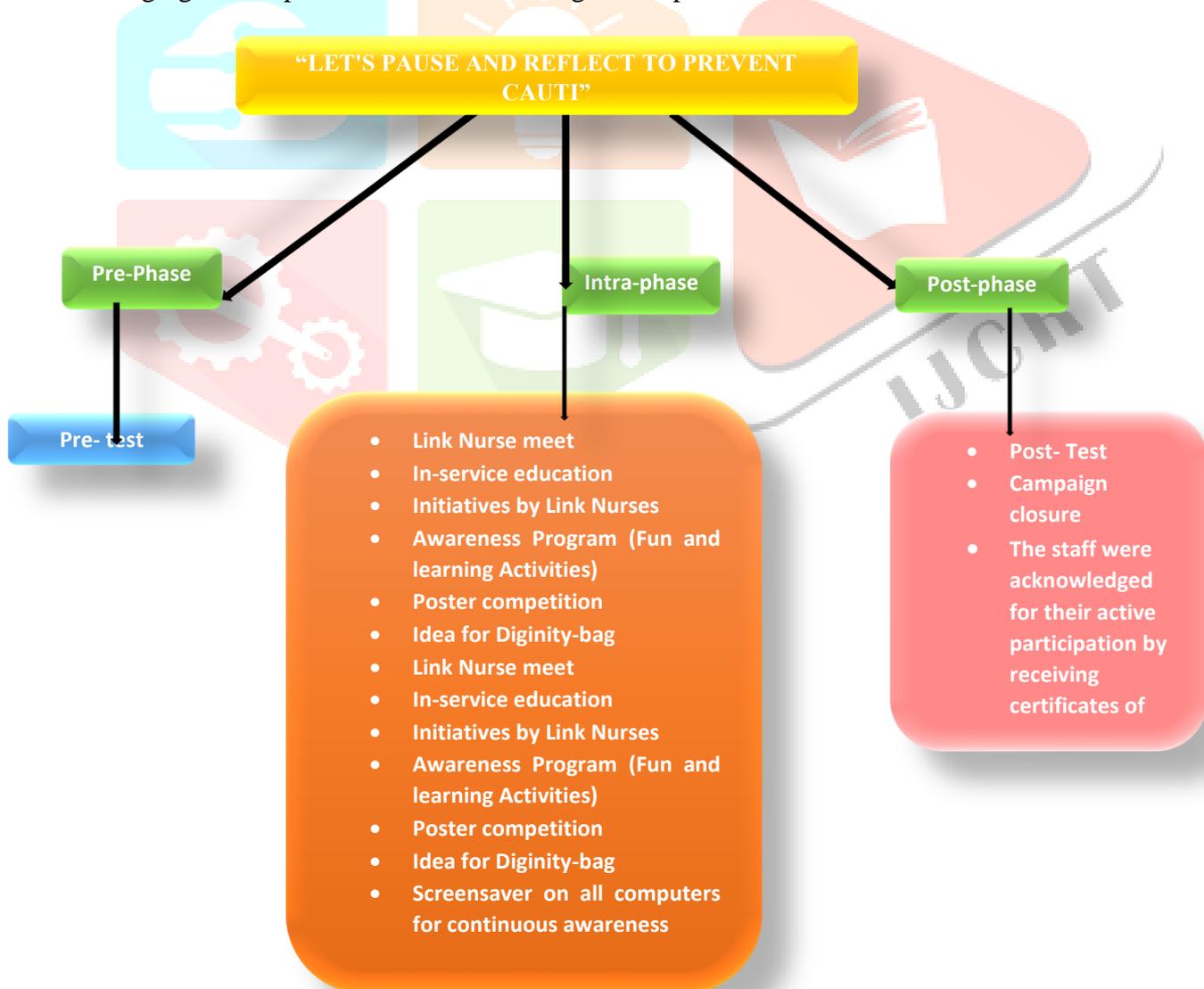


Figure 1: Flowchart of 3 phases including the activities conducted

The campaign, conducted from April 15 to May 31, 2024, followed a structured three-phase approach:

Pre-Phase: Initial assessment through pre-tests to evaluate baseline knowledge and skills of nursing staff. A sample of 650 participants recorded an average awareness level of 67%.



Figure 2: Nurses appearing the Pre-test through online portal.

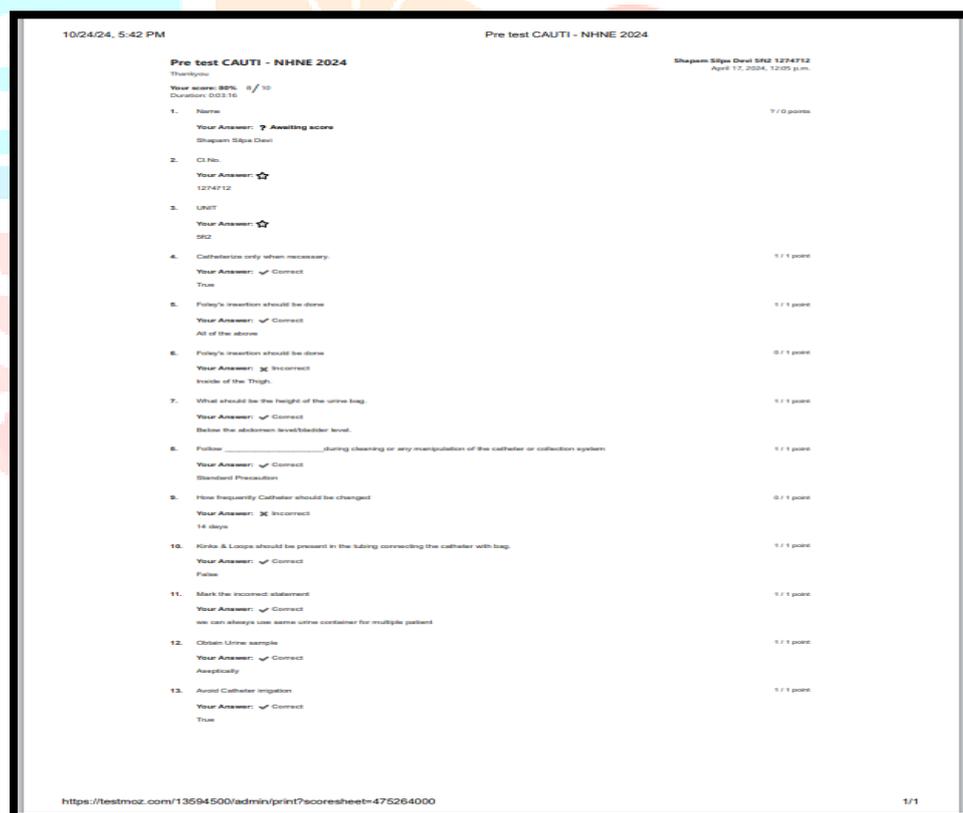


Figure 3: Sample of Pre-test done by the nurses

Intra-Phase: Implementation of various activities, including:

Link Nurse Meetings: Collaboration with Infection Control Nurses to strategize and reinforce preventive measures.

Daily Monitoring: Regular rounds by Infection Control Nurses to ensure protocol adherence.



Figure 4: Link Nurse Meeting strategizing the campaign
Educational Sessions: Focused on hand hygiene and proper catheter care.



Figure 5: Reinforcement on Prevention of CAUTI

Identified Link Nurses of respective units are briefing the staffs about the patients on catheter. Reinforcing on BUNDLE CHECKLIST. Providing important information related to the patients.



Figure 6: Link Nurses briefing the staffs

Awareness Campaigns: Engaging staff through poster competitions, innovative dignity-bag initiatives, and digital reinforcements like themed screensavers.



Figure 7.1: Activities conducted



Figure 7.2: Activities conducted



Figure 8: Staffs enthusiastically participated in Poster Competition and Idea for Dignity Bag

NHNE Campaign : Let's PAUSE and reflect to prevent Catheter-Associated Urinary Tract Infection

PAUSE

- P**- Precautions while insertion
- A**- Application of Catheter Care Bundle
- U**- Use appropriate interventions
- S**- Secure tubes and bags
- E**- Educate patient and family (PFE)

P- Precautions with Insertion

- Aseptic Insertion
- Maintain Hygiene

A- Application of CAUTI care bundle

U- Use appropriate interventions

- Review the needs
- Indications of catheterization
- Alternative

S- Secure tubes and bags

- Securing tubing
- Securing drainage bag

E- Educate patient & Family

Figure 9: Digital Reinforcement for the Campaign

Post-Phase: Evaluation through post-tests, revealing a significant improvement to 86.5% in awareness and competency levels. Participants were recognized for their contributions with certificates of appreciation.



Figure 9: Nurses appearing the Post-test through online portal.

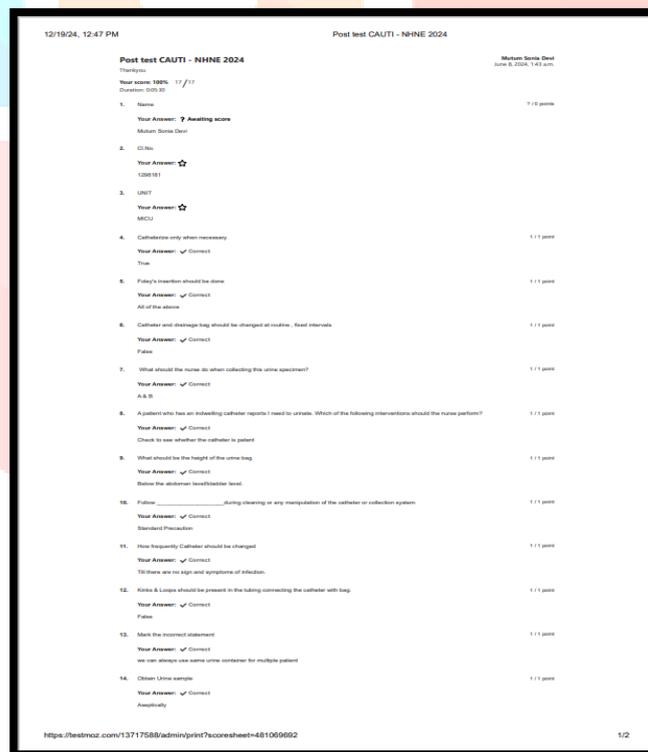


Figure 10: Sample of Post-test done by the nurses



Figure 11: Acknowledging the Judges, key stakeholders, organizers, sponsors, and participants



Figure 12: Acknowledged the staffs with certificates for active participation

III. Result

The campaign's outcomes underscored its effectiveness:

Increased Awareness: Test scores showed a marked improvement from pre- to post-intervention assessments.

Enhanced Skills: Training sessions bolstered confidence in performing catheter-related procedures.

Team Engagement: Activities like poster competitions and dignity-bag projects fostered innovation and collaborative learning.

Digital Reinforcements: Screensavers and other visual aids ensured continuous awareness and reinforcement of best practices.

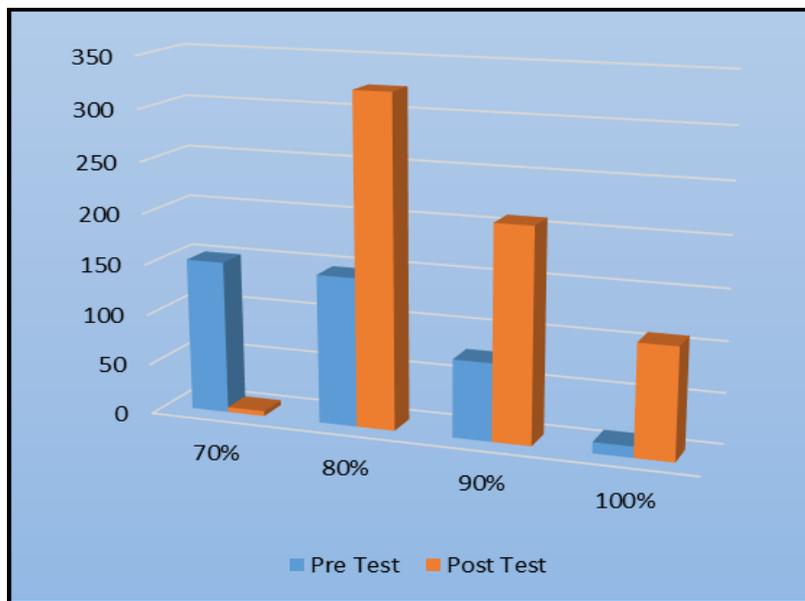


Figure 13: Graphical representation showing the impact of awareness campaign

The chart illustrates the difference in performance between the pre-test and post-test results of participants in the campaign. The data highlights significant improvements. It indicates that the participants greatly benefited from the program, showcasing enhanced skills and knowledge as a result of their involvement.

VI. Discussion

The "Let's Pause and Reflect to Prevent CAUTI" campaign demonstrated that structured education, regular audits, and collaborative efforts significantly enhance nursing practices. Key takeaways include:

Sustained Education: Regular training sessions are crucial for maintaining high standards of care.

Accountability: Daily rounds and briefings encourage adherence to protocols.

Patient-Centred Care: Post-discharge education and initiatives like dignity bags enhance patient dignity and safety.

Leadership and Collaboration: Link Nurses play a pivotal role in bridging gaps between infection control teams and frontline staff.

Despite these successes, challenges remain. Continuous efforts are required to address high turnover rates, maintain motivation, and adapt to evolving healthcare needs.

V. Conclusion

The "Let's Pause and Reflect to Prevent CAUTI" campaign highlights the transformative impact of education, engagement, and accountability in reducing healthcare-associated infections. By empowering nurses with knowledge and fostering a culture of compliance, the campaign has set a benchmark for patient safety initiatives. Sustaining these gains will require ongoing efforts, including:

Consistent oversight and audits.

Regularly updated training modules.

Enhanced communication and collaboration among healthcare professionals.

Through these measures, healthcare facilities can ensure the continued success of CAUTI prevention strategies, ultimately enhancing patient care and outcomes.

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