

Palliative Care Educational Videos for Critical Care Unit Staff

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Background

Research reveals frequent untreated pain and symptoms, a large amount of conflict, suboptimal communication, and high levels of clinician moral distress and burnout in intensive care units. One in five deaths in the US occur in the intensive care unit.

"Making the Case for ICU Palliative Care Integration: A Presentation of the IPAL-ICU Project." 2010 The IPAL-ICU Project, Center to Advance Palliative Care. www.capc.org in the intensive care unit.

Project Description

Our interdisciplinary group with representation from both Palliative Care and Critical Care Unit (CCU) teams performed an initial needs assessment survey in September, 2013 that highlighted the need for more education about palliative care and for more support dealing with ethical dilemmas for CCU staff.

The group identified barriers to educating CCU nurses and staff (respiratory, physical, speech, occupational therapists, case managers, chaplains):

- It is hard to get nurses and staff in one room at the same time for education
- It is hard to find time for education while at work, but nurses and staff don't want to come in on days off for education
- In order to motivate staff to seek education, there should be an option for credit for education hours.

We received a grant to hire a professional videographer and create five videos that feature staff from our hospital's CCU and palliative care teams. Nurses and staff can view the videos from work or from home, and can receive education credits. The videos are each 30 minutes or less and cover topics specifically requested by CCU staff. The videos have also been useful to show at education meetings, followed by discussion.

We are promoting the videos through email, newsletters, postings, and a series of educational meetings that consist of a video showing, followed by discussion. Our survey from September, 2013 was repeated in October, 2015, and we plan to repeat the survey again in early 2017 to measure the impact of this method of education and support.

Results

2015 survey respondents were more likely to consider requesting a palliative care consult for a patient that is likely to have a prolonged CCU stay (75% vs. 58%) and for a patient where there is lack of agreement on the goals of care (81% vs. 43%). Initial informal feedback has been overwhelmingly positive. Comments on the 2015 survey included: "Palliative care in the CCU can be improved by more education. The videos this year have been very helpful."

Discussion

Because these videos were created through the close collaboration of the CCU and Palliative Care teams, they highlight and address the issues related to palliative care that are of most concern and interest to CCU nurses and staff. This primary palliative interdisciplinary education project is uniquely designed to overcome barriers specific to education of CCU staff.

Conclusions

These videos are designed to meet the education and support needs of CCU staff at our hospital, but could be utilized at other institutions and for other groups of staff, as well. They are a starting point for similar primary palliative care education projects.

Palliative Care, Hospice, & the Critical Care Unit
<https://www.youtube.com/watch?v=Xt2Yy0FqCVQ>

Compassion Fatigue in the Critical Care Unit
<https://www.youtube.com/watch?v=D1kUshzVEys>

Conflict & Moral Distress in the CCU: Communication Strategies that Work
<https://www.youtube.com/watch?v=smcKLiHxoaE>

Discussing Treatment Options in the CCU: Patient/Family Priorities
https://www.youtube.com/watch?v=k1ogAcyK_rE

Death & Dying in the CCU: Opportunities for Healing When there is No Cure
<https://www.youtube.com/watch?v=yajUJveCj9M>



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