

Analgosedation protocol in adult intensive care units: A multidisciplinary approach focused on patient safety

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ABSTRACT

The multidisciplinary approach to sedation of patients in Intensive Care Units (ICU) reflects a significant evolution compared to previous practices of keeping patients deeply sedated to promote rest. Current research suggests that deep sedation can be harmful and lead to negative outcomes. Therefore, the safest and most effective practice involves a multidisciplinary strategy that prioritizes minimizing sedation and performing daily awakenings to ensure the comfort and well-being of patients. The main objective of this study is to develop an analgosedation protocol, involving a multidisciplinary team, for adult ICU patients. It is an Applied Research divided into three distinct phases that included the integrative review of the literature, incorporating a multidisciplinary perspective on analgosedation protocols, the analysis of two case studies that highlight the research problem in a broader context, and the development of an Analgosedation Protocol for patients admitted to an adult ICU. The research culminated in the creation of an educational and targeted resource to improve the management of analgosedation in adult ICUs, highlighting the importance of multidisciplinary collaboration. The implementation of a standardized adult ICU analgosedation protocol, supported by an engaged multidisciplinary team, can significantly improve clinical outcomes, such as reducing excessive sedation, decreasing length of stay, and preventing delirium. The success of this protocol depends on the close monitoring and personalization of treatment, underlining the need for a well-informed and committed multidisciplinary team capable of adjusting practices to the specific needs of patients and the conditions of the hospital environment.

Keywords: Analgesia, Analgosedation, Protocol, Adult Intensive Care Units.

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