# Reducing Hospital Acquired Conditions through the Appropriate use of Clinical Indications Withdrawal of Alcohol Protocol

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## Purpose

The purpose of the performance improvement project was to offer recommendations for the consistent practices in the management of alcohol abuse patients.

By implementing a Clinical Indications Withdrawal of Alcohol (CIWA) Protocol standardization of care would improve clinical outcomes.

## Strategy

To understand the scope of the existing problem with the management of alcohol abuse patients the team conducted a comprehensive literature review, constructed a fishbone diagram & brainstormed.

The team analyzed historical data to identify areas of opportunity for improvement in caring for this population, including:

- long hospital stays
- excessive falls
- restraints
- sitters
- employee injuries

## Hypothesis

Nurses utilizing a CIWA protocol will consistently manage patients with geriatric, psychiatric alcohol abuse issues resulting in a decrease in:

- sitter utilization
- physical restraints
- employee injuries
- patient falls

## Implementation

Explored & introduced evidence-based CIWA protocols. Collaborated with the Psychiatric Medical Director to develop & implement a CIWA protocol. Developed, trialed, modified & implemented a Sitter Risk Assessment tool. Revised sitter role & responsibilities job description. Collected, tracked & trended data to monitor progress.

## Results

- **Sitter Hours as % of Patient Days**
- **Restraint Use as % of Patient Days**
- **Assaults to Staff (rate)**
- **Falls (rate)**

## Implications

The implementation of the CIWA protocol assists in standardizing care & empowers nurses to be active in the management of the patients with high risk for alcohol withdrawal improving outcomes & reducing hospital acquired conditions. Nurses utilizing a CIWA protocol will consistently manage patients with geriatric, psychiatric alcohol abuse issues resulting in a decrease in companion utilization, physical restraints, employee injuries & falls.

## Literature review


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