

# Reducing Sedation Toolkit 2022

## Patient Safety Awareness

*Your guide to raising awareness  
among staff, patients, and families*



*Patient Safety is Everyone's Responsibility*

Reducing unnecessary sleepiness and sedation allows for early mobilization, reduction of delirium, decreased risk of respiratory compromise, and shortened hospital lengths of stay. Over-sedation with opioids is a common adverse drug event that increased 36% from 2019 to 2020, according to the Prescription Drug Monitoring Program. Preventing sedation and monitoring for promoting wakefulness and mobility for patients in the ICU is the goal of the [clinical ABCDEF Bundle of resources](#). Monitoring the frequency of reversal agents, such as naloxone, and maintaining a continued emphasis on minimal sedation, can help prevent several harmful events including:

- Adverse Drug Events (ADE)
- Failure to Rescue (FTR)
- Delirium
- Falls
- Ventilator Associated Events (VAE)
- Venous Thromboembolism (VTE)

**Medication Management** – Use these images, messages, and links in your public social media and internal staff education.

### Clinical Messages

Message 1: Indiana's opioid prescribing guidelines were created to impact safe and effective treatment while decreasing risk for misuse, abuse, or overdose. [Opioid Prescribing Guidelines](#)  
#PatientSafetyAwareness #UnitedForPatientSafety

Message 2: Effective sedation management in the ICU can reduce unnecessary grogginess and promote faster recovery. See also [Society of Critical Care Medicine ABCDEF ICU Liberation Bundle](#).

Message 3: If your pain medication is making you feel unusually drowsy or groggy, let your health care provider know. #PatientSafetyAwareness #UnitedForPatientSafety

Message 4: Over-sedation is a real danger and has been linked to patient harms including delirium and falls. Learn the [risks](#). #PatientSafetyAwareness #UnitedForPatientSafety



## Community Messages

Message 5: Injuries and surgery hurt! Be sure to talk with your health care provider about realistic pain expectations as you recover.  
#PatientSafetyAwareness  
#UnitedForPatientSafety

Message 6: When you're in the hospital, talk to your health care provider about the importance of reducing unnecessary sleepiness and sedation and a having pain management plan. For more information, see [CDC's Preventing an Opioid Overdose](#). #PatientSafetyAwareness  
#UnitedForPatientSafety

Message 7: Did you know preventing over-sedation while in the hospital will help you get up and moving so you can leave the hospital sooner? For more information, see [CDC Helpful Materials for Patients to Prevent Opioid Overdose](#). #PatientSafetyAwareness  
#UnitedForPatientSafety



[Click to download image](#)

## Additional Resources

Check out the websites below for information and tools and use the video links in your education and social media.

[www.knowyourmeds.org](http://www.knowyourmeds.org)  
[Polypharmacy Risks in Older Adults](#)

## Printable Resources

[Reducing Sedation Table Tent](#)

Click on the link above to download a PDF of the table tent. The table tent should be printed on 8 ½ X 11" white card stock and then folded into thirds and taped on the seam. You can leave the ¼" margin or trim if desired.