



# Sedation in Critical Care

**Aim:** To provide guidance on nursing care for the management of sedation in Critical Care patients.

**Scope:** All adult patients in Critical Care

## ACCESS FOR AGITATION

- RASS daily at a minimum
- Treat pain first

**Sedation is not always routinely required in Critical Care patients.**

## RASS

- +4 = Combative
- +3 = Very agitated
- +2 = Agitated
- +1 = Restless
- 0 = Alert and calm
- -1 = Drowsy
- -2 = Light sedation
- -3 = Moderate sedation
- -4 = Deep sedation
- -5 = Unconscious

## STANDARD CARE

1. Control pain first
2. Optimise non-drug measures
3. Use the minimum sedation necessary
4. Constant titration of sedation to achieve RASS 0 to -1 where not contraindicated
5. Sedation hold daily – Spontaneous Breathing Trial

## Daily Sedation Holds

- If RASS 0 to -1 may not need sedation hold as at target
- Stop sedative first, wean analgesia as needed
- DO NOT abruptly stop Clonidine
- Restart sedation at HALF the original dose and titrate

## Sedation Hold Contraindications

- Receiving neuromuscular blocking agents
- Traumatic Brain Injury with raised ICP
- $\text{FiO}_2 >= 0.4$ ,  $\text{PEEP} >= 10 \text{ cmH}_2\text{O}$ , prone, inverse ratio ventilation
- Un-cleared spine
- Haemodynamically unstable
- No airway personnel available
- End of life care

Please see your unit's full guidelines for more information

2023-2024

# Critical Care Guidelines Sedation

**G Orfield**



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