Quality Improvement: Practical Pointers and Pitfalls



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University of Pittsburgh
Medical Director
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Public Safety

About me.....

- EMT in 1977
- Attending Physician UPMC Presby ED
- Medical Director City of Pittsburgh DPS
- Medical Director of Allegheny Co. 911
- APD EMS Fellowship
- Team Physician Pittsburgh Steelers
- EM Consultant for Pittsburgh Penguins





Lecture Summary

Begin with the End in Mind

Potential Pitfalls

Audits / Pt Care Bundles

Initiating a QI Program

Understand Barriers

Quality Improvement productive factors principles achievement

presentation

- Retrospective

Prospective/Retrospective

Everything, all the time

Quality Improvement

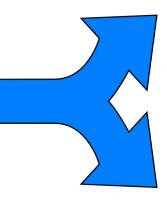


"Many people say that we have the best EMS agency..."



EMS Quality Improvement

Challenges to initiating a Quality Improvement program



Lack of:

- Interest
- Understanding
- Manpower

Fear of the unknown!

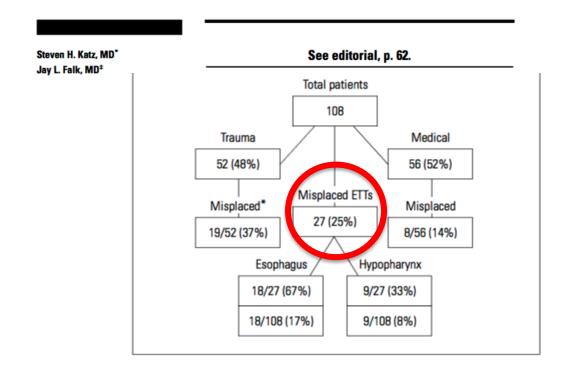




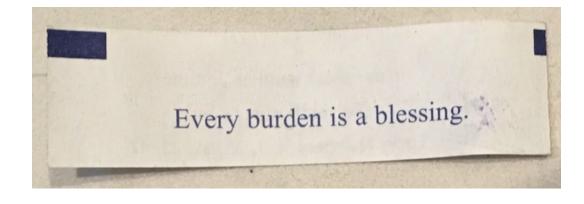


Why do QI?

M is placed Endotracheal Tubes by Paramedics in an Urban Emergency Medical Services System



"Every error is a treasure!"





Methods of initiating a QI program







Sell Job

DIY

Sneak it in

Quality Improvement Opportunities



Training



Ride-a-longs



ED Feedback



Quality Improvement Opportunities







Complaints

- Rude behavior
- Questionable care
- Vehicle crash

Audits

- Intubation
- Chest pain
- Refusals

Triggers

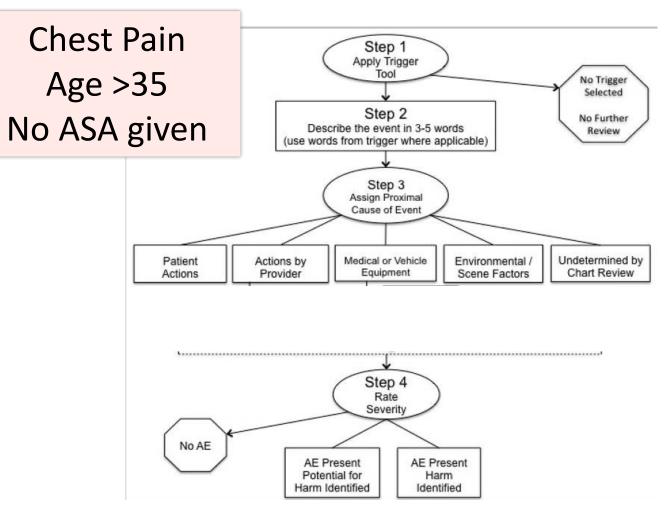
- Use of CPAP
- CPR
- BP < 90



Anonymous reporting

Audits

- Audit categories
 - Structure
 - Response times
 - Equipment
 - Deployment
 - Process
 - Protocols
 - Med administration
 - Transport
 - Outcome
 - Pain control
 - Patient satisfaction
 - Survival
- Reviewer
 - Medical Director
 - QI interest group
 - Supervisor



AE = Adverse Event

Patterson PEC 2014



Choosing Audits – Performance Indicators

- Low hanging fruit
 - Cardiac arrest/Intubations
 - Refusals
- Low volume high risk
- High volume difference makers
- Complaints
- Non Clinical



Don't reinvent the wheel

Cardiac arrest audits

- Do-able
- High risk
- Procedures
- Measureable (ROSC, survival)
- "Recorded"
- Benchmark-able
 - CARES
- "Life Changing"





Where are the holes...?

- Bystander CPR
- Dispatch
- Pauses during CPR
- Policies/Procedures
- Equipment
- Post ROSC Care

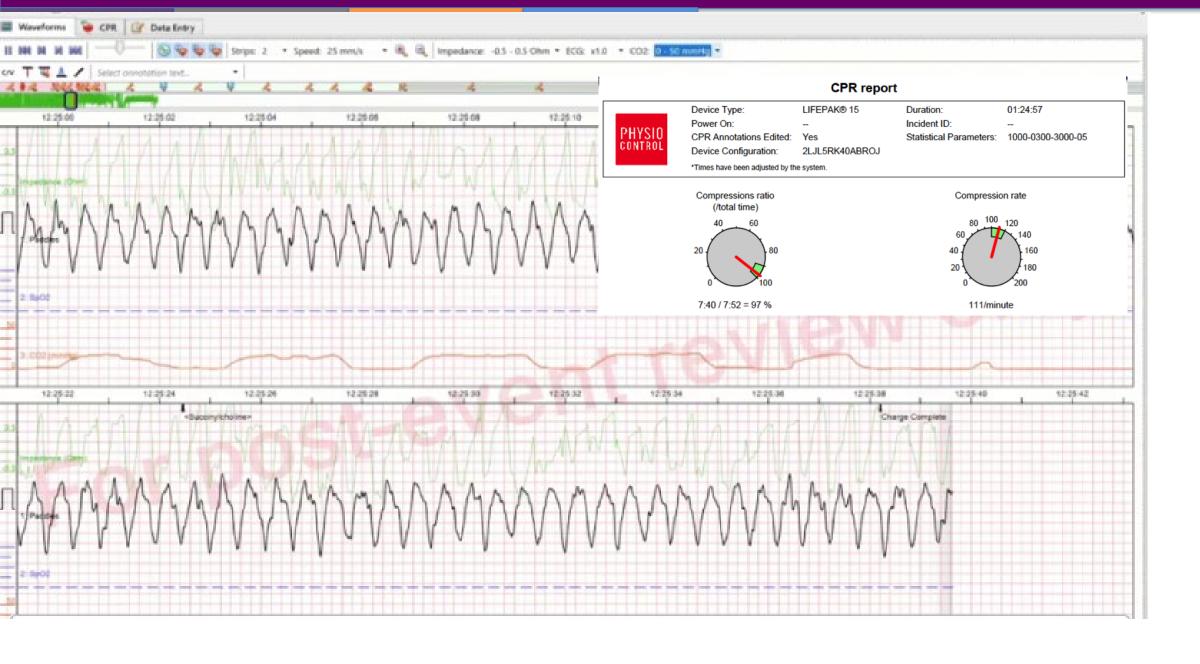
Improving survival from cardiac arrest



Where are the holes...?

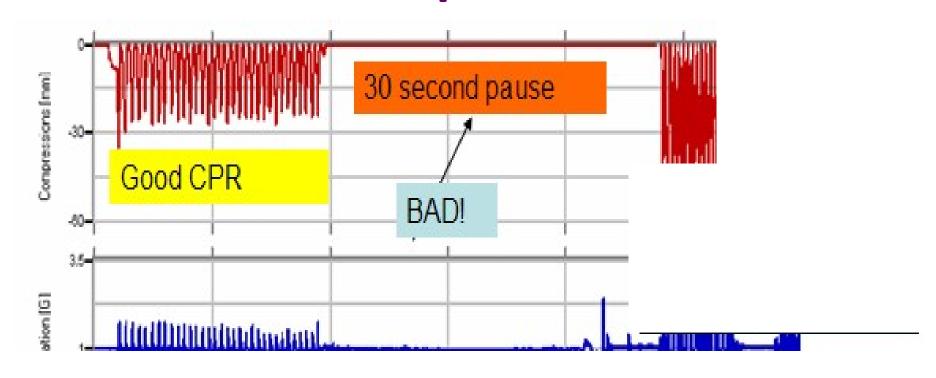
- Bystander CPR----->Pulse Point, CPR training
- Dispatch
- Pauses during CPR----->Re-education, feedback
- Policies/Procedures
- Equipment
- Post ROSC Care-----> New Protocol, Re-ed, feedback

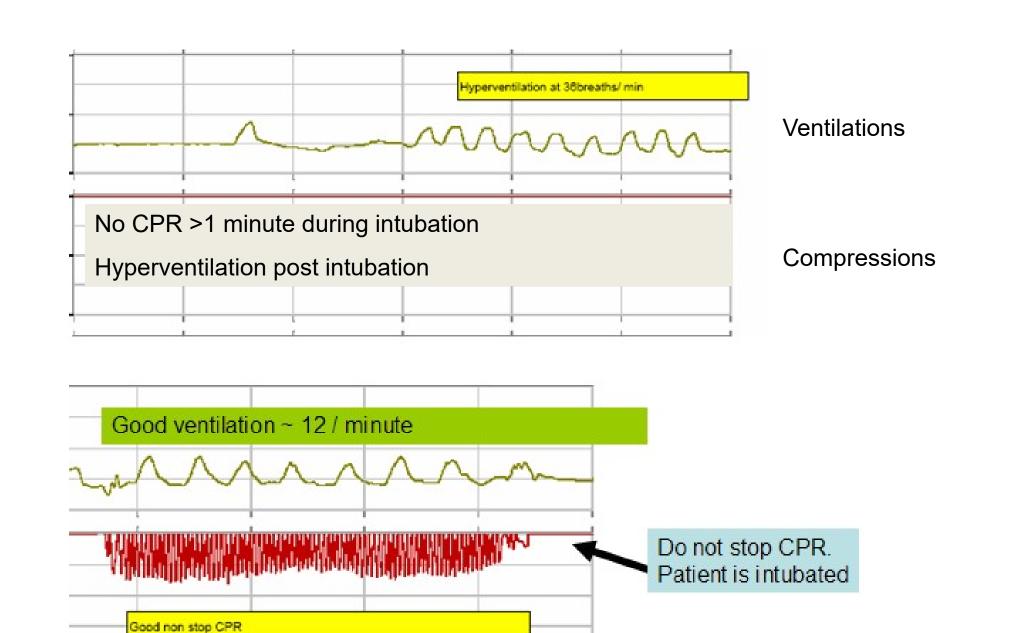




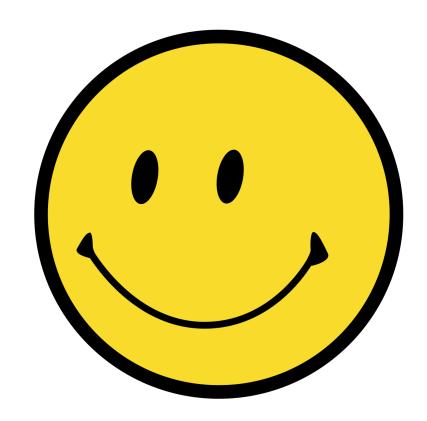


CPR Time – Bad Example



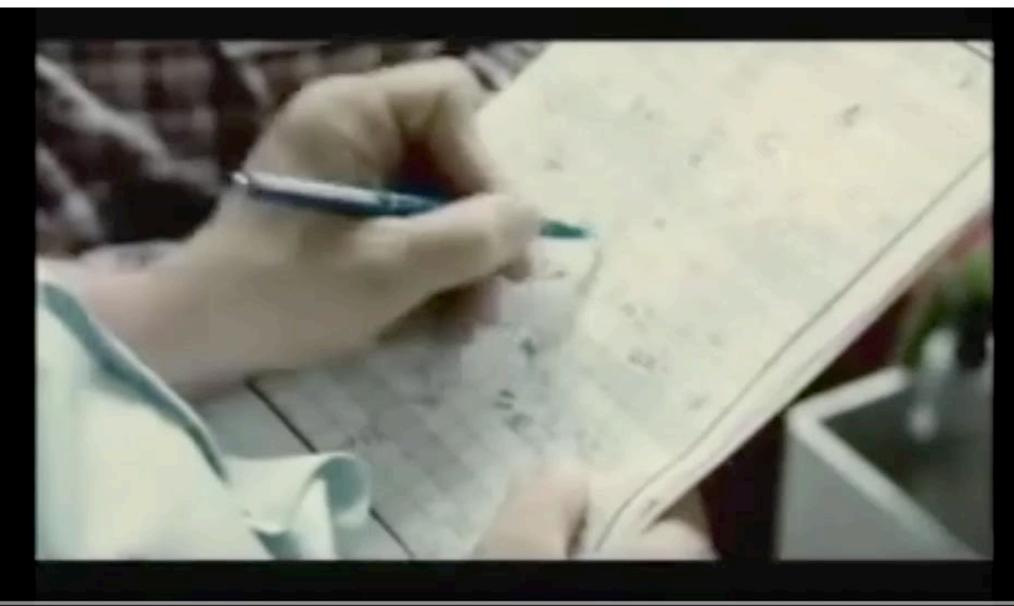


Arrest with EMS on scene





Arrest with EMS on scene





78 yo F w/ Hx CHF in severe resp distress

VS P130 R30 BP 90/p O₂ sat 78% RA rales thru out

- Placed on O2 via FM ->O2 sat 89%
- Reeves stretcher to ambulance
- Cardiac arrest in ambulance





- Scoop and run mentality
- Poor working conditions
- Comfort working in ambulance
- Scene safety/bystanders



Pittsburgh EMS Crashing Patient Algorithm

General Impression of a Patient in Extremis

Airway Issues Significant Respiratory Distress Signs of Shock

Place NP/OP Airway as Indicated/Tolerated

Respiratory Status

OK or Respiratory Distress

Respiratory Failure

- Poor Tidal Volume
- Unable to Speak
- Loss of Muscle Tone
- Unable to Sit Up
- SpO2 < 90% despite O2</p>
- Altered Mental Status
- > PU < 92

High Flow O2

or

CPAP +/- Albuterol

If SBP > 90

Trial of Assisted Ventilation PPV via BVM

No Improvement

Improves

Circulatory Status

Endotracheal Intubation

CPAP +/- Albuterol If SBP > 90

SBP < 90

Electrical Therapy

EKG: Tachycardia or Bradycardia

•

Immediate IV/IO Access 500cc NSS Pressure Infused Check Glucose

Check Lactate Reassess ABC's/Vitals **Access Appropriate Protocol**

Maximal Medical Therapy

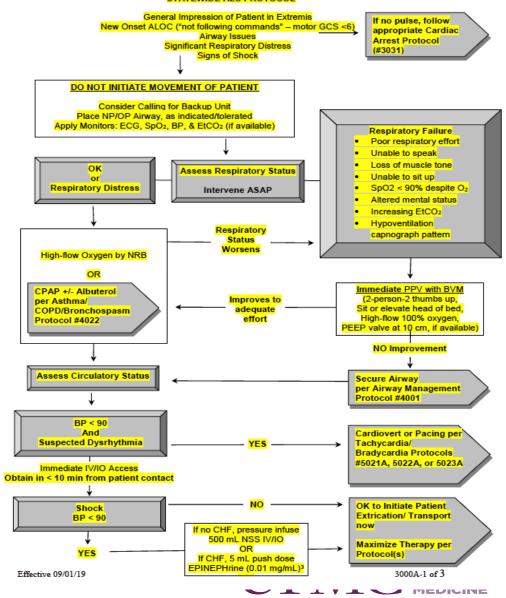
Consult Command MD

Pennsylvania Department of Health

Resuscitation

3000A - ALS - Adult

CRASHING PATIENT/ PATIENT IN EXTREMIS – ADULT STATEWIDE ALS PROTOCOL



Graph 1: Core Interventions for Bronchospasm 3rd Quarter 2014 – 2nd Quarter 2017



SOUU

MED

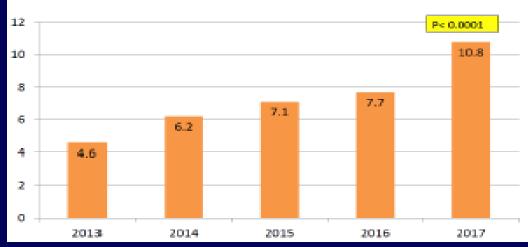
MAG

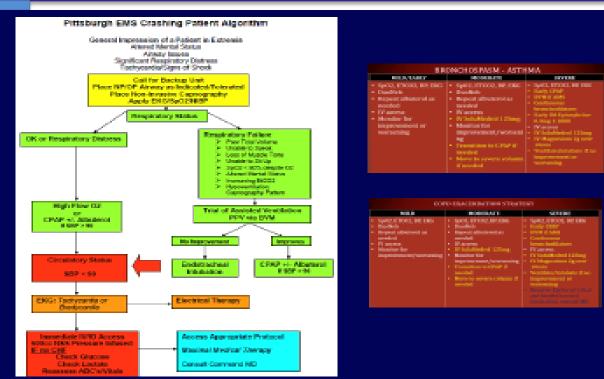
EPI.

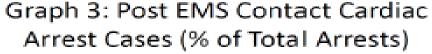
CPAP

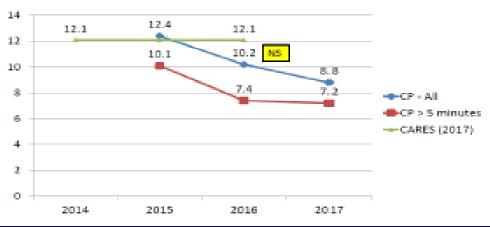
EKG

ETCO2









Impact of the Implementation of a Critically III Patient Bundle of Care on the Performance of

Key Medical Intervention for Respiratory Distress Patients in the Field

M Pinchalk¹, M Tomassi¹, R Roth², J Dlutowski¹, S Taxel¹, J Reim Jr. ¹ & T Goode¹

¹City of Pittsburgh Bureau of Emergency Medical Services, Pittsburgh, PA ²University of Pittsburgh School of Medicine, Department of Emergency Medicine, Pittsburgh, PA

INTRODUCTION

- Bundles of care have been advocated as a process based system to improve patient care and outcomes using evidenced based guidelines.
- In hospital care bundles have been developed for critical care conditions such as Sepsis.
- Prehospital data shows better patient outcomes when critical ALS interventions are accomplished in the field (1)

Objective: To assess the effectiveness of the implementation of a Prehospital "Crashing Patient" Critical Intervention Bundle of Care on the performance of key prehospital interventions for patients presenting with respiratory distress.

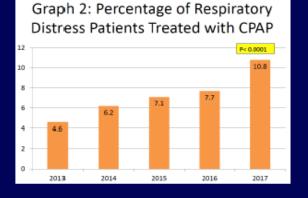
Hypothesis: The implementation of a Prehospital "Crashing Patient" Critical Care Bundle would improve execution of core ALS interventions for patients presenting with respiratory distress and decrease the incidence of post EMS contact cardiac arrest for these patients.

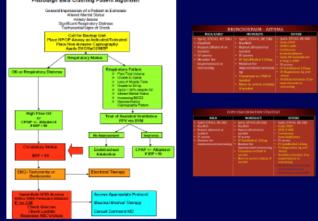
METHODS

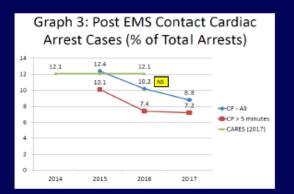
- Urban all ALS municipal (third service) EMS system.
- 63, 000+ responses per year
- Crashing Patients Program fully implemented in 2014 with a variety of continuing educational methods
- Retrospective review of electronic PCRs (EMS Charts ®) coded as "Respiratory Distress" from July 2014 - June 2017)
- Core interventions measured for all cases. For patients receiving a Albuterol® or Atrovent®, administration of Solu-Medrol ⁶, Magnesium & 1:1000 Epinephrine were

Disclosures









Significant increases in all core performance measures for bronchospasm

- Significant increase in the use of CPAP over time: from every 22nd patient to every 9th
- Decrease in the overall incidence of post EMS Contact Cardiac Arrest over time and compared to the incidence reported in CARES, however this was not statistically significant.(2)

CONCLUSIONS

Implementation of a Prehospital Critical Care "Crashing Patient" Care Bundle resulted in:

- Significant increases in application of EKG & EtCO2
- Significant increase in obtaining IV access
- Significant increase in use of CPAP
- Significant increases in is administration of Solu-Medrol ⁶ Magnesium & 1:1000 to patients in bronchospasm
- A reduction in the incidence of post EMS contact cardiac arrest, however this was non-significant

Critical Care Patient Care Bundles may have significant utility to improve patient care and safety in the prehospital setting

LIMITATIONS

- Retrospective data review that did not take into account the initial severity of patient presentation
- No data on effect on patient outcome outside of incidence of post EMS contact cardiac arrest

FUTURE DIRECTIONS

- Data analysis based on severity of initial patient
- Effects of interventions on specific patient outcome parameters

REFERENCES

- "Advanced Life Support for Out -of-Hospital Respiratory Distress", Stiell et al., The New England Journal of Medicine, Web 2 July 2016.
- "2016Presumed Cardiac National Summary Report." CARES, N.D., 14 Apr. 2016, Wel

Peer review

- Oncoming crew reviews previous shift
- Ql interest group

"That dude never documents 2 sets of vital signs on his trip sheets!"



Peer Review-Identifying Adverse Events



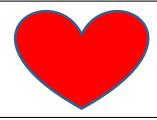
Prehosp Emerg Care. 2014; 18(4): 495-504. doi:10.3109/10903127.2014.916022.

A Comparative Assessment of Adverse Event Classification in the Out of Hospital Setting

P. Daniel Patterson, PhD, MPH, MS, NREMT-P, Judith R. Lave, PhD, Matthew D. Weaver, MPH, EMT-P, Francis X. Guyette, MD, Robert M. Arnold, MD, Christian Martin-Gill, MD, Jon C. Rittenberger, MD, David Krackhardt, PhD, Vincent N. Mosesso, MD, Ronald N. Roth, MD, Richard J. Wadas, MD, and Donald M. Yealy, MD

AE identified

- Sr MDS 13
- MC MDs 18
- RN/Medic 36

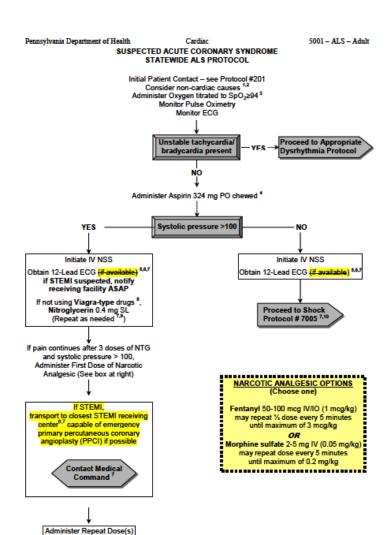


Hawthorne Effect!

- Alteration of behavior by the subjects of a study due to their awareness of being observed.
- For EMS- May require a perceived demand for performance.

Campbell JP, et. al. Ann Emerg Med 1995;26:590-594

QI built into protocols



of Narcotic Analgesic (See box at right)

Performance Parameters:

- A. All patients should either receive aspirin or the PCR should include documentation of why aspirin was contraindicated.
- B. Review for appropriate transmission of 12-lead ECG when possible. Review for appropriate diversion to facility capable of PCI and/or for appropriate notification of receiving facility when STEMI is identified.
- **C.** Cardiac rhythm monitored and 12-lead ECGs done (when available) and rhythm strips/12-lead ECGs documented with graphs included in PCR.
- **D.** Possible benchmark for on scene time of ≤ 20 minutes.
- E. Vital signs documented after each use of vasoactive medication (e.g. nitroglycerin or narcotic analgesics).

Bundles of Joy

Pittsburgh EMS Post Cardiac Arrest Bundle Audit



PRID: xxxxxxxxxxx

Date: , 2016

Unit: M-

Key Post Arrest Interventions:

Intervention	Performed	Comment
Airway Secured	YES	ETI Sx1
2 EtCO2 readings	YES	60 & 60 mm/hg
documented		
2 Blood Pressures	YES	190 & 180/SYS
documented		
Fluid Bolus	NO	
Epinephrine Drip	N/A	Lowest SBP 180
12 Lead EKG	YES	
Glucose	YES	99 mg/dl

Patient outcome: Pending from Mercy

<u>Comments</u>: 31 y/o male possible OD, arrested on you 4 minutes after arrival with a PEA rhythm. Great job with the resuscitation of this patient. Post arrest good job with screening the 12 Lead EKG & checking the glucose, Epinephrine Drip was not required at these SBP's.

Remember to give & document a 500cc NSS bolus (fluid given during the arrest counts towards this). Also check a blood glucose. Thanks!

Our new metric this year is goal of 80% of post arrest patients getting a Epinephrine Drip administered and a 12 lead EKG screened.

CONFIDENTIAL PEER REVIEW DOCUMENT

Pittsburgh EMS "Crashing Patient" Audit



PRID: Date:, 2016

Chief Complaint: Unresponsive

Unit: M-h

Patient contact to arrest: 29 minutes
Moved prior to arrest: YES

Interventions prior to arrest:

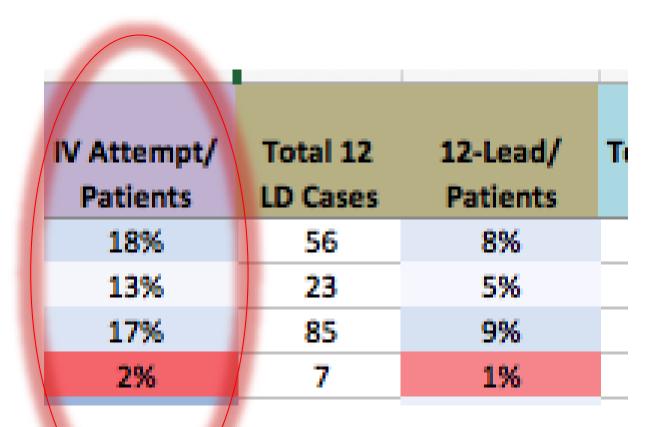
Intervention	Performed	Comment		Time
Patient Monitoring	YES	SBP	Yes	0 (5)
		SpO2	No	
		EKG	Yes	9 (5)
		EtCO2	Yes - malfunction	11 (5)
Airway Managed	YES	NP Airway	No	
		OP Airway	No	
		King	N/A	
		ETI	Sx1	19 (20)
Respiratory	YES	02	Yes	6 (5)
Managed		CPAP	N/A	
		PPV-BVM	Yes	6 (5)
Arrhythmia	YES	Medications	N/A	
Managed		Pacing	Yes	11 (10)
		Cardiovert	N/A	
Vascular Access	YES	IV	No	
Shock		10	Yes	14 (10)
Management		Fluids	Yes	14 (10)
ŭ		Pressors	No	
Medical Therapy	N/A	No Glucose check		
1	I	documented		

Thanks Patient Care Coordinator Pinchalk



Procedures







Find a champion



COMPARISON OF TIMES TO INTUBATE A SIMULATED TRAUMA PATIENT IN TWO POSITIONS

Mark Pinchalk, BS, EMT-P, Ronald N. Roth, MD, Paul M. Paris, MD, David Hostler, PhD, NREMT-P





HOME PROJECTS INITIATIVES FICEMS NEMSAC NEWS & EVENTS

PROJECTS

» Evidence Based Guidelines
» Opioid Crisis
» Nomenclature
» EMS Education Standards
» CPR LifeLinks
» EMS Agenda 2050
» Provider & Patient Safety
» Stop the Bleed Initiative
» NEMSIS



EMS Compass



EMS Compass developed a process to create performance measures to improve the quality of care at the local, regional, state and national levels.

Hypoglycemia Stroke Seizure

Trauma Pain

Trauma

Pediatric Respiratory

Medication Error

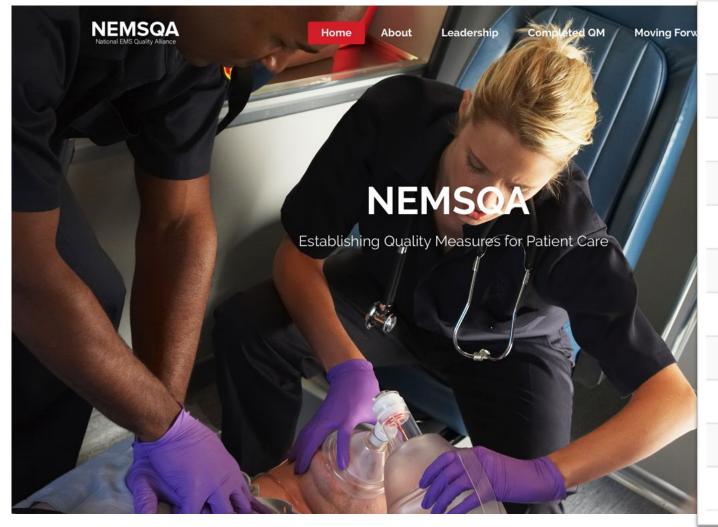
Vehicle Operations Safety

Pediatric Medication Error

Initiative Objectives

- Develop a core list of measures with specific definitions for EMS to improve quality.
- Use evidence-based recommendations and best practice data as the foundation of the development process.
- Utilize data elements from the National Emergency Medical Services Information System (NEMSIS) whenever possible.

- Engage local, state and national stakeholders throughout the development and testing process.
- Design a system to support continuous updating and expanding the performance measures dictionary going forward.



Treatment Administered for Hypoglycemia

Pediatric Respiratory Assessment

Administration of Beta Agonist for Pediatric Asthma

Documentation of Estimated Weight in Kilograms

Patient with Status Epilepticus Receiving Intervention

Suspected Stroke Receiving Prehospital Stroke Assessment

Injured Patients Assessed for Pain

Effectiveness of Pain Management for Injured Patients

Trauma Patients Transported to a Trauma Center

Use of Lights and Sirens During Response to Scene

Use of Lights and Sirens During Transport

NEMSQA will develop and endorse evidence-based quality measures for EMS and healthcare partners that improve the experience and outcomes of patients and care

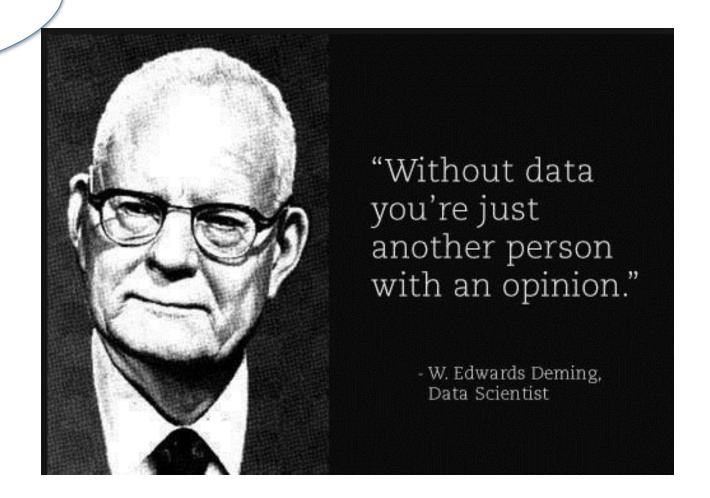
Table 2: Comparison of EMS clinical performance indicators.

US clinical performance indicators*									
Clinical condition	ST Elevation Myocardial infarction (STEMI)	Pulmonary Edema	Asthma	Seizure	Trauma	Cardiac arrest			
Indicators or bundle element	(1) Aspirin (2) 12 lead Electrocardio- graph (ECG) (3) Direct transport to espercutaneous cardiac intervention (PCI) interval from ECG to balloon <90 minutes	(1) Nitroglycerin (2) Noninvasive positive pressure ventilation	(1) β_2 agonist administration	(1) Blood Sugar measurement (2) Administration of a benzodiazepine	(1) Entrapment time <10 minutes (2) Direct transport to trauma for patients meeting criteria	(1) Response interval <5 min for basic CPR and Automated external defibrillators (AEDs)			
Outcome	NNT = 15 Harm avoided: A stroke, 2nd myocardial infarction, or death	NNT = 6 Harm avoided: need for an endotracheal intubation	Not Specified	NNT = 4 Harm avoided: persistent seizure activity	NNT = 3 or 11 depending on criteria used Harm avoided: one death	NNT = 8 Harm avoided: one death			

[•] Sayed M. Emergency Medicine International 2012,

Based on my clinical experience.....

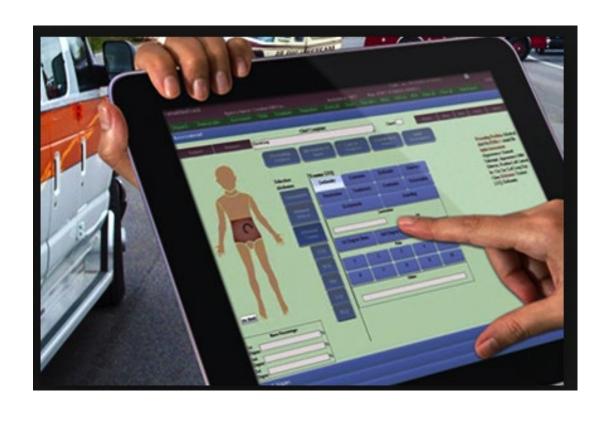




Potential Pitfalls



EMS patient care records....

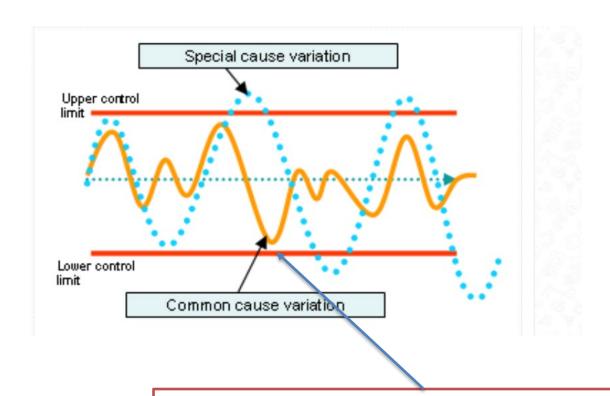


The classic major genres of PCRs are:

- Fiction.
- Comedy.
- Drama.
- Horror.
- Non-fiction.
- · Realistic fiction.
- Romance novel.
- Satire.

We responded on a cold, dark, and stormy night....

Chasing blips on the radar



- Variation
 - Common cause vs special cause
- Effect Size/Sample size
- Negative feedback
- Human factors
- Irrelevant measures

Placement of cappuccino machine in Medic Room

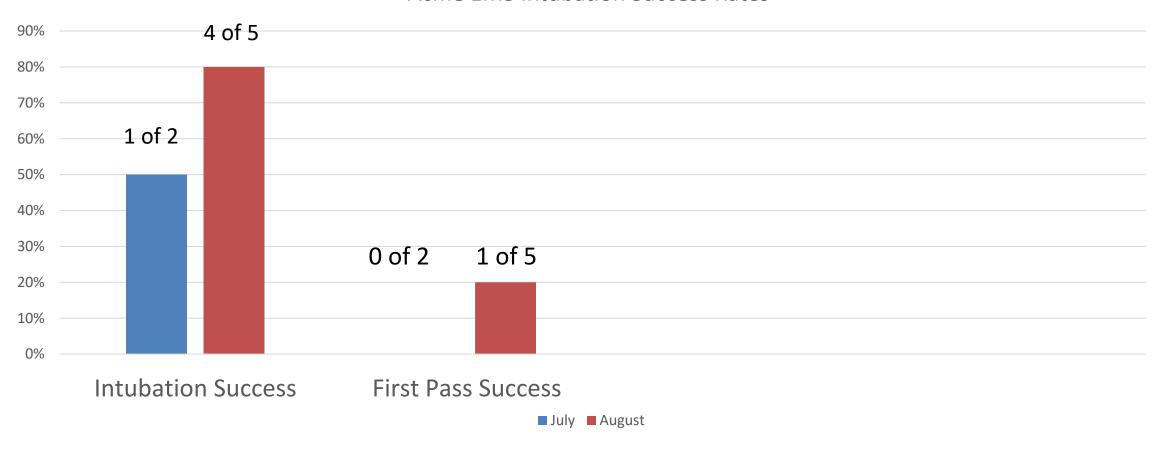
ACME EMS QI Committee

Acme EMS Intubation Success



ACME EMS QI Committee

Acme EMS Intubation Success Rates



"Improved intubation success rate with RSI"



"After initiating RSI our intubation success rate is nearly 100%"

It may take us 6 or 7 tries but we get the tube in!"



Human Error

How to remove human error

Get rid of humans

 Focusing solely on human error makes errors go underground

 Slips and laps will occur and systems must be able to mitigate these





Begin with the end in mind

-Covey

• We get ROSC 50% of the time.....







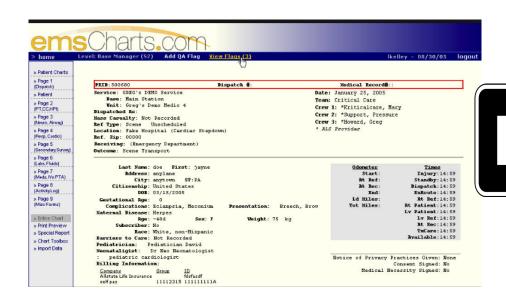


9/28/2019

"Hi Dr. Roth,
I am the guy that
died at last year's
Great Race!"



Missing pieces



Pre-Hospital



Hospital



WTF Moments in QI (What's the fuss?)

Crew administers Bicarb instead of D50

Look for system issues, policies procedures



WTF Moments in QI

Crew administers Bicarb instead of D50 -

Look for system issues, policies procedures

Crew administers 12mg of naloxone to an unresponsive patient with pinpoint pupils

Re-education



WTF Moments in QI

Crew administers Bicarb instead of D50

Look for system issues, policies procedures

Crew administers 12mg naloxone to an unresponsive patient with pinpoint pupils

Re-education

Crew fails to take stretcher/equipment into a high-rise because most of the calls are BS.



Discipline



Just Culture

- Shared responsibility
 - Systems are accountable
 - Individuals are accountable

Human Error

- Memory lapse
- Mistake

At-risk-behavior

- Behavioral choice
- Failure to recognize risk

Reckless behavior

- Conscious disregard
- Unjustifiable risk

WTF Moments in QI







You are being audited!



Requests

- Response times
- Overtime expenses

How might you re-direct his audit?

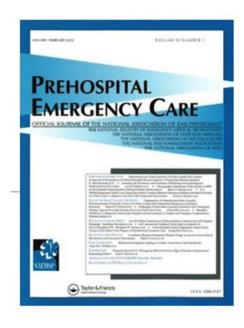




"If you know one EMS agency...
you know one EMS agency"
-Roth 1985

One last thing...

 If it's good enough to change your practice you should publish it!







Summary

Limited resources QI program

- Understand barriers
- 3 ways to initiate QI program
- Leverage "Peer review"
- Performance Measures
- Patient care bundles
- EMS Compass / NEMSQA

Sophisticated program

- Accuracy of PCRs
- Begin with the end in mind
- Lack of hospital data
- Reviewers may vary



