

Continuous quality improvement initiative

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## **Introduction**

Continuous quality improvement refers to the process of improving the health care systems, hospital working environment and the patient outcomes. The main goal of the continuous quality improvement is to enhance delivery of patients' care services (Jeanes *et al.*, 2020). This discussion seeks to highlight an example of continuous quality improvement at my work place.

### **Continuous quality improvement initiative**

I currently work as a progressive intensive care nurse at our health care facility. On an almost daily basis, I encounter patients suffering from high fever as a result of factors such as sepsis, catheterization infections, surgical site infection and pneumonia. High fever in ICU patients may cause devastating effects on the patients' health such as increased morbidity and mortality. This may be contributed by an increase in body's metabolic demand and consumption of oxygen.

According to Hill *et al.* (2020), a high body temperature usually increases the oxygen consumption as well as body's metabolic rate. Therefore, the patient whose body is already in need of oxygen to support the body systems may suffer the more, and eventually result to damage of vital organs. In the worst case scenario, the body systems may fail and the patient eventually dies. In case of hyperthermia, patients may suffer from cardiac arrest while patients suffering from hypothermia may suffer death especially in cases of sepsis. Therefore, it is important for progressive intensive care nurses to monitor ICU patients' temperature to ensure that the temperature range is within the normal range. In most cases, the nurses may administer antipyretic drugs or physically cool the patients' body (Mears, 2020).

As a progressive intensive care nurse, I introduced the targeted temperature control management initiative to improve ICU patient care service delivery and patient outcomes. According to Jeanes *et al.* (2020), targeted temperature control management proved to be an efficient strategy of managing fever in post-cardiac arrest patients, septic patients and patients suffering from brain injury. With regard to this, I educated the progressive intensive care unit nurses on the need to adopt a temperature sensing catheter in the management of fever in ICU patients. So far, the initiative has considerably reduced the prevalence of fever among the ICU patients by 65%.

The rationale behind this initiative is that most of the intensive care unit patients are usually subjected to catheterization before and after the medical procedures. As a result, the introduction of a temperature sensing catheter serves the purpose of temperature control as well as urinary control rather than monitoring the temperature differently. The objective of the CQI was to improve the accuracy and efficacy of targeted temperature control among ICU patients. According to Mears (2020), employment of a temperature sensing catheter allows for continuous monitoring of the temperature and effective drainage of urine.

The expected outcome for the continuous quality improvement initiative involves enhanced patient outcomes in terms of successful temperature control. The target population for the continuous quality improvement includes the patients suffering from sepsis, post-brain trauma and post-cardiac arrest patients. The improvement plan was intended to reduce the morbidity and mortality rates among the intensive care patients. To ensure successful implementation of the quality improvement plan, I educated my team on the importance of targeted temperature control using temperature sensor catheters. I also trained them on how to successfully insert the temperature-sensor catheters. According to Hill *et al.* (2020), effective

implementation of the continuous quality improvement initiatives involves a robust training and sensitization of the health care professional team.

### **Conclusion**

Continuous quality improvement initiative is a critical element of health care delivery. A study by Jeanes *et al.* (2020) revealed that the importance of continuous quality initiative in improving the operations, systems, patient outcomes and health care service delivery. Notably, successful implementation of a quality improvement initiative in a health care facility requires interprofessional collaboration.

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**References**

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