NACNS Alarm Fatigue

How do I Start Checklist

Below is an example of a Six Sigma Process approach to change or you may utilize any other change process.

- **Define:** State the problem, specify the customer set, identify the goals, and outline the target process.

- **Measure:** Decide what parameters need to be quantified, work out the best way to measure them, collect the necessary data, and carry out the measurements by experiment.

- **Analyze:** Identify performance goals and determine how process inputs are likely to affect process outputs.

- **Design:** Work out details, optimize the methods, run simulations if necessary, and plan for design verification.

- **Verify:** Check the design to be sure it was set up according to plan, conduct trials of the processes to make sure that they work, and begin production or sales.

<table>
<thead>
<tr>
<th>Plan</th>
<th>Resources</th>
<th>CNS Competency</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Define/Accept</strong></td>
<td><strong>Overview Documents:</strong>&lt;br&gt;• NACNS Alarm Fatigue Resource Crosswalk&lt;br&gt;• TJC Goals/Dates R3 Report&lt;br&gt;• AAMI Foundation HTSI Key Points Checklist</td>
<td>Direct Care, Consultation, Systems Leadership, Collaboration, Coaching, Research, Ethical Decision-Making/Moral Agency and Advocacy</td>
</tr>
<tr>
<td>Define: Alarm safety is the number one technology hazard in health care. Excessive alarms in clinical environments lead to alarm fatigue: staff may ignore or disable a clinically important alarm.</td>
<td><strong>ECRI Strategies to Improve Monitor Alarm Safety</strong>&lt;br&gt;<strong>Assessment Tools/Strategy Documents:</strong>&lt;br&gt;• VHA patient Safety Assessment Tool (PSAT)&lt;br&gt;• AACN Alarm Management ActionPak&lt;br&gt;• Device Worksheet&lt;br&gt;• Pre-Change Assessment Survey etc.&lt;br&gt;• HTF National Clinical Alarms Survey&lt;br&gt;• Evidence based indications for cardiac monitoring</td>
<td></td>
</tr>
<tr>
<td>Assess:</td>
<td><strong>Interdisciplinary Team Member Involvement Options:</strong>&lt;br&gt;• Clinical Engineering&lt;br&gt;• CNS&lt;br&gt;• Nursing Director for each clinical area&lt;br&gt;• Physician Champion for each clinical area&lt;br&gt;• Quality&lt;br&gt;• Nurse Manager&lt;br&gt;• Other professionals at library for data pull etc.&lt;br&gt;• Nursing Informatics at library</td>
<td></td>
</tr>
<tr>
<td>1. Appropriateness of monitoring&lt;br&gt;   a. EB indications for cardiac monitoring</td>
<td>(Suggest to utilize Interdisciplinary Team to: assist in steps of project, Direct Care, Consultation, Systems Leadership, Collaboration, Coaching, Research, Ethical Decision-Making/Moral Agency and Advocacy)</td>
<td></td>
</tr>
<tr>
<td>2. Clinical alarms: current state&lt;br&gt;   a. Unit Gap Analysis (AACN)&lt;br&gt;   b. Alarm data from clinical engineering / facilities&lt;br&gt;      i. # of alarms / defined time&lt;br&gt;      ii. # of crisis alarms/ defined time&lt;br&gt;   iii. Current defaults</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Staff education and competency&lt;br&gt;   a. Current state</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
# NACNS Alarm Fatigue

## How do I Start Checklist

| i. Onboarding | provide support, approve process steps, approve plan etc |
| ii. Ongoing |

4. Staff attitudes / perceptions  
5. HTF survey  
6. Patient outcomes  
   a. Organizational data on alarm events

## Measure

### Pre-Change Data Measurement Examples:

- Alarm Event Data-Coordination with Facility/IT (alarm frequency etc)
- Rapid Response Team/Code Team Event related data
- HCAPS-Quiet at Night Data
- Pre-Change Assessment  
  - Overall # of alarms  
  - % nurses customizing alarms  
  - % of high, medium, low, and technical alarms
- Survey staff on perceptions / attitudes
- Staff knowledge

### Metrics-consider:

- clinical alarms  
- safety  
- staff education/competencies, surveys/perceptions  
- patient outcomes

**Resource:** See Crosswalk

## Analyze

Identify goals: determine how process changes will affect process results.

- Analyze Data from Measure section  
- Evaluate and Prioritize areas for improvement

**Resource:** See Crosswalk

**Consultation, Systems Leadership, Collaboration, Research, Ethical Decision-Making/Moral Agency and Advocacy**
# NACNS Alarm Fatigue

## How do I Start Checklist

### Design

Work out details of change to be implemented
- Detail which alarms to change and the process to implement the change.
- Include nurse related educational needs for pilot. (staff education/competencies)
- Include dates/times to monitor data

Strategies for Clinical Alarm Management:
- Defaults
- Escalation
- Customization
- Evidence based use of monitoring
- Clarify accountability
- Policy development

### Verify

- PDSA Cycle on pilot units
- Outcomes:
  - Evaluate goals for success
    - Overall # of alarms
    - % nurses customizing alarms
    - % of high, medium, low, and technical alarms
- Survey staff on perceptions / attitudes

### Pilot Study Units to monitor change

Implement changes

<table>
<thead>
<tr>
<th>Resource: See <a href="#">Crosswalk</a></th>
<th>Direct Care, Consultation, Systems Leadership, Collaboration, Coaching, Research, Ethical Decision-Making/Moral Agency and Advocacy</th>
<th>Direct Care, Consultation, Systems Leadership, Collaboration, Coaching, Research, Ethical Decision-Making/Moral Agency and Advocacy</th>
</tr>
</thead>
</table>

---

### Direct Care, Consultation, Systems Leadership, Collaboration, Coaching, Research, Ethical Decision-Making/Moral Agency and Advocacy
NACNS Alarm Fatigue

How do I Start Checklist