

# WAKE UP!

MANAGING PAIN AND SEDATION TO ENSURE PATIENTS ARE AWAKE ENOUGH TO GET UP

<b>W</b>	<b>WARN YOURSELF:</b> this is high risk.
<b>A</b>	<b>ASSESS:</b> use tools (STOP BANG, POSS, RASS, PA-PSA).
<b>K</b>	<b>KNOW:</b> Your drugs, Your patient.
<b>E</b>	<b>ENGAGE:</b> Patients and Families to set realistic pain expectations, use of non-sedating analgesics, risks of opioids.
<b>U</b>	<b>UTILIZE:</b> dose limits, layering limits, soft and hard stops.
<b>P</b>	<b>PROTECT:</b> The Patient...our ultimate job.

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Mission to Care. Vision to Lead.



An Initiative of the Florida Hospital Association  
Hospital Improvement Innovation Network

[www.fha.org/wakeup](http://www.fha.org/wakeup)

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**MINIMIZING SEDATION**  
allows for early  
mobilization,  
reducing delirium and  
respiratory compromise

**OVER-SEDATION**  
increases chance of harm  
and results in longer length  
of stay

**MONITORING**  
reversal agents and  
emphasis on minimal  
sedation assists in the  
prevention of seven  
harm events



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