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Experience report of the applicability of the fast hug in a intensive care unit

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The intensive care unit (ICU) is a sector designate to critical conditions patients. To ensure a proper care the Fast Hug mnemonic is applied. This has the objective to aid the assistance of critical health conditions patients and is based upon seven components that should be daily evaluated to standardize the assistance and to prevent intensive care flaws. As published by the doctor Jean Louis Vincent, the Fast Hug components are: Feeding, sedation, thromboembolic prevention, head of bed elevated, stress ulcer prophylaxis and glucose control. Objective: To report a nursing academic Fast Hug appliance experience in an ICU. Methodology: An academic experience report about the applicability of the Fast Hug to evaluate ICU patients of a public hospital in the state of Santa Catarina, done by a self-made checklist about the mnemonic components that took 26 days long. Results: The instrument was daily applied to 17 ICU beds. The evaluations took 1 minute with the checklist record at the side of the bed. With the instrument was possible to notice the patient progress and the standardize of professional behaviors. Final considerations: At the checklist application time, the nurse can note the whole patient, being able to do its nurse record and searching scientific evidences to select the best therapeutic technique to be adopted in the care prescription. Is know the checklist importance to increase the safety and quality of the care services, but it requires more nurse professionals and the creation of checklist.

Biography

PhD in nursing by the University of São Paulo, teacher of the Nursing Department of the Federal University of Santa Catarina. Teacher of the Postgraduate Nursing Program PEN/UFSC. Coordinator of the Multidisciplinary Professional Master's degree in nursing at UFSC/HU. Tutor of the Multidisciplinary Residence in Health of the Urgency and Emergency Area at UFSC/HU. Has 25 years of nursing experience, with emphasis in cardiological nursing. Is researcher and vice president at the Research Laboratory of Caring of People in Critical Health Situation (GEASS/UFSC). Effective member of the NORTH AMERICAN NURSING ASSOCIATION INTERNATIONAL (NANDA-I), The Honor Society of Nursing, Sigma Theta Tau International and of the Rede de Enfermeria Emergenciais Y Desastres en Las Americas.

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