

Introduction

The Stroke Associated Pneumonia (SAP) bundle was developed as a collaborative project at East Lancashire Hospitals NHS Trust (ELHT) to reduce the risk of stroke associated pneumonia.

The SAP bundle focuses on 4 areas:

- Bed head position
- Oral hygiene
- Early mobilisation
- Referral to chest physiotherapy

To drive forward the importance of oral hygiene in patients at risk of post-stroke pneumonia the Speech & Language Therapy Team proposed a quality initiative to implement the oral hygiene measures of the SAP bundle on the acute stroke unit.

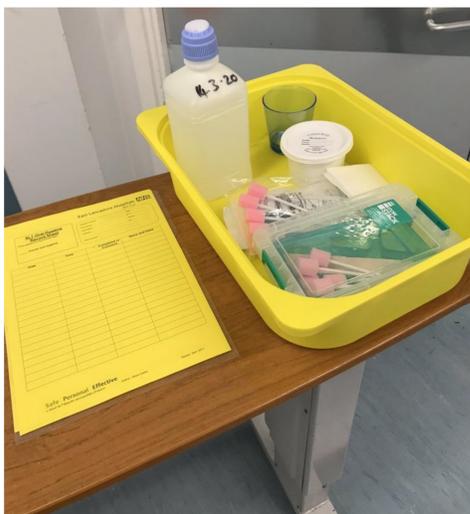
The aim of the project was to:

- 1) Reduce the number of oral hygiene related incidents to zero
- 2) Improve compliance with the 7 key elements of oral hygiene care

Prevention of Stroke Associated Pneumonia Care Bundle



1	Bed head position:	<input type="checkbox"/>
	• 45° (if Nasogastric tube instill)	
2	Mouth care:	<input type="checkbox"/>
	• To be completed every 1-2 hours	
	• Ensure yellow mouth care box is available at the end of the bed and includes:	<input type="checkbox"/>
	• Pen torch	<input type="checkbox"/>
	• Mouth care kit	<input type="checkbox"/>
	• Tweezers	<input type="checkbox"/>
	• Pink sponge / mouthwashes	<input type="checkbox"/>
	• Chlorhexidine gel to be applied 3 times daily	<input type="checkbox"/>
	• Teeth/dentures cleaned twice daily	<input type="checkbox"/>
	• Record oral hygiene on oral hygiene sheet	<input type="checkbox"/>
	• Update mouth care plan	<input type="checkbox"/>
3	Early Mobilisation:	<input type="checkbox"/>
	• Strict 2 hourly turns as per Skin Bundle	
	• Refer to Early Mobilisation of the Acute Stroke Patient Flowchart as overleaf	<input type="checkbox"/>
4	Refer for Chest Physio & obtain Sputum sample if patient:	<input type="checkbox"/>
	• Is struggling to clear secretions	
	• Has increasing Oxygen requirements	
	• Has decreased Oxygen saturations	
	<i>If an EWS is triggered, please escalate as per Clinical Observation Policy (CP37 V1.2)</i>	
	Chest Physio Referral	<input type="checkbox"/>
	Sputum sample obtained	<input type="checkbox"/>



Method

Oral hygiene measures of the SAP bundle were implemented on the acute stroke unit at Royal Blackburn Teaching Hospital, ELHT, from October 2018.

Implementation interventions included:

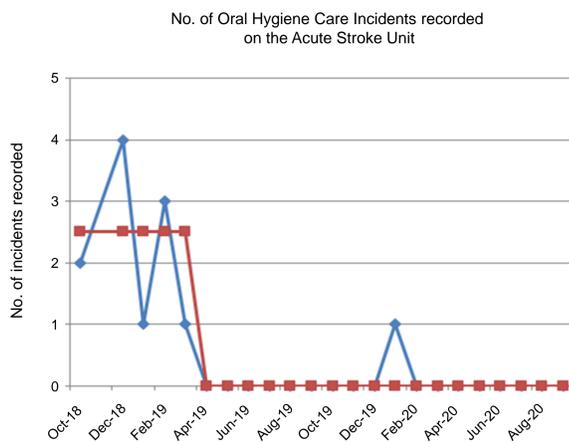
- Staff education on the effects of poor oral hygiene
- Practical sessions on carrying out good oral hygiene procedures, including use of chlorhexidine gel
- Introduction of a new oral hygiene kit, ward procedures put in place for restocking and new documentation for consistent recording

Oral hygiene related incidents were recorded and regular audits were undertaken to evaluate the use of oral hygiene measures.

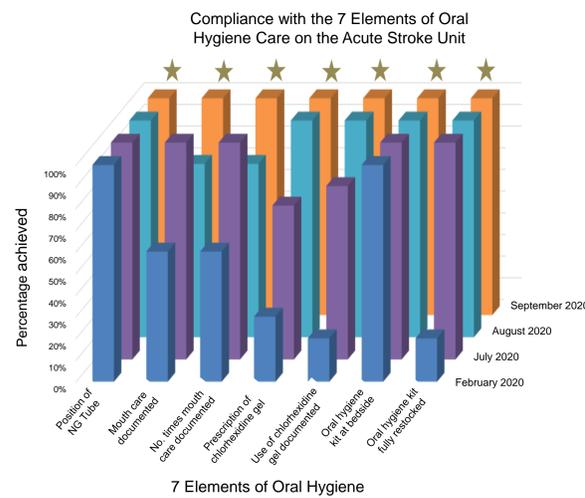
Results

✓ Oral hygiene related incidents were reduced to zero on the unit

✓ Compliance was achieved with the 7 key elements of oral hygiene



- Incidents dropped from 4 per month to none reported in 8 consecutive months



- Mouth care consistently documented on newly developed oral hygiene record sheets
- Chlorhexidine gel is now routinely prescribed and use documented
- Oral hygiene kits are stocked and available at patients' bedsides

Conclusion

Oral hygiene measures of the SAP bundle were implemented successfully on an acute stroke unit setting.

Oral hygiene related incidents have been eliminated and high levels of compliance with all 7 elements of oral hygiene has been attained.

Anecdotally, there is an increased staff awareness and ownership in identifying patients who are at risk of stroke associated pneumonia, increased staff knowledge and confidence in carrying out the required standard of oral hygiene and enhanced collaborative problem solving when oral health-related issues arise. This requires further exploration.

Future directions:

- Ensure continued high standards of oral hygiene and ensure sustainability through ongoing staff education and audit
- Obtain prescribing rights for staff nurses to prescribe chlorhexidine gel
- Acquire information on pneumonia incidence
- Disseminate knowledge and practice to other clinical areas in the hospital