

Spanish Translation

A

EVALUAR, PREVENIR Y TRATAR EL DOLOR

Se recomienda el uso de herramientas validadas que puedan utilizarse a diario en cada paciente.

B

PRUEBAS DE DESPERTAR Y DE RESPIRACIÓN ESPONTÁNEA

Proporcionar sedoanalgesia cuando sea necesario, pero eliminar la dosis cuando sea preciso para evitar sobredosis y efectos secundarios no deseados.

C

SELECCIÓN DE ANALGESIA Y SEDACIÓN

La evidencia publicada le permite al equipo decidir cuáles son los analgésicos y sedantes más seguros que se pueden usar y cuáles son los medicamentos que se deben evitar de acuerdo a las circunstancias específicas de un paciente.

D

DELIRIO: EVALUAR, PREVENIR Y TRATAR

Se recomienda el uso de herramientas validadas que puedan utilizarse a diario en cada paciente.

E

EJERCICIO Y MOVILIZACIÓN TEMPRANA

Optimizar la movilidad y el ejercicio para cada paciente de acuerdo con su capacidad (mediante la ayuda de cualquier miembro del equipo asignado) y progresar a diario según clínicamente posible.

F

FAMILIA: COMPROMISO Y EMPODERAMIENTO

La buena comunicación con la familia es fundamental en cada etapa del curso clínico de un paciente. Empoderar a la familia para que sea parte del equipo para asegurar la mejor atención mejorará muchos aspectos de la experiencia del paciente. La F nos recuerda que el centro de la atención es el paciente y su familia.

Updated back translation from above Spanish version to English:

A

Evaluate, prevent, and treat pain

The use of valid tools that can be used on each patient everyday is recommended

B

Trials of awakening and breathing spontaneously

Provide analgosedation when necessary, but eliminate the dose when it is needed to avoid overdose and secondary undesirable effects

C

Choice of analgesia and sedation

The published evidence allows the team to decide which are the safest analgesics and sedatives that can be used and which are the medicines that should be avoided according to specific circumstances of each patient

D

Delirium: evaluate, prevent, and treat

The use of valid tools that can be used on each patient everyday is recommended

E

Exercise and early mobilization

To optimize the mobility and the exercise for each patient in function of his/her capacity (through the help of whichever member of the assigned team) and to progress daily as is clinically possible

F

Family: engagement and empowerment

The good communication with the family is fundamental in each step of the clinical course of a patient. To empower the family to be part of the team to assure the best attention will improve many aspects of the experience of the patient. The F reminds us that the center of the attention is the patient and their family.

Original English Version

A

Assess, Prevent, and Manage Pain

There are validated tools that are recommended that can be used in every patient every day.

B

Both Spontaneous Awakening Trials & Spontaneous Breathing Trials

This means providing these powerful medications when needed but stopping them when unnecessary to avoid over-use and unwanted side effects.

C

Choice of Analgesia and Sedation

Published evidence helps the team decide which are the safest sedatives and analgesics to use and which are the most important medications to avoid for a specific patient's circumstances.

D

Delirium: Assess, Prevent and Manage

There are validated tools that are recommended that can be used in every patient every day. We will dive deeper into this aspect, DELIRIUM, in the page below.

E

Early Mobility and Exercise

This step involves optimizing mobility and exercise for every patient to the best of her or his ability (through the help of any member of the team assigned to perform this piece of care) and advancing that daily as clinically able.

F

Family Engagement and Empowerment

Good communication with the family is critical at every step of a patient's clinical course, and empowering the family to be part of the team to ensure best care is adhered to diligently will improve many aspects of the patient's experience. The F was recently added to help to keep patients and families as the center and focus of care.