THE UP CAMPAIGN

A campaign to spread basic interventions while simultaneously supporting the reduction of patient harm.

> WAKE UP — Reducing unnecessary sleepiness and sedation.
> GET UP — Mobilizing patients to return to function more quickly.
> SOAP UP — Performing hand hygiene appropriately to reduce the spread of infection.
> SCRIPT UP — Evaluating the need for periodic medication changes.

Begin to focus on three simple questions:
> Is my patient awake enough to get up? If so, get him or her up.
> Have I protected my patient from infection?
> Does my patient need any medication changes?

WHY WAKE UP?
- Reduces unnecessary sleepiness and sedation.
- Minimizing sedation allows for early mobilization, reduction of delirium, decreased risk of respiratory compromise and shortened length of stay.
- Over sedation is a common adverse drug event that can increase harm and prolong length of stay, due to respiratory atelectasis, weakness and immobility.

WHY GET UP?
- Early progressive mobility allows patients to return to function more quickly.
- Progressive mobility preserves muscle strength, reduce delirium, improves lower extremity circulation and lung capacity and reduces length of stay.

WHY SOAP UP?
- Appropriate hand hygiene reduces the spread of infection.
- Hand hygiene is the single most effective way to reduce the transmission of health care-acquired infections.

UP Campaign Goals:
- Front-line staff optimizing their professional skills.
- Faster recovery with fewer complications.
- Safer medication use, especially narcotics, opiates and sedatives.
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- Few falls and pressure ulcers/injuries.
- Reductions in hospital-acquired infections.
- Patients transitioning home sooner, stronger and better able to adapt.
- Partnerships with patients and families to prevent harm.

National Nurses Week: May 6th-12th
“Your days can be stressful and exhausting and sometimes thankless. But through long shifts and late nights—in the hectic scrum of the emergency room, or in those quiet acts of humanity—you are saving lives, you’re offering solace, you’re helping to make us a better nation.”
- Barack Obama
Infection Control Corner

National Hand Hygiene Day – May 5th

KNOW YOUR FACTS:
- Alcohol-based hand sanitizer is more effective and less drying than using soap and water.
- Using alcohol-based hand sanitizer does NOT cause antibiotic resistance.
- Alcohol-based hand sanitizer does NOT kill C. difficile, but is still the overall recommended method for hand hygiene.
- Some healthcare providers miss certain areas when cleaning their hands such as fingertips, thumbs, and between fingers.
- You should use enough hand sanitizer so that your hands stay wet for around 20 seconds.
- Glove use is not a substitute for cleaning your hands. Dirty gloves can soil your hands.
- On average, healthcare providers perform hand hygiene less than half of the times they should.

What is stroke?
Stroke kills almost 130,000 of the 800,000 Americans who die of cardiovascular disease each year—that’s 1 in every 19 deaths from all causes.

A stroke is sometimes called a brain attack, which occurs when a clot blocks the blood supply to the brain or when a blood vessel in the brain bursts. You can greatly reduce your risk for stroke through lifestyle changes and, in some cases, medication.

What are the signs and symptoms?
The five most common signs and symptoms of stroke are:
- Sudden numbness or weakness of the face, arm or leg.
- Sudden confusion or trouble speaking or understanding others.
- Sudden trouble seeing in one or both eyes.
- Sudden dizziness, trouble walking, or loss of balance or coordination.
- Sudden severe headache with no known cause.

How to prevent a stroke: Healthy Living
- Choose healthy meal and snack options. Be sure to eat plenty of fresh fruits and vegetables.
- Eat foods low in saturated fats, trans fat, and cholesterol and high in fiber to prevent high cholesterol. Limiting salt in your diet can also lower your blood pressure. High cholesterol and high blood pressure increase your chances of having a stroke.
- Increase physical activity to help stay a healthy weight and maintain your BMI.
- Don’t smoke.
- Avoid drinking too much alcohol because this can raise your blood pressure.

Types of Strokes
Ischemic
- Occurs as a result of an obstruction within a blood vessel supplying blood to the brain. It accounts for 87 percent of all stroke cases.

Hemorrhagic (Bleeds)
- Occurs when a weakened blood vessel ruptures. Two types of weakened blood vessels usually cause hemorrhagic stroke: aneurysms and arteriovenous malformations. But the most common cause of hemorrhagic stroke is uncontrolled hypertension.

TIA (Transient Ischemic Attack)
- Caused by a temporary clot. Often called a “mini stroke”, these warning strokes should be taken very seriously.