

## Intravenous (IV) Fluid management

Fluids Management was identified by the Quality Governance Group as one of 4 Trust priorities to focus on for 2021-22.

Analysis included Patient safety and patient outcomes, Learning Event Report Notification (LERNs). Serious incidents, Mortality review, Clinical audit, and Medical examiner reviews.

Some of the problems included

- 8 hourly 'free fluid' prescription of 0.9% Sodium Chloride contributing to iatrogenic hyponatremia.

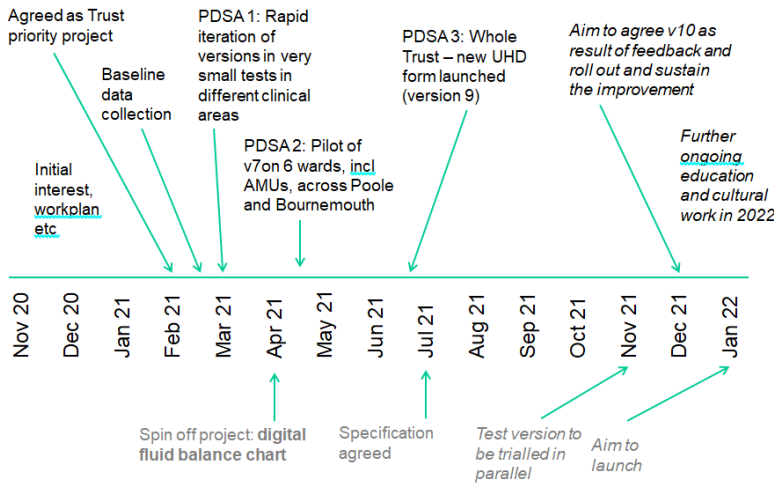
- IV fluid prescription not reviewed in ward rounds, where reviewed lacks clarity
- Two different prescription charts on the two main hospital sites

**Aim:**

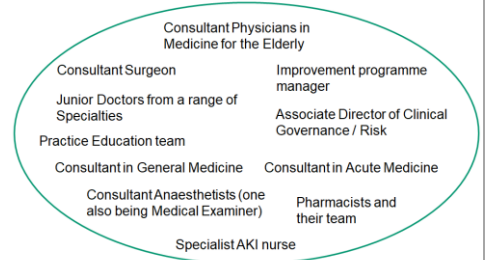
To improve and standardise Intravenous Fluid Therapy for Adult Hospital Inpatients in University Hospitals Dorset. This will benefit the quality of care, and have an unmeasurable but important effect on length of stay and mortality.

Our primary objective was to draw up and agree a standard IV fluids chart for UHD.

### Our progress



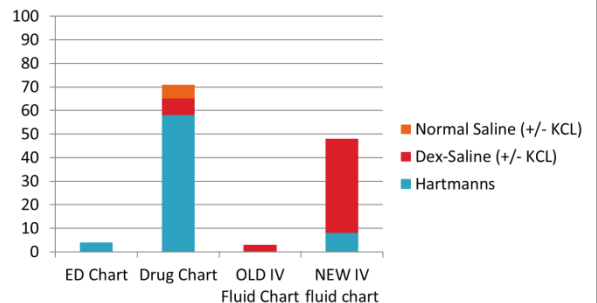
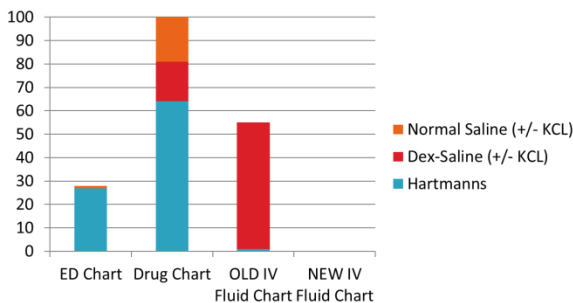
### The team



The team was led by Dr Tiwari and included 38 people from across UHD, in a range of professions and levels of seniority. Many were Junior Doctors. This really was an impressive team effort!

**Changes included:**

- Height and weight based IV fluid prescription lasting for 48 hours (24 hours previously)
- A reduced rate fluid prescription for frail older adults / patients with renal / cardiac disease as per NICE guidance
- Prescribing in conjunction with preceding 24 hours fluid balance
- No routine "free fluid prescribing" of 0.9% Sodium Chloride
- Support with electrolyte replacement in accordance with the Trust guidelines



Results show that adherence to the new chart is encouraging, meaning that patients are getting better fluid rates as per NICE guidance. There is less prescribing of 0.9% saline. Further detailed audits are being carried out. We are identifying further improvements to the form to nudge prescribers to make good IV fluid prescribing decisions, and will be launching v10 as the "Business as usual" version in around a month's time.

Authors of this poster: Dr Divya Tiwari, *Consultant in OPM*; Dan Richter, *Qi team*