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Prevention of VAP: Endless Evolving Evidences

Introduction: The prevention of Ventilator Associated Pneumonia (VAP) remains the focus in the care of critically ill patients. The incidence ranges between 5 to 67%, and higher rates have frequently been reported among immunocompromised patients, older adults and postoperative patients. VAP among COVID-19 patients has prolonged ventilator days, and multidrug resistant strains have been the most common causative factor among these patients. With the dynamic changes in the empirical world, updated evidence has become the norm. This literature review was done to assimilate the recent evidences for VAP prevention.

Method: This review included studies from Medline, EBSCO host, CINAHL, UpToDate and Google Scholar databases. The search was limited to publications between 2015 and 2020. The full-text articles yielded from the electronic search, were rigorously scrutinized against the inclusion and exclusion criteria. The final list of articles selected for the review was 18.

Results: The review yielded multiple themes and subthemes. The facets highlighted by the review for preventing VAP were prevention of aspiration, minimizing ventilator days, reducing the pathogen load, safe endotracheal suction practices, pharmaceutical preventive measures, and infection control. The review also identified that the key to VAP prevention is adherence to these evidence-based practices. Literature recommends that adherence is enhanced with education and training, and by reduction of workload.

Conclusion: Though some of these themes identify with the past, the nuances in their implementation has been highlighted in this review. The need to revisit standard practices in VAP prevention, and the necessity to explore practices which remains ambiguous without a scientific base, has been reiterated in this review.

Biography:

Chandrani Isac [MSc Nursing], has an expansive expertise in clinical teaching. She is currently pursuing her doctoral degree, focusing on the development of transitional care protocols for elderly with chronic illness. She is current with critical care nursing practice, and her zeal is to mold nursing students to utilize critical thinking, clinical reasoning and evidence-base in the provision of comprehensive care to patients. Her research interests revolve around critical care, cardiology, gerontology and stress among nursing student. She has served as resource person in simulation, and evidence-based workshops.