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Improvement of Oral Administration Method in Intensive Care Unit

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According to the relevant Guidelines for the Diagnosis and Treatment of COVID-19, the treatment principle of critical COVID-19 patients is to actively prevent and treat complications, treat basic diseases and prevent secondary infections and timely provide organ function support on the basis of symptomatic and supportive treatment. For antiviral treatment, we mainly use atomized inhalation of interferon- α , intravenous infusion of ribavirin and oral administration of lopinavir/ritonavir, abidor, hydroxychloroquine. Oral administration is an important method. Since Chinese medicine plays an increasingly important role in the treatment of COVID-19, various kinds of Chinese medicine have been widely used in clinical practice. Most of the patients with severe or critical diseases are older in onset and have their own underlying diseases, which require more oral medicine for the treatment.

Take our severe ward as an example, there are 50 beds, each patient needs 5 to 7 kinds of drugs to be taken orally and the frequency of each drug varies. In practical work, oral drug delivery takes 40 to 60 minutes in each shift on average. This process includes checking oral drug, and the assistance of critical patients to take medication. The difficulty of checking and drug sorting is increased due to the limited vision and inconvenience in wearing protective clothing.

Therefore, highlight the following measures:

1. Place the patients' oral medicine in the drawer of the bedside table, and store the surplus medicine in a self-sealing bag for easy checking and searching;
2. Provide medicine cup;
3. Each patient's oral medicine was dispensed at the bedside and put into the medicine cup;

critically patients are assisted by nurse to ensure deliver medication to their mouth;

4. Make sure oral medication is on shift and fill the medicine in advance, make handover to ensure the quality of medication;

5. Fix the morning routine nursing time, complete the quantity check of oral medication and drug taking process of drug shortage;

6. Formulate the oral medication checklist, including the patient information, medicine name and doctor's order information, and sign for the taking the medicine;

7. Strengthen the communication with doctors, handover special drugs importantly and use self-sealing bags to store separately, indicate the requirements, change the doctor's order information in time, and avoid missed and overdose.

After the implementation of the corresponding measures, smooth delivery of oral medication, the average time of each shift is shortened to 20-30 minutes, the doctor's order information is clear, the patients' oral medicine supplement is timely, the medication is accurate, the phenomenon of oral medicine leakage is significantly improved, the work efficiency is significantly improved, and the nurses can have more time to participate in the clinical nursing work.