The Golden Hour Trolley

Helping Neonatal Teams Meet the Golden Hour Target for Extreme Preterm Babies

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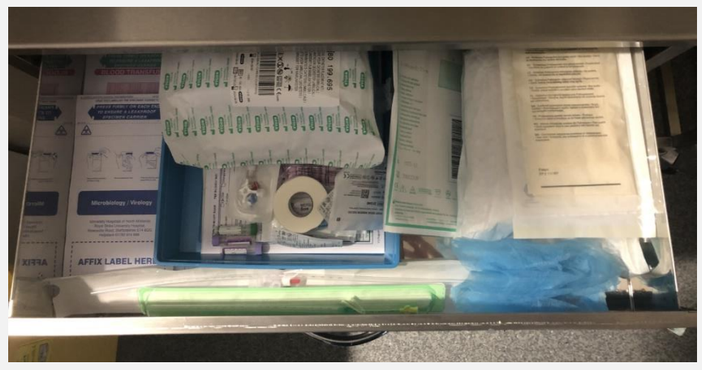
Background

The "Golden hour" concept for extreme preterm babies gives better long-term outcomes. Doctors lose valuable time gathering the equipment to meet this target. Every second wasted puts the baby at increased risk of a worse outcome.

20% of our extreme preterm babies received intravenous antibiotics within 60 minutes of life and 10% had infusions running via the UVC within the hour.

Diagnostics

When surveyed – staff took 6 minutes and 15 seconds to gather the equipment needed for umbilical lines and medication / fluid prescribing.



Aim

Improve timing for administration of intravenous antibiotics and intravenous fluids within Golden Hour

Chosen measure

- Time taken for line insertion of UVC off LOCSIPP proforma

Inclusions

- All babies born at UHNM under 28 weeks gestation admitted to the neonatal unit

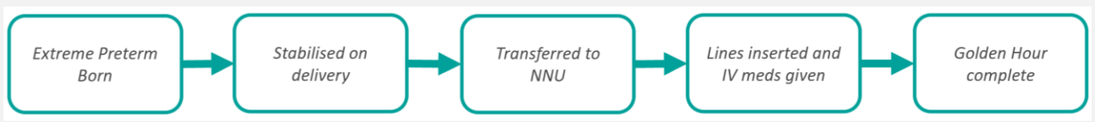
Exclusions

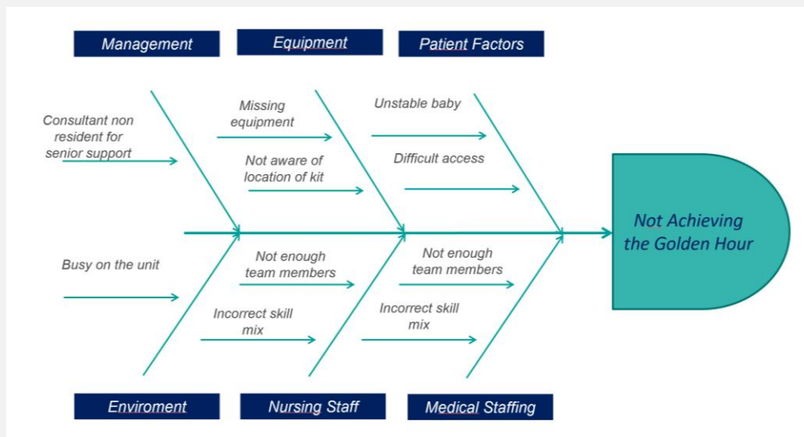
- Babies under 28 weeks gestation who delivered at another trust and were transferred in to UHNM.

Sampling method & frequency

Retrospectively look at the last 15 babies born, and then look for improvements in the next 10 babies

Understanding the problem…





PDSA cycles

PDSA 1

Use this checklist as the list for the equipment that needs to be pulled together in the trolley.	Consultation of guidelines and discussion with team members regarding what equipment is required to successful complete Golden Hour → Formulate a checklist of items required.
Checklist for equipment required complete and did not identify any missing items after use in simulated scenarios.	Test checklist for completeness in simulated scenarios for different grades of doctors.

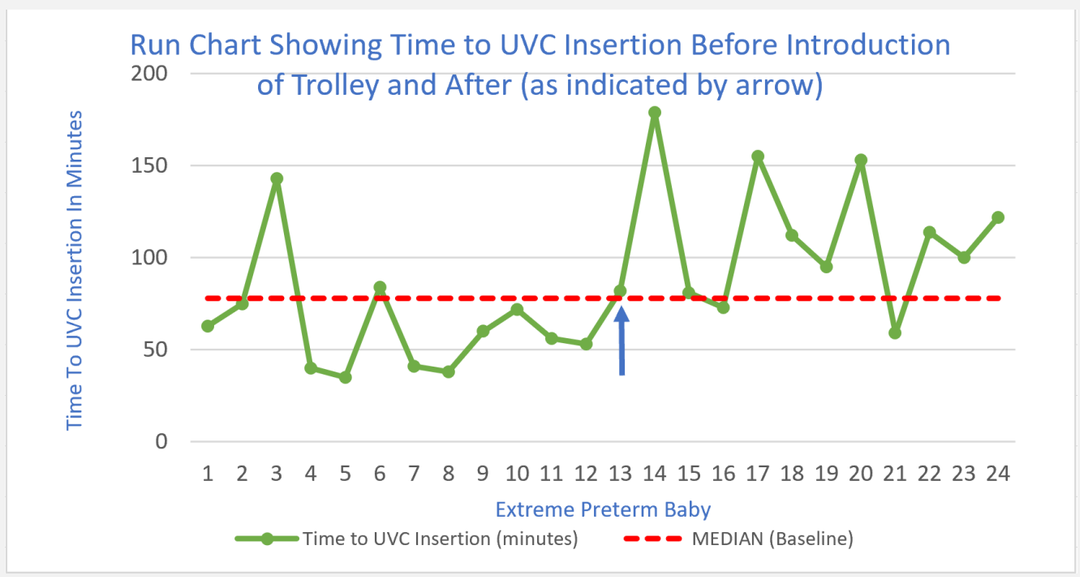
PDSA 2

Inform all team members each morning for one week during morning 'Lesson of the Week' in team huddle of the new trolley.	Discussion with team members to identify a suitable place / area to keep equipment ready for use.
Successful trial stock up of trolley - all equipment fits.	Sterile trolley identified and trial stock up of 3 x Golden Hour equipment undertaken.

PDSA 3

Checklist adjusted in conjunction with housekeepers making it clear for their use.	Need to ensure trolley remains stocked and ready for immediate use.
Housekeepers highlighted that checklist was not written appropriately for their use causing some ambiguity of what they need to gather.	Discussion with housekeepers regarding making the stocking up of the trolley their responsibility.

RUN CHART



REFLECTIONS & LEARNING

- Data showed that fewer babies achieved the Golden Hour after the introduction of the trolley
- Despite the data showing that time to UVC insertion has not reduced, verbal feedback from staff said that the trolley made their job easier and less stressful at a difficult time.
- During the timeframe, a higher percentage of babies were born at 22 and 23 weeks than usual (35% pre-trolley versus 7% post-trolley). It can be more difficult to secure UVC access for these babies than babies born at 27 weeks.
- Two key learning points – think of small changes within your sphere of influence and don't be afraid of failure…