

# Clinical practice guidelines - save lives - but are ignored!

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# Correct?

- Clinical practice guidelines
- Save lives?
- But are ignored?

# What are they?

- “Clinical practice guidelines are defined as recommendations for management of specific medical problems, supported by objective and comprehensive reviews of the literature, which seeks to define the current best and most cost-effective methods of treatment”



*The Scandinavian Society of Anaesthesiology  
and Intensive Care Medicine*



# Clinical Practice Guidelines

OK, but do we need them?





# Undesirable gaps and variation in practice exist!

- Evidence based medicine (EBM) is healthcare practice that is based on integrating knowledge gained from the best available research evidence, clinical expertise, and patients' values and circumstances.
- [BMJ 2006, Enjoy this Medical Milestone](#)





# Correct?

- Clinical practice guidelines
- Save lives?
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# Clinical Practice Guidelines

- When implemented into daily practice, they improve process and quality of care, patient safety and outcome (survival)
- **Traumatic brain injury**
- **Severe sepsis ([www.survivingsepsis.org](http://www.survivingsepsis.org))**
- **Resuscitation, Acute myocardial infarction**
- Therapeutic hypothermia



# Correct?

- Clinical practice guidelines
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# Lack of implementation of guidelines into clinical practice is the rule - not the exemption!

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([www.survivingsepsis.org](http://www.survivingsepsis.org))
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# “Military Obstacle Course”



- **Obstacle - Barrier- Impediment -  
Blockage - Barrier - Hindrance  
Hurdle - Difficulty**

# “Medical Obstacle Course” - from science to survival



*Barriers to translating evidence into  
practice. Bernholtz & Pronovost.  
Curr Opin Crit Care, 2003*

# From Science to Survival



ELSEVIER

Best Practice & Research Clinical Anaesthesiology  
Vol. 20, No. 3, pp. 379–395, 2006  
doi:10.1016/j.bpa.2006.02.005  
available online at <http://www.sciencedirect.com>



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## **The resistance to changing guidelines – what are the challenges and how to meet them**

Götz Bosse MD

Jan-Philipp Breuer MD

Claudia Spies\* MD

Professor of Anaesthesiology, Medical Director

*Departments of Anaesthesiology and Intensive Care Medicine, Charité Campus Mitte and Charité Campus*

## From Science to Survival – why guidelines are not used

- Lack of awareness that a guideline exist
- Lack of familiarity and agreement
- Lack of motivation
- Low expectation for favourable outcome
- Perceived external barriers beyond the control of individuals

# From Science to Survival -implementation !

## **Barriers to translating evidence into practice**

Sean Berenholtz, MD, MHS\*, and Peter J. Pronovost, MD, PhD, FCCM<sup>†</sup>

As a result, the most cost-effective opportunity to improve patient outcomes over the next quarter century will likely come not from discovering new therapies but from discovering how to deliver therapies that are known to be effective.

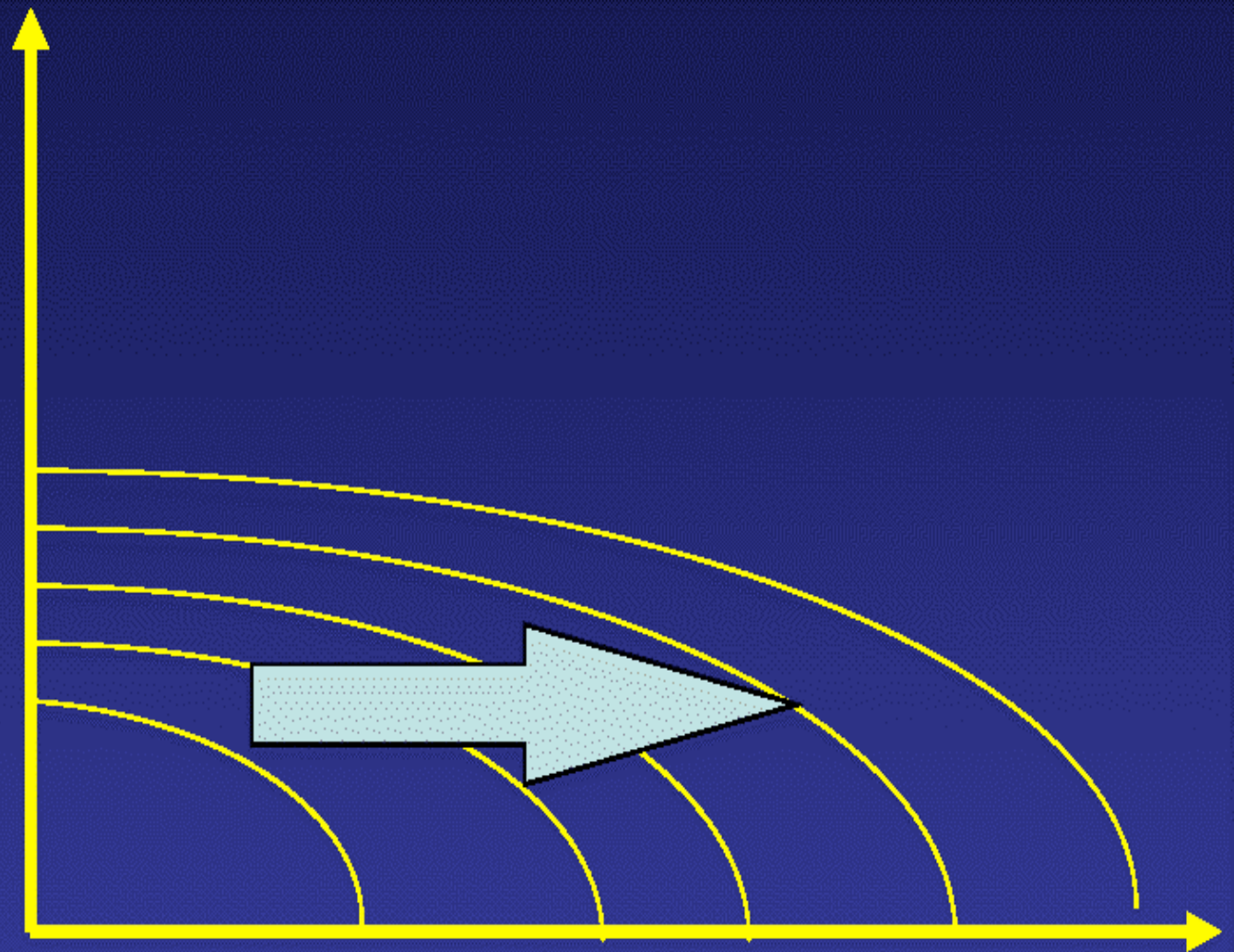
*Curr Opin Crit Care* 2003, 9:321-325 © Lippincott Williams & Wilkins.



**Clinical practice:**

**Slow implementation**

**Fear of change**



**Technology, innovation and investment:**

**Giant leaps, always optimism**

A Revhaug

# From Science to Survival

- Lack of awareness that a guideline exist
- Lack of familiarity and agreement
- Lack of motivation
- Low expectation for favourable outcome
- Perceived external barriers beyond the control of individuals
- **TREATMENT:** insight in psychological learning theories, marketing and implementation science.

# From Science to Survival

$$\text{Ch} = \text{D} \times \text{V} \times \text{P} > \text{C}$$

Ch = Change

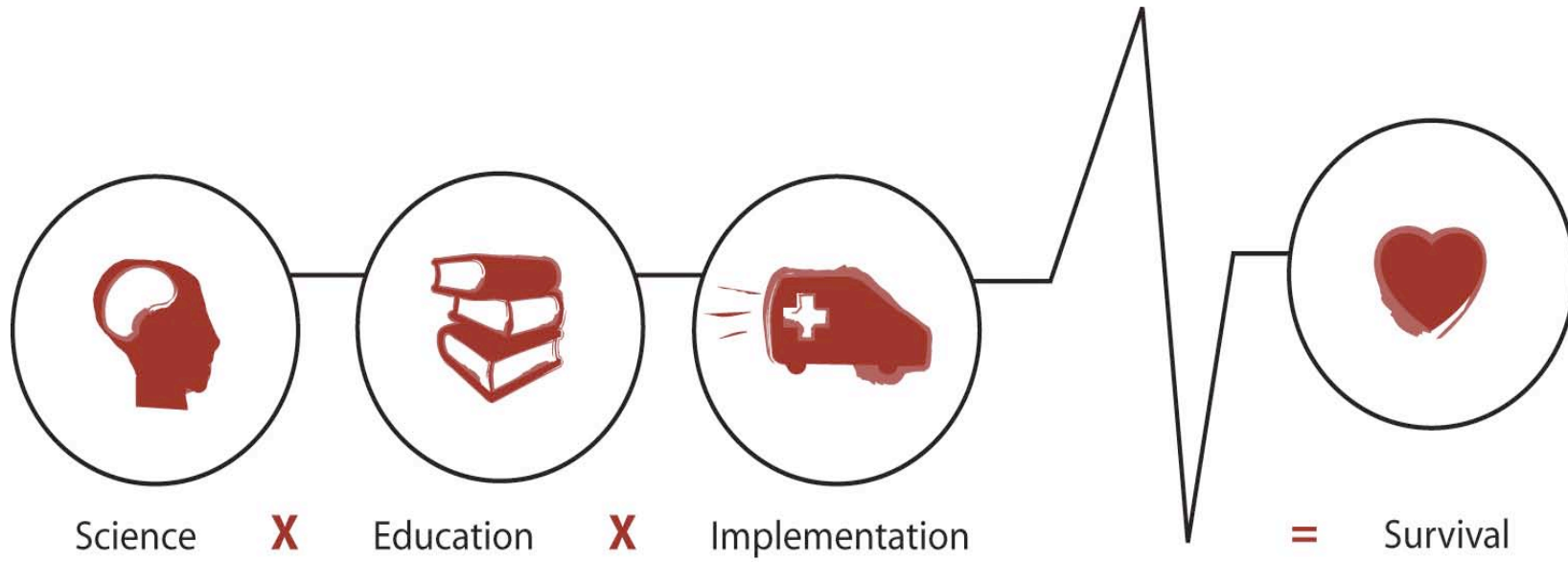
D = Dissatisfaction with the status quo

V = Vision of a new model for managing or organizing

P = the planned Process for managing change

C = Cost of change to individuals and groups – the resistance

**Figure 1.** 'The Change Formula' – a tool for managing change. Adapted from Bartol (1994, *Management – International Edition*, pp. 212–215. McGraw Hill) with permission.



# The Formula of Survival

The Utstein Education paper\* stipulates that survival can in particular be enhanced through better efficiency in the education and implementation factors:



\* Resuscitation 59 (2003) 11-43

# From Science to Survival

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# Conclusions

- Seek information for guideline
- Communicate the information
- Apply the guideline
- Monitor the use of the guideline
- Monitor outcome

- Thanks for coming and sharing these days with us! See you next time!

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[www.scandinavian-update.org](http://www.scandinavian-update.org)

