

Supplementary Appendix

This appendix has been provided by the authors to give readers additional information about their work.

Supplement to: Pronovost P, Needham D, Berenholtz S, et al. An intervention to decrease catheter-related bloodstream infections in the ICU. N Engl J Med 2006;355:2725-32.

Appendix A
**Catheter-Related Blood Stream Infections
(CR-BSI) FACT SHEET**

Bottom line

- 1. CR-BSIs are associated with increased morbidity, mortality and costs of care.**
- 2. CR-BSIs are a preventable complication that causes as many as 11 deaths every day in the U.S.**
- 3. The following interventions decrease the risk for CR-BSIs:**
 - Appropriate hand hygiene,
 - Use of chlorhexidine for skin preparation,
 - Use of full-barrier precautions during central venous catheter insertion,
 - Subclavian vein placement as the preferred site, and
 - Removing unnecessary central venous catheters.

Base on our current performance, our opportunity to improve the care that we provide to patients if we eliminated CR-BSIs in our ICU*:

Current CR-BSI rate: xx CR-BSIs / 1000 catheter days

Number of preventable CR-BSI xx CR-BSIs per year

Number of preventable deaths xx deaths per year

Excess Costs \$ xx per year

* To estimate the opportunity to improve we used mean published estimates (ranges): 18% (0-35%) mortality and extra costs of \$45,254 (\$11,971-\$56,000) per CR-BSI. These estimates are consistent with those cited by the 2002 Guidelines for the Prevention of Intravascular Catheter-Related Infections. (O'Grady NP et al. MMWR Recomm Rep 2002; 51(No. RR-10):1-36)

The following information is from the 2002 Centers for Disease Control and Prevention Guidelines for the Prevention of Intravascular Catheter-Related Infections. MMWR 2002;51(No. RR-10):1-36.

Each recommendation is categorized on the basis of existing scientific data, theoretical rationale, applicability, and economic impact. **Category IA recommendations** are strongly recommended for implementation and strongly supported by well-designed experimental, clinical, or epidemiologic studies.

Wash your hands before inserting a central venous catheter

Bottom Line: Proper hand hygiene is required before and after palpating catheter insertion sites, as well as before and after inserting, replacing, accessing, repairing, or dressing an intravascular catheter. In addition, the use of gloves does not obviate the need for hand hygiene. **Category IA**

Since 1977, at least 7 prospective studies have shown that improvement in hand hygiene *significantly* decreases a variety of infectious complications. Proper hand-hygiene procedures can be achieved through the use of either a waterless, alcohol-based product (1) or an antibacterial soap and water with adequate rinsing (2). Compared with peripheral venous catheters, CVCs carry a substantially greater risk for infection; therefore, the level of barrier precautions needed to prevent infection during insertion of CVCs should be more stringent than proper hand hygiene alone.

Ref:

1. Pittet D et al. Lancet 2000;356:1307–9
2. Larson EL et al. Am J Infect Control 1995;23:251–69

CLEAN THE SKIN WITH CHLORHEXIDINE

Bottom Line: Disinfect clean skin with an appropriate antiseptic before catheter insertion and during dressing changes. A 2% chlorhexidine based preparation is the preferred solution. **Category IA**

In the United States, povidone iodine has been the most widely used antiseptic for cleansing arterial catheter and CVC insertion sites. However, in one study, preparation of central venous and arterial sites with a 2% aqueous chlorhexidine gluconate lowered BSI rates compared with site preparation with 10% povidone-iodine or 70% alcohol. (3) Commercially available products containing chlorhexidine have not been available until recently; in July 2000, the U.S. Food and Drug Administration (FDA) approved a 2% tincture of chlorhexidine preparation for skin antisepsis. Other preparations of chlorhexidine might not be as effective. Tincture of chlorhexidine gluconate 0.5% is no more effective in preventing CRBSI or CVC colonization than 10% povidone iodine, as demonstrated by a prospective, randomized study of adults. (4) No published trials have compared a 1% chlorhexidine preparation to povidone-iodine.

Ref:

3. Maki DG et al. Lancet 1991;338:339–43.
4. Humar A et al. Clin Infect Dis 2000;31:1001–7.

USE OF FULL-BARRIER PRECAUTIONS DURING CVC INSERTION

Bottom Line: Maintain aseptic technique for the insertion of intravascular catheters. **Category IA**

Maximal sterile barrier precautions (e.g., cap, mask, sterile gown, sterile gloves, and large sterile drape) during the insertion of CVCs substantially reduces the incidence of CRBSI compared with standard precautions (e.g., sterile gloves and small drapes). (5,6)

Ref:

5. Mermel LA et al. Am J Med 1991;91(suppl):S197–S205.
6. Raad II et al. Infect Control Hosp Epidemiol 1994;15:231–8.

AVOID THE FEMORAL SITE

Bottom Line: A subclavian site is preferred for infection control purposes, although other factors (e.g., the potential for non-infectious and catheter-operator skill) should be considered when deciding where to place the catheter. **Category IA**

The site at which a catheter is placed influences the subsequent risk for catheter-related infection and phlebitis. For adults, lower extremity insertion sites are associated with a higher risk for infection than are upper extremity sites. (7-9) As a result, authorities recommend that CVCs be placed in a subclavian site instead of a jugular or femoral site to reduce the risk for infection.

Unfortunately, there have no randomized trials to satisfactorily compare infection rates for catheters placed in jugular, subclavian, and femoral sites. Nevertheless, observational studies have found that catheters inserted into an internal jugular vein are associated with higher risk for infection than those inserted into a subclavian or femoral vein. (10-12) In addition, femoral catheters have been demonstrated to have relatively high colonization rates when used in adults. (13) Therefore, femoral catheters should be avoided, when possible, because they are associated with a higher risk for deep venous thrombosis than are internal jugular or subclavian catheters (14-18) and because of a presumption that such catheters are more likely to become infected.

Ref:

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| 7. Bansmer G et al. JAMA 1958;167:1606–11. | 14. Joynt GM et al. Chest 2000;117:178–83. |
| 8. Crane C. N Engl J Med 1960;262:947–51. | 15. Mian NZ et al. Acad Emerg Med 1997;4:1118–21 |
| 9. Indar R. Lancet 1959;1:284–6. | 16. Durbec O et al. Crit Care Med 1997;25:1986–9. |
| 10. Mermel LA et al. Am J Med 1991;91(suppl):S197–S205. | |
| 11. Heard SO et al. Arch Intern Med 1998;158:81–7. | 17. Trottier SJ et al. Crit Care Med 1995;23:52–9. |
| 12. Richet H et al. J Clin Microbiol 1990;28:2520–5. | 18. Merrer J et al. JAMA 2001;286:700–7. |
| 13. Goetz AM et al. Infect Control Hosp Epidemiol 1998;19:842–5. | |

REMOVE UNNECESSARY CENTRAL VENOUS CATHETERS

Bottom Line: Promptly remove any intravascular catheter that is no longer essential. **Category IA**

One of the most effective strategies for preventing CR-BSIs is to eliminate, or at least reduce, exposure to central venous catheters. The decision regarding the need for a catheter however is complex and therefore difficult to standardize into a practice guideline. Nonetheless, to reduce exposure to central venous catheters, the ICU team should adopt a strategy to systematically evaluate daily whether any catheters or tubes can be removed.

Ref: none

Appendix B

MHA Keystone ICU Project: Hospitals and Teams

Aleda E. Lutz VA Medical Center, Saginaw, MI

Abderrahmane Temmar, MD, Intensivist
Patricia Topham, RN, Nurse Manager Acute Care
Suzanne H. Cramer, Patient Safety Manager
Paula Dennison, RN, Infection Control Nurse

Battle Creek Health System

Raakesh C. Bhan, MD, Medical Director, Critical Care Unit
Carole J. Harman, MSA APRN BC, Director, Patient Care Services
Annette G. Berning, RN BSN, Manager, Critical Care Unit
Joseph D. McBride, BBA RRT, Manager, Respiratory Care Unit

Bay Regional Medical Center

Sherrie Bills, RN BSN, Critical Care Staff Nurse
Carol M. Jones, RN MSN, Director of patient Care Services
Sue L. Lathrom, RN BSN, Critical Care Nurse Manager
Karen Foley Frahm, MPH CIC, Infection Control Practitioner

Beaumont Hospital-Royal Oak

Kathy Schumacher, MSA, Director, Clinical Systems Improvement
Kay Beauregard, RN MSA, Administrative Director, Patient Safety
Steven Winokur, MD, Chief Patient Safety Officer
Mario Villalba, MD, Director, Surgical Critical Care

Beaumont Hospital-Troy

Paula Derouin, RN, Manager, Clinical Outcomes
Mary Genik, RN, Nurse Manager, CCU
Nancy Nelson, RN, Nurse Manager, SICU
Keith Stevens, DO, Medical Director, Critical Care Services

Botsford General Hospital

Paul LaCasse, DO MPH, President & CEO
Kim Guesman, RN MSN, Director of Nursing
Philip Kaplan, DO FCCP, Medical Director, Critical Care Complex
Janet Moody, RN BSN, Infection Control Coordinator

Bronson Methodist Hospital (Medical Intensive Care Unit)

Shirley Tucker MICU RN, Co-Nurse Champion
Jennifer Zeigler MICU RN, Co-Nurse Champion
Linda Benson, Nurse Practitioner, MICU Clinical Nurse Specialist
Gabriel Pedraza MD, Intensivist Adult Critical Care Director

Bronson Methodist Hospital (Surgical Intensive Care Unit)

Grace Fauson, RN, Staff Nurse

Sherry Robbins, RN BSN, Outcomes Coordinator SICU, Trauma, Burns

Glenn Carlson, RN MSN CCRN, Clinical Nurse Specialist

Scott Davidson, MD FACS, Trauma Director

Chelsea Community Hospital

Lori Williams, RN BSN, Keystone Coordinator ICU

Kim Campbell, RN BSN, Keystone Coordinator ICU

Community Health Center of Branch County

Jane Obrochta, RN BSN, Director of Critical Care

Kimberly Haskin, RN, Quality Co-Coordinator

Constance Meyer, RN CIC, Director Quality Services

Covenant Healthcare

Thomas Damuth, MD, Director Critical Care

Debbie Falkenberg, MSN RN, Critical Care Clinical Nurse Specialist

Ryan LaLonde, PharmD, Director of Clinical Pharmacy

Vikas Sharma, BS RRT, Coordinator-Educator Respiratory Care

Crittenton Hospital Medical Center

Frank Sottile, MD, Chief Medical officer

Linda Barbret, RN MSN CPHQ, Manager, Quality Improvement

Karen Johns, RN MSA, Manager ICU

Steve Yax, Respiratory Therapist, Manager, Respiratory Care

Foote Health System

Leslie Corn, RN, Manager-Critical Care

Marie Rueger, RN, Quality Specialist

Jackie Liebowicz, RN, VP-Patient Care Continuum

Robert Albertson, MD, Keystone Medical Director

Garden City Hospital

Vicki Ashker, RN MSA CCRN, Director Nursing Process, Facilitator Keystone ICU

Laura Kehler, RN BSN, Infection Control Coordinator

Cristy Bueneventura, RN BSN, Perm Charge Nurse ICU/CCU

Adeeb Atassi, MD, Medical Director ICU/CCU

Genesys Regional Medical Center

Fahim Khorfan, MD FCCP, Board certified in Internal Medicine/Pulmonary/Critical Care/Sleep

Medicine Connie Kirby, RN, Clinical Manager MICU

Susan Harlow, MT CIC, Epidemiology Practitioner

Patti Donoho, RN BSN, Admin Director Critical Care

Gerber Memorial Health Services

Steven W. Bumb, MD FAAP, Hospitalist, Internal Medicine

Mary Griswold, RN, Keystone Coordinator

Stephanie Gustman, RN, Clinical Coordinator

Kathy Tuesink, Quality Specialist

Hackley Hospital

Marcia K. D'Oyly, RN MS, Staff Nurse/Charge Nurse

Bruce Olson, MD, Keystone ICU Chair; Asst VP Medical Affairs

Rick Postma, RN, Trauma Coordinator; Keystone Coordinator

Virginia Pitts, RN RHIT, Manager, Physician Quality

Harper University Hospital

Marjorie R. Hovis, RN MBA, Program Coordinator

Maria Teresa Palleschi, RN MSN CCRN, APN Critical Care

Deborah Sidor, APRN BC CCRN, APN Critical Care

Christine Bowen, RN MSN, Director Critical Care Nursing

Henry Ford Hospital

Jack Jordan, Administrator, Quality Initiatives

H. Mathilda Horst, MD, Director, Surgical ICU

Micheal Eichenhorn, MD, Division Head Pulmonary and Critical Care Medicine

Gwen Gnam, RN, Associate Administrator Nursing

Henry Ford Wyandotte Hospital

Terri Butler, RN BSN CCRN

Jennifer LeClerc, RN BSN CCRN

Mark I. Pensler, MD

Huron Valley-Sinai Hospital

Scott Simecek, DO, Medical Director, Critical Care

Elizabeth Toftey, MT(ASCP) CIC MPH, Epi. Coordinator

Patricia Clark, MSN RN APRN-BC CCRN, Critical Care Nurse Practitioner

Ingham Regional Medical Center

Lei Lani Tacia, RN MSN, Clinical Nurse Specialist

Robert Varney, RRT, Acute Care Supervisor Respiratory Services

Joseph Zeman, PharmD, Critical Care Pharmacist

Robert Kaczmarczyk, B.A. in Finance, Supervisor of Decision Support

Lakeland Regional Health Care

Joseph Wasserman, CEO

Stephen Hempel, MD

Rita Smith, Nurse Manager, CCU/PCU

Eileen Willits, Vice President Patient Care Services

Marquette General Health System

Jerold S. Napier, MD FACP, ICU Medical Director
Frederick P. Jaecklein, MD, K:ICU Physician Champion
Amber Mayers, RN, K:ICU Project Clinical Coordinator
Carol Leece, RN CERN, ICU Nurse Manager

McLaren Regional Medical Center

Kathryn Sabat, Director Quality Department
Carol Higgins, RN MSN, Critical Care Clinical Nurse Specialist
Hilde Farrow, RN BSN, Manager ICU
Tracy Williams, RRT, Manager Respiratory Therapy

Memorial Healthcare

Wanda Peterson, RN, Nurse Manager
Azmy A. Allam, MD FACP FCCP DABSM, Medical Director Critical Care
Cheryl Peterson, RN BSN MSA, President/CEO

Mercy General Health Partners

Ellen Achterhof, RN RRT, Staff RN
Amy Kelly, RN BSN, Staff RN
Jill VanLente, RN, Staff RN
Laurel Greene, RN BSN, Clinical Manager CrCU

Mercy Hospital Grayling

Raid Al-Khersan, MD, Chairman: CCU Committee
Gleniss Daversa, RN BSN, Director Acute/Critical Services
Robert Safin, RN, Clinical Leader, CCU
Brian Gedeon, MD, Internal Medicine/Pediatrics

Mercy Medical Center-Des Moines (CCU)

Bev Derby, RN CCRN, Unit Nursing Director
Daniel Gervich, MD, Epidemiologist
Julie Koch, RN CCRN, Clinical Resource Nurse
Kelli Joelson, RN, Patient Care Manager

Mercy Medical Center-Des Moines (C/TSICU)

Brenda Rummel, RN BSN CCRN, Unit Coordinator
Suzanne Tovar, RN MSN CCRN, Director
Connie Burkett, RN RN-C, Patient Care Manager
Lori Foltz, RN CCRN, Clinical Resource Nurse

Mercy Medical Center-Des Moines (ICU)

Monica Gordon, RN BSN, Clinical Safety Coordinator
Michael Witte, MD, Medical Director, ICU
Sarah Town, RN MSN, Clinical Resource Nurse
Angie Braathen, RN, Unit Nurse Director

Metro Health Hospital

Dale Coller, DO, Medical Director ICU
Anne Glass, BSN RN, Manager, ICU
Susie Kampfert, MSN RN, Clinical Educator ICU
Thelma Buning, BSN RN, Clinical Coordinator, ICU

MidMichigan Medical Center-Midland

Tracie Hopkins, RN BSN CCRN, Manager ICU/CCU/PCU
Subramanyam Yadam, MD, Pulmonologist, Medical Director Respiratory Care
Colleen Markle, RN BSN CCRN, Staff Nurse
Teresa Wakeman, RN BSN, Staff Nurse

Mount Clemens General Hospital

Paula Breitschuh, RN MSN, Advanced Practice Nurse, Pulmonary Medicine
Kim O'Mara, BSN, Clinical Manager, Intensive Care
Denise Baize, MS, Director, Quality & Risk Management
Jennifer Madigan, MPH CIC, Infection Control Practitioner

Munson Medical Center

Cynthia L. Glines, MD, Co-Director ICU
Jerry Huron, RN, Manager ICU & Stepdown ICU
Gail Manley, RN BSN, APACHE Coordinator ICU
Joseph Will, MD, Co-Director ICU

Northern Michigan Regional Health System

Michele Adaline, RN BSN CCRN, Clinical Nurse Manager ICU
Heather Smith, RN BSN CCRN, Clinical Nurse Supervisor ICU
Gretchen Schrage, MBA MT(ASCP)SH, Manager Performance Improvement
Ruth Terbush-Nelle, RN BSN, Infection Control Practitioner

North Oakland Medical Centers

Theresa Jung, RN, ICU Nurse Manager
Linda Winchell, RN, Nurse Educator
Paula Surdu, RHIA, Quality Management Coordinator
Lydia Alaszewski, RN, Infection Control

Oakwood Heritage Hospital

Marge Trevathan, RN, Clinical Nurse Manager
Darlene Sheardown, RN, Data Specialist
Susan McQuiston, RN, Manager of Quality
Bernie Zilliges, RN, Assistant Clinical Manager

Oakwood Hospital & Medical Center–Dearborn (ICU)

Joy Gornick, RN BSN MSA, Clinical Manager
Cathy Jo Ponzi, RRT, Director

Mary Lynn McKee, RN
Paul Haydon, MD

Oakwood Southshore Medical Center

Carol Lampe, RN BSN MSN, Clinical Nurse Manager
Pat Barker, RN BSN CCRN, Charge Nurse
Paul DiMaria, RN, Assistant Clinical Manager
A. Asmi, MD FCCP, Medical Director Critical Care

Pontiac Osteopathic Hospital

Scott Simecek, DO, Critical Care Director, Pulmonary/Critical Care Medicine
Lisa Kaiser, DO, Pulmonary/Critical Care Medicine
Arlene McKinney, RN BSN, Critical Care Manager

Port Huron Hospital

Dr. Basha, DO FCCP
Joann Coady, BA RN
Jim Dickenson, BSCN
Danielle Quinn BSCN

Providence Hospital

John Fath, MD, Medical Director ICU
Jill Doyle, RN BSN, Quality Coordinator, Critical Care
Deborah Vida, RN BSN, Nurse Manager, ICU
Denise McLean, RN MSN, Director of Critical Care /Respiratory therapy

St. Agnes Hospital

Jan Makert, RN MSN NP, Clinical Nurse Specialist
Meghna Patel, MBA, Systems Analyst
Dr. Pardeep Bhullar, MD, Hospitalist
Bonnie Corcoran, RN MSN, ICU RN

St. John Hospital & Medical Center, Detroit

Dr. Kevin Grady, MD, Director Critical Care
Deborah Ritter, RN MHA, Manager MICU & CVICU
Cheryl Blonsky, RN, Manager 2East
Valerie Gibson, RN MSA, Nursing Director Critical Care

St John Macomb Hospital

Steven Thibault, RN BSN MBA, Critical Care Manager

St John Oakland Hospital

Gary Berg, DO, Medical Director Intensive Care/Vice President Medical Affairs
Sandra Parry, RN ACNP, Critical Care Nurse Practitioner
Kim Harrison, RN, Assistant Nurse Manager
Lori Bell, Quality Analyst

St. Joseph Mercy Hospital Ann Arbor

St. Joseph Mercy Hospital Livingston

Patricia Posa, RN BSN MSA, Project Manager

Denise Harrison, RN MSN, Nurse Manager, Surgical Intensive Care

Greg Neagos, MD, Medical Director, Medical Intensive Care Unit, Director, Respiratory Therapy

St. Joseph Mercy Oakland (AICU)

Julie Zachow, RN

Pat Wilson, RN

Dave Kalis, RPH

Vickie Legel, RN

St. Joseph Mercy Oakland (CCU)

Marie Stock, RRT

Michelle Fouss, RN

Diane Bosen, RN MSN

Dr. Daniel Sak

St. Joseph Regional Medical Center-South Bend (IN)

Marsha M. King, RN MS MBA CNAA, CNO-Administrative Champion

Matthew Koscielski, MD, Medical Director-Physician Champion

Annette Bourgault, RN NSc CNCC(c), Education-Clinical Nurse Specialist

Dee Harman, RN, ICU Keystone Project Coordinator

St. Joseph's Medical Center

Marguerite O'Neil, RN MSN, ICU Educator

Pamela Isca, RN BSN MSA, ICU Manager

Marlene Welsh, RN BSN, ICU Educator

William Ventimiglia, MD, Director of Critical Care

Saint Mary's Health Care

Gordon Turner, MD, Medical Director, Critical Care

Cheryl Sisco, RN BSN, Professional Development Coordinator

Mary Neuman, RN BSN MM CIC, Director of Infection Control

St. Mary Mercy Hospital

Sandy Perez, RN MSN CCRN, Director, Special Care

Mary Greer, LPN CRT, Manager, Respiratory Care

Greg Stone, MD PACP FCCP, Medical Director

St. Mary's of Michigan (TICU)

Maureen Kushion, RN

Kathy McCarty, RN

Stephen Beyer, PharmD, Pharmacy Clinical Coordinator

Thomas Veverka, MD

St. Mary's of Michigan (SICU)

Marie Wendt, RN BSN, Nurse Manager

Guy DeMasellis, RN BSN

Mary LaTarte, RN MSN, Clinical Nurse Specialist

Ann Flores, RN, Administrative Manager

St. Mary's of Michigan (NICU)

Jill Loftus, RN BA CCRN, Nurse Manager

Cindy Miller, RN CCRN

Cindy Braley, RN, Administrative Manager

Karen Wisniewski, RN CCRN, Nurse Clinician

St. Mary's of Michigan (CCU)

Billie Ritter, RN BSN MBA, Nurse Manager

Karen Hoover, RN BSN, Infection Control Coordinator

Pamela Hair, RRT, Respiratory Manager

Laura Sanford, RN BSN

St. Mary's of Michigan (6ICU)

David Abedrabo, RN BSN

Mary Jo Stephen, RN MSN, Nurse Manager

Babu Paidipaty, MD

Joseph Rychlicki, RN

Sinai-Grace Hospital (Cardiac Intensive Care Unit)

Hon. Conrad Mallett, JD MPA MBA, President/CEO

Allison Martin, Director, Quality Improvement

Melder Burton-Hall, CCNP, Data Analyst Clinical Improvement

Pamela Edmond, RN BSN, Clinical Manager, Cardiac ICU

Sinai-Grace Hospital (Medical Intensive Care Unit-1)

Hassan Makki, MD, Medical Director, Critical Care Services

John Haapaniemi, DO FCCP, Chief of Pulmonary & Critical Care Medicine

Cathy Osgood, RN MSNc CCRN, Administrative Director Patient Care Services

Deborah Reid, BS MT(ASCP), Epidemiology Practitioner Coordinator

Sinai-Grace Hospital (Medical Intensive Care Unit-2)

Velmarie Williams, RN, Charge Nurse
Cynthia Jefferson, RN BSN CCRN, Charge Nurse
Fe Alfaro, RN, Clinical Manager
Jennifer Rais, PharmD, Clinical Pharmacist, Critical Care Services

Sinai-Grace Hospital (Surgical Intensive Care Unit-1)

Arnetta Nixon, RN, Clinical Manager, Surgical ICU Services
Regina Mailey, RN BSN CCRN, Quality Improvement, Critical Care
Pamela Falk, RN BSN, Nurse Educator, Critical Care
Helen Johnson, RRT BS MBA, Director-Respiratory Services

Sinai-Grace Hospital (Surgical Intensive Care Unit-2)

Joseph Buck, MD FACS, Director, Trauma/Critical Care Surgery
Sue Sirianni, RN MSN CNS CCRN CNS, Surgical ICU/Trauma Services
Linda Castano, RN BSN CCRN, Charge Nurse
Judy Moshos, BS MT, Epidemiology Practitioner

Sparrow Health System (Cardiac Intensive Care Unit)

Margo Sayre, RN MBA CNAA, Administrative Director
Debra Mullan, RN MSN, Manager
Dorothy Maddon, RN BSN CCRN, Assistant Manager
Nancy Bailey, RN MSN, Cardiovascular CNS

Sparrow Health System (Intensive Care Unit)

John Armstrong, MD FCCP, Medical Director Adult Critical Care
Debra Moran, RN, Manager ICU
Denise Pratt, PharmD, Critical Care Pharmacist
Susan Sugden, RN MSN, Pulmonary CNS

Sparrow Health System (Neuro Intensive Care Unit)

John Kepros, MD FACS, Trauma Services
Lisa Harris, RN, Manager
Julie Bey, RN BSN, Performance Improvement Specialist
Chet Morrison, MD, Trauma Services

Spectrum Health (Medical Critical Care)

Greg Marco, MD, Medical Director, Medical ICU, Board Certified Intensivist
Fred Plante, RN MSN, Manager, MCCS
Jen Mitchell, RN BSN, ACC Supervisor
Fred Price, RN MSN, Director, ACC

Spectrum Health (Surgical Critical Care)

Jim Hoogeboom, MD, Medical Director, Surgical ICU, Board Certified Intensivist
Laurena Falk, RN BSN MBA, Manager, SCCS / CVRU
Jill Cahill, RN BSN, ACC Supervisor

Spectrum Health (Blodgett Critical Care)

Laura Siemons, BS, Measurement & Evaluation Specialist

Alyssa Stuive, RN BSN, Manager ACC

Janet Wilks, RN BSN, Manager ACC

Spectrum Health (Blodgett Burn Unit)

Karen Harvey, RN, Manager, Burn Unit

Rena Nonhof, RN BSN, Quality Improvement Specialist

Kathleen Johnston, RN MSN, Sr. Quality Improvement Specialist

University of Michigan Hospitals and Health Centers

Mary Ann Adamczyk, RN BSN, Clinical Nurse Manager CCMU

Jennifer Arndt, BS, Infection Control Practitioner

Cesar Alaniz, BA PharmD, Clinical Pharmacist

Maureen Thompson, MSN RN, Patient Safety Manager

West Shore Medical Center

Lori Wahr, RN, Critical Care Unit Staff Nurse

Steven Frelter, MD/Internist, Vice-Chief of Staff/Keystone Champion

Hospitals, Team Names not Available

Borgess Medical Center

Central Michigan Community Hospital

Dickinson County Hospital System

Gratiot Community Hospital

Henry Ford Bi-County Hospital

Holland Community Hospital

Lapeer Regional Hospital

Mercy Hospital, Grayling

Mercy Medical Center, Clinton

Mercy Medical Center-Sioux City

Mercy Memorial Hospital

Oakwood Annapolis Hospital

St. John Detroit Riverview Hospital

St. John Health-River District Hospital

St. Joseph Health System-Tawas City

Spectrum Health United Memorial

Sturgis Hospital

Three Rivers Area Hospital

War Memorial Hospital

West Branch Regional Medical Center