

1 **ORIGINAL ARTICLE**

2 Pseudomonas infection reduction in the ICU: a successful multidisciplinary quality  
3 improvement project

4

5 Running title: Pseudomonas infection reduction in the ICU

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27 **SUMMARY**

28 *Pseudomonas aeruginosa* infection causes high morbidity and mortality, especially in  
29 immunocompromised patients. *Pseudomonas* can develop multidrug resistance. As a  
30 result, it can cause serious outbreaks in hospital and intensive care unit (ICU) settings,  
31 increasing both length of stay and costs. In the second quarter of 2020, in a community  
32 hospital's 15-bed ICU, the *P. aeruginosa*-positive sputum culture rate was unacceptably  
33 high, with a trend of increasing prevalence over the previous 3 quarters. We performed a  
34 multidisciplinary quality improvement (QI) initiative to decrease the *P. aeruginosa*-  
35 positive rate in our ICU. We used the Define, Measure, Analyze, Improve, and Control  
36 model of Lean Six Sigma for our QI initiative to decrease the *P. aeruginosa*-positive  
37 sputum culture rate by 50% over the following year without affecting the baseline  
38 environmental services cleaning time. A Plan-Do-Study-Act approach was used for key  
39 interventions, which included use of sterile water for nasogastric and orogastric tubes,  
40 adherence to procedure for inline tubing and canister exchanges, replacement of faucet  
41 aerators, addition of hopper covers, and periodic water testing. We analyzed and  
42 compared positive sputum culture rates quarterly from pre-intervention to post-  
43 intervention. The initial *P. aeruginosa*-positive culture rate of 10.98 infections per 1,000  
44 patient-days in a baseline sample of 820 patients decreased to 3.44 and 2.72 per 1,000  
45 patient-days in the following 2 post-intervention measurements. Environmental services  
46 cleaning time remained stable at 34 minutes. Multiple steps involving all stakeholders  
47 were implemented to maintain this progress. A combination of multidisciplinary efforts  
48 and QI methods was able to prevent a possible ICU *P. aeruginosa* outbreak.

49

50 Keywords: health care-associated infections, intensive care unit, *Pseudomonas*  
51 *aeruginosa*, quality improvement, water systems

52

53 **INTRODUCTION**

54 Of the many types of Pseudomonas bacteria, the most detrimental to humans is  
55 *Pseudomonas aeruginosa*, which can cause infections in the blood, lungs, or other parts  
56 of the body. *P. aeruginosa* is one of the most common Gram-negative bacteria causing  
57 nosocomial and health care-associated infections in hospitalized patients. *P. aeruginosa*  
58 infections usually occur in patients who are immunocompromised, and they are  
59 particularly dangerous for patients with chronic lung diseases requiring mechanical  
60 ventilation. *P. aeruginosa* was the fourth most frequently reported pathogen in adult  
61 health care-associated infections in a recent study [1]. It is the most serious and the  
62 second most common cause of ventilator-associated pneumonia. Poor outcomes,  
63 including increased cost, morbidity, mortality, and prolonged hospital stays, are often  
64 associated with *P. aeruginosa* infection [2].

65 According to the Centers for Disease Control and Prevention, multidrug-resistant *P.*  
66 *aeruginosa* led to approximately 32,600 infections in hospitalized patients and 2,700  
67 deaths in 2017, contributing to an estimated \$767 million in health care costs. These rates  
68 caused *P. aeruginosa* to be placed on the Centers for Disease Control and Prevention's  
69 list of Antibiotic Resistance Threats in the United States [3]. In addition, Pseudomonas  
70 outbreaks have been reported in many intensive care units (ICUs) [4-9].

71 The *P. aeruginosa*-positive culture rates increased in our ICU beginning in mid-2019 and  
72 led to an unacceptably high rate of 10.98 positive sputum cultures per 1,000 patient-days  
73 in a baseline sample of 820 patients. Thus, we aimed to investigate the cause of this  
74 increase and explore tactics to mitigate it. We performed a multidisciplinary quality  
75 improvement (QI) project to decrease the *P. aeruginosa*-positive sputum culture rate in  
76 our ICU.

77 **METHODS**

78 *Context and intervention*

79 This QI project occurred in a 15-bed, adult medical/surgical ICU in a 157-bed rural  
80 community hospital in the Midwest. The Define, Measure, Analyze, Improve, and  
81 Control model of Lean Six Sigma was used to guide this project. This study was  
82 performed in adherence with the SQUIRE (Standards for Quality Improvement Reporting  
83 Excellence) guidelines [10].

84 Beginning in mid-2019, the ICU saw an upsurge in the *P. aeruginosa*-positive sputum  
85 culture rate of 10.98 infections per 1,000 patient-days as of quarter 2 of 2020 (Figure 1).  
86 The project began in quarter 3 of 2020 (September 3, 2020), and the goal was to decrease  
87 this positivity rate by half to 5.5 infections per 1,000 patient-days over the following 9  
88 months (October 1, 2020 - June 30, 2021) without adversely affecting environmental  
89 services (EVS) cleaning time. A multidisciplinary team was formed, including  
90 stakeholders from facilities management, respiratory therapy, infection prevention and  
91 control, and EVS, along with critical care providers, infectious disease specialists,  
92 nursing management and staff, and patients. A stakeholder analysis was conducted (Table  
93 1), and a fishbone diagram was completed to define and sort potential quality gaps and  
94 possible causes of the increase in *P. aeruginosa* infections (Figure 2).

95 For rooms in which patients tested positive, visual room mapping was performed to  
96 explore potential patterns and to determine targeted areas in the ICU to perform  
97 microbiology testing (Figure 3). Cases with positive cultures at admission were excluded.  
98 The microbiology results indicated that *Pseudomonas* did not exist in the hospital's main  
99 water supply; however, it was identified in 1 of 3 ICU patient room faucets tested  
100 (measured in colony-forming units/mL). The fishbone diagram and microbiology results  
101 were examined by the team to narrow down the list of causes and determine points for  
102 intervention. The faucet in ICU room 3407 grew *Pseudomonas*, which was the only

103 faucet tested with an aerator still in place. Potential areas of water source contamination  
104 and transmission were narrowed down to hoppers, sinks, countertops, hands, inline and  
105 oral suction, and water supply. These causes were then scored on an impact effort matrix  
106 to determine next steps (Figure 4). The causes that had the highest impact-to-effort ratio  
107 were chosen for implementation.

108 Multiple high-impact, low-effort interventions were implemented. Nursing staff changed  
109 the practice from using tap water to using sterile water for nasogastric and orogastric tube  
110 feedings. Nursing leadership reinforced the importance of changing suction tubing and  
111 canisters every 24 hours. Respiratory therapy resumed the facility procedure of changing  
112 inline suction catheters every 72 hours for patients supported on mechanical ventilation  
113 despite their medical complexities or COVID-19 status. Facilities management replaced  
114 all aerators/faucets in the ICU rooms and associated clinical areas with non-aerating  
115 faucets. In addition, they defined an ongoing maintenance plan to clean faucets in high-  
116 risk areas. Although it was determined to be a high-effort measure, the team elected to  
117 design and install hopper covers to prevent splashes and bacteria aerosolization. Even  
118 though surveillance cultures were conducted annually before the intervention, post-  
119 intervention surveillance cultures were sampled on a quarterly basis to validate the  
120 interventions. Sixteen people were mainly involved in the execution of this project. Funds  
121 spent were approximately \$12,000 for hopper toppers, \$9,214 for faucets and aerators,  
122 and \$8,987 for microbiologic water testing.

### 123 *Study of the intervention and measures*

124 The chosen improvement measure was *P. aeruginosa*-positive sputum rate per 1,000  
125 patient-days in all ICU patients. The balancing measure was chosen as the mean (SD)  
126 EVS discharge room cleaning time in the ICU because cleaning practices can affect  
127 infection rates (Table 2).

### 128 *Statistical analysis*

129 An independent-samples *t* test was conducted to compare the ICU *P. aeruginosa*-positive  
130 sputum rate per 1,000 patient-days for the 5 months before (April through August 2020)  
131 and the 5 months after (October 2020 through February 2021) implementing  
132 countermeasures. We compared the mean of each 5-month period as a whole.  $P < .05$  was  
133 considered statistically significant. BlueSky Statistics software was used for analysis.

#### 134 ***Ethical considerations***

135 Institutional review board approval was not required. There were no conflicts of interest  
136 among the stakeholders. The project was funded internally without any commercial  
137 funding.

138

#### 139 **RESULTS**

140 Before the inception of the QI project, the *P. aeruginosa*-positive sputum rate in the ICU  
141 was 10.98 infections per 1,000 patient-days. This represents the sum of 9 positive  
142 cultures in 820 patients screened for quarter 2 of 2020 (100% of ICU patients during this  
143 time frame). Over the prior 3 calendar quarters, the positivity rate showed an increasing  
144 trend (Figure 1). We assessed the timeline of quality gaps and interventions that occurred  
145 during this project, as shown in Table 3.

146 At the first post-intervention measurement (quarter 4 of 2020), the rate had decreased to  
147 3.44 positive cultures per 1,000 patient-days (3 positive cultures in 872 patients). A  
148 second post-intervention measurement collected in quarter 1 of 2021 noted a further  
149 decrease to 2.72 positive cultures per 1,000 patient-days (2 positive cultures in 736  
150 patients) (Figure 1). Analysis of the ICU *P. aeruginosa*-positive sputum rate showed a  
151 significantly higher rate for the 5 months before implementing countermeasures than for  
152 the 5 months after (mean [SD]: 8.97 [2.93] vs 3.49 [1.95] per 1,000 patient-days;  $t(df)=8$ ;  
153  $P=.01$  independent samples *t* test). The post-intervention balancing measure of post-  
154 discharge cleaning time remained stable at 34 minutes in quarter 4 of 2020 (Figure 5).

155 **DISCUSSION**

156 This multidisciplinary QI study shows how QI frameworks may be used in a wide range  
157 of medical and surgical settings to address patient safety concerns regarding increased  
158 rates of hospital-acquired infections. After implementation of our interventions, the  
159 positive *Pseudomonas sputum* culture rates decreased significantly in our ICU without  
160 affecting our balancing measure of discharge room cleaning time. Changes to cleaning  
161 processes, such as frequency, cleaning agents, and ownership between departments, can  
162 influence infection rates, which may affect patient outcomes [11].

163 To ensure ongoing sustainment of improvement efforts, the following interventions were  
164 implemented:

- 165 1. Water microbiology testing will be repeated biannually.
- 166 2. Decisions regarding ongoing use of sterile water for tube feedings will be based  
167 on the results of microbiology testing.
- 168 3. The laboratory will notify Infection Prevention and Control of any positive  
169 *Pseudomonas sputum* cultures identified in the ICU.
- 170 4. Data will be reviewed monthly at ICU division meetings attended by  
171 multidisciplinary project team members.
- 172 5. Faucets in high-risk areas will be cleaned annually.

173 Because *P. aeruginosa* causes a wide range of infections, such as hospital-acquired  
174 bloodstream infections, pneumonia, catheter-associated urinary tract infections, skin and  
175 soft-tissue infections, and intra-abdominal infections, decreasing the rate of these  
176 infections would improve outcomes such as hospital and ICU length of stay, progression  
177 to mechanical ventilation, duration of mechanical ventilation, and death [12]. It would  
178 also decrease the incidence of antimicrobial resistance [13]. One cross-sectional study  
179 showed that 7.1% of health care-associated infections are caused by *P. aeruginosa* [14].  
180 In addition, a retrospective cohort study in Thailand showed that 22% of extensively

181 drug-resistant and 12.5% of multidrug-resistant infections occurred in adults with  
182 hospital-acquired *P. aeruginosa* infection [15]. In the US, the rates of multidrug-resistant  
183 *P. aeruginosa* infections were 21.7% for central line-associated bloodstream infections,  
184 5.3% for surgical site infections, and 18.6% for catheter-associated urinary tract  
185 infections [16]. Furthermore, *P. aeruginosa* pneumonia is linked to high in-hospital  
186 mortality rates and lengthy hospital stays [17]. In a 13-year prospective cohort study,  
187 bloodstream infection due to *P. aeruginosa* was shown to have higher mortality rates than  
188 those due to other bacteria [18]. In an ICU setting, *P. aeruginosa* was reported to cause a  
189 prolonged outbreak with the involvement of a multidrug-resistant strain and was  
190 associated with significantly increased mortality rates [5,6].

191 Health care-associated *P. aeruginosa* infections can be prevented by implementing  
192 measures for direct patient care and environmental measures, such as daily room cleaning  
193 [3]. The most crucial measure for direct patient care is hand hygiene. This includes hand  
194 washing using soap and water or alcohol hand gel before and after caring for patients and  
195 touching medical devices. In a study from Switzerland, an outbreak of *P. aeruginosa*  
196 occurred in a surgical ICU as a result of transmission via the hands of one nurse [9].  
197 Because hand hygiene measures were already in place at our institution, our focus was  
198 shifted to environmental sources, including water, hoppers, sinks, aerator faucets, and  
199 suction tubes and catheters [19].

200 Particular attention must be paid to water in the hospital setting. Moist environments have  
201 been shown to increase the risk of bacterial overgrowth, drug-resistant pathogens, and  
202 health care-associated infections. Even though tap water meets strict safety criteria in the  
203 US, it is not sterile. Microbial growth can be facilitated by certain circumstances in  
204 hospital plumbing systems. This may result in dangerously high quantities of pathogens  
205 [19]. Tap water previously had been linked to nosocomial infections when used for  
206 enteral feedings [4, 20]. Additionally, tap water had been reported to cause an outbreak of

207 multidrug-resistant *P. aeruginosa* in a neurosurgical ICU [4]. Even though the use of  
208 sterile water for enteral feeding is debated, we opted to use sterile water for orogastric  
209 and nasogastric tube feedings, especially because of the critical conditions of our ICU  
210 patients and because the safety of the tap water could not be presumed [21, 22]. It is  
211 recommended that water management programs be installed in health care institutions to  
212 safeguard vulnerable patient groups, employees, and visitors. This includes ensuring that  
213 water entering a health care facility meets applicable quality standards, that hospital hot-  
214 and cold-water piping systems are designed and maintained to reduce the growth and  
215 spread of waterborne pathogens on both the supply and waste sides, and that infectious  
216 risks from water sources are minimized [19].

217 Faucet aerators were replaced in all of the ICU rooms, and a maintenance plan was  
218 adopted for routine cleaning and replacement. Faucet aerators were previously shown to  
219 be a persistent source of multidrug-resistant *P. aeruginosa*, and their replacement led to a  
220 decrease in the incidence of infections [5]. In one case series, 4 cases of severe wound  
221 infections due to *P. aeruginosa* after cardiac catheterization were traced to contamination  
222 of faucet aerators [23]. Faucet aerators were also identified as one of the sources of a *P.*  
223 *aeruginosa* outbreak in a pediatric hospital in Canada, and organisms were still detectable  
224 several years after the resolution of the outbreak [24]. For these reasons, routine cleaning  
225 and disinfecting of surfaces near water drains, including faucet aerators, faucet handles,  
226 sink basins, and countertops, are recommended [20].

227 Because sinks and other drains such as toilets and hoppers can become colonized with  
228 multidrug-resistant organisms such as *P. aeruginosa*, the team decided to install hopper  
229 covers to prevent splashes and bacterial droplet aerosolization [20]. This contamination  
230 occurs when pathogens stick to pipes and form biofilms, which are difficult to remove  
231 and persist for prolonged periods. This then allows the transfer of antibiotic-resistant  
232 genes between bacterial species because different types of bacteria may contaminate the

233 same drain. Splashes from water striking drain covers and flushing toilets or hoppers can  
234 spread droplets and contaminate the immediate environment as well as the skin of health  
235 care workers and patients [20]. In one study, an imperfect room design and the formation  
236 of biofilms in the sink led to the propagation of a multidrug-resistant *P. aeruginosa*  
237 outbreak for more than a year [8].

238 Another important potential source of *P. aeruginosa* infection/colonization is suction  
239 tubing and catheters [25-27]. The frequency of changing suction tubing and catheters was  
240 already a specified procedure in our institution. This frequency increased high-risk  
241 exposure to staff during the COVID-19 pandemic. Hence, the frequency decreased as an  
242 infection-control measure. After the rate of positive *P. aeruginosa* sputum cultures  
243 increased, we reinstated this procedure (increasing the frequency of changing) as a key  
244 intervention in our project.

#### 245 ***Limitations***

246 Our study has some important limitations. Our interventions may be difficult to replicate  
247 in other institutions because of lack of personnel, financial resources, and involvement of  
248 key stakeholders. Also, our study was performed in a mid-size community hospital that is  
249 a part of a large academic enterprise, which limits its generalizability to other institutions  
250 with different infrastructure and size. We did not adjust the final analysis for possible  
251 confounders or modifiers of effect factors such as patient comorbid conditions,  
252 immunosuppression, or disease severity at admission. Because all the interventions were  
253 implemented almost simultaneously, it is difficult to determine which specific  
254 intervention had the greatest impact on decreasing the *P. aeruginosa*-positive culture  
255 rate.

#### 256 **Conclusions**

257 This study demonstrates a reduction in *P. aeruginosa*-positive sputum culture rate as a  
258 result of structured multidisciplinary interventions using the Define, Measure, Analyze,

259 Improve, and Control framework approach. Use of a multidisciplinary team also helped  
260 increase staff awareness of the various perspectives of different departments, such as the  
261 complexity of water source infrastructure and the potential for contamination. Our  
262 collaborative ICU QI project met all deliverables toward the original goals of the effort.  
263 The positive effects on patient safety have been monitored and sustained for the past 3  
264 quarters.

265

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268 proofreading, and administrative and clerical support.

269

### 270 **Conflict of interest**

271 None.

272

### 273 **Funding declaration**

274

275 The project was funded internally without any commercial funding.

276

### 277 **Data Availability Statement**

278 All relevant data supporting the findings of this study are reported within the article.

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**Table 1 - Stakeholders’ Analysis of Potential Quality Gaps**

<b>Stakeholders</b>	<b>Method to gather input</b>	<b>Key input received regarding potential quality gaps</b>	<b>Key interests</b>	<b>Assessment of impact</b>	<b>Strategies for obtaining support and reducing obstacles</b>
Facilities management	Meetings	ICU remodel Water treatment & testing Faucets/aerators	Design of infrastructure Need for further capital outlay	H	Informational meetings
Critical care providers	Meetings	ICU remodel Room trends with infection	Patient outcomes Rate of Pseudomonas infections	H	Informational meetings
Nursing leadership	Meetings	Reviewed EVS & Nursing environmental cleaning practices Transmission sources: hoppers, sinks, countertops, hands, inline & oral suction Policies/procedures: nails, inline canister & suction changing	Patient outcomes Rate of Pseudomonas infections	H	Informational meetings

		Ventilator management			
		Administering medications			
		ICU remodel			
Nursing staff	Meetings	Potential areas using water source:	Patient outcomes	H	Education
		oral care, tube feeding,	Workload		
		handwashing, bathing, ice			
		machines, water pitchers			
		Transmission sources:			
		hoppers, sinks, countertops,			
		hands, inline & oral suction			
		Policies/procedures:			
		nails, inline canister & suction			
		changing			
		Mechanical care			
		Administering medications			
		ICU remodel			

Respiratory therapy	Meetings	Policies/procedures: inline suction changing Mechanical care Administering medications COVID-19 process changes Medical gas, oxygen Vent tubing	Patient outcomes Workload	H	Education
IPAC	Meetings	Reviewed EVS & Nursing environmental cleaning practices Transmission sources: hoppers, sinks, countertops, hands, inline & oral suction ICU remodel Water treatment & testing Faucets/aerators	Patient outcomes Rate of Pseudomonas infections	M	Informational meetings Metrics
EVS	Meetings	Reviewed EVS & Nursing environmental cleaning practices	Workload Efficiency of workflow process	L	Informational meetings

Patients            EHR            Patient outcomes            Safety            L            Education

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Abbreviations: EHR, electronic health record; EVS, environmental services; H, high; ICU, intensive care unit; IPAC, Infection Prevention and Control; L, low; M, medium.

PREPRINTS

**Table 2 - Data Collection Plan for Improvement and Balancing Measures**

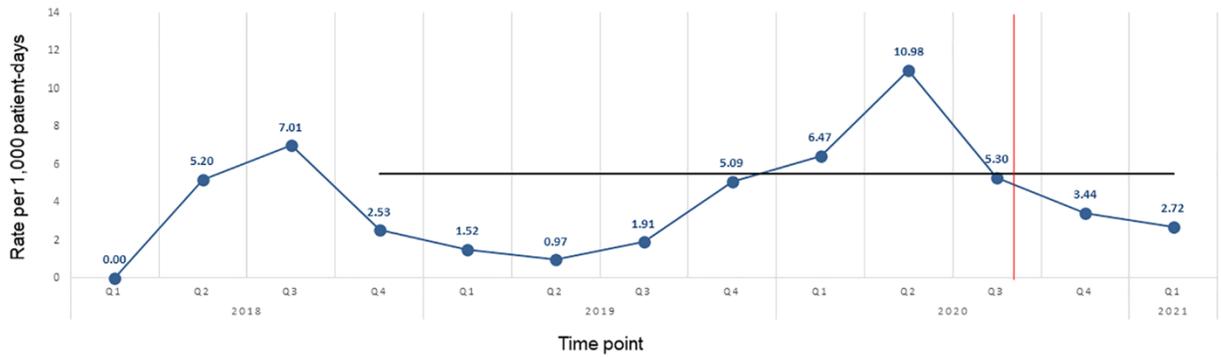
<b>Measure type</b>	<b>Improvement</b>	<b>Balancing</b>
Measure name	ICU Pseudomonas-positive sputum rate per 1,000 patient-days	EVS cleaning time
Measure description	Number of sputum cultures collected in ICU patients that are positive for <i>Pseudomonas aeruginosa</i> divided by the total number of ICU patient days, multiplied by 1,000	Total number of minutes for EVS to perform room cleanings for ICU patient discharges divided by the total number of ICU rooms cleaned
Measure unit	Incidence rate per 1,000 patient-days	Minutes
Data source	EHR	EHR
Sampling	100% of patient population	100% of patient population
Collection personnel	Microbiology and IPAC	EVS housekeeping
Collection method	Weekly laboratory report and monthly patient-days report from EHR	EVS housekeeping attendant log time at point of service
Data recording	Data will be shared monthly with the project team and ICU division and analyzed and reviewed quarterly	Via iPad logged in to EHR

Abbreviations: EHR, electronic health record; EVS, environmental services; ICU, intensive care unit; IPAC, Infection Prevention and Control.

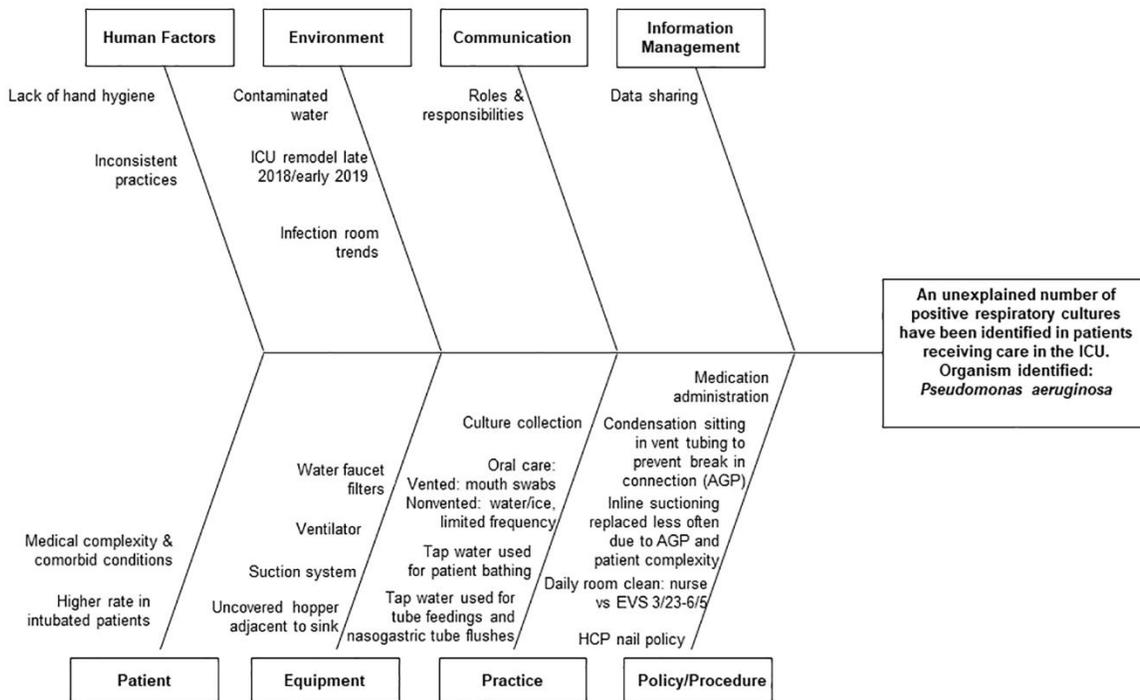
**Table 3 - Timeline of Potential Gaps in Quality and Key Interventions**

<b>Start date</b>	<b>End date</b>	<b>Quarter</b>	<b>Event</b>
1/15/18	2/15/18	Q1/2018	Water shutdowns: OR project
8/6/18	4/1/19	Q3/2018	ICU remodel
4/1/19	Cont	Q2/2019	ICU reopened for patients
9/3/20	6/30/21	Q3/2020	Sterile water for NG/OG
9/3/20	Cont	Q3/2020	Change suction canisters/tubing every 24 h
9/3/20	Cont	Q3/2020	Change inline suction every 72 h
9/23/20	9/23/20	Q3/2020	Remove aerators on faucets
10/10/20	10/10/20	Q4/2020	Hopper topper installation completed in ICU
3/19/21	3/19/21	Q1/2021	Changed out faucets

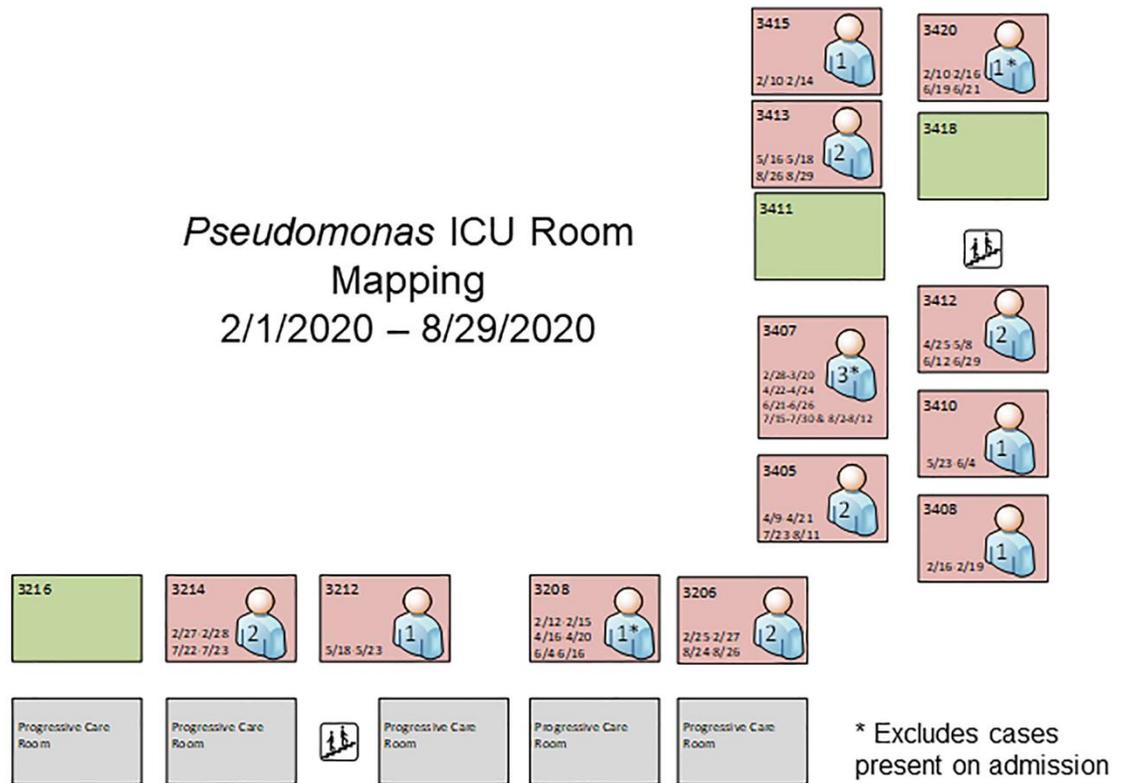
Abbreviations: Cont, continuing; ICU, intensive care unit; NG/OG; enteral feeding tubes; OR, operating room.



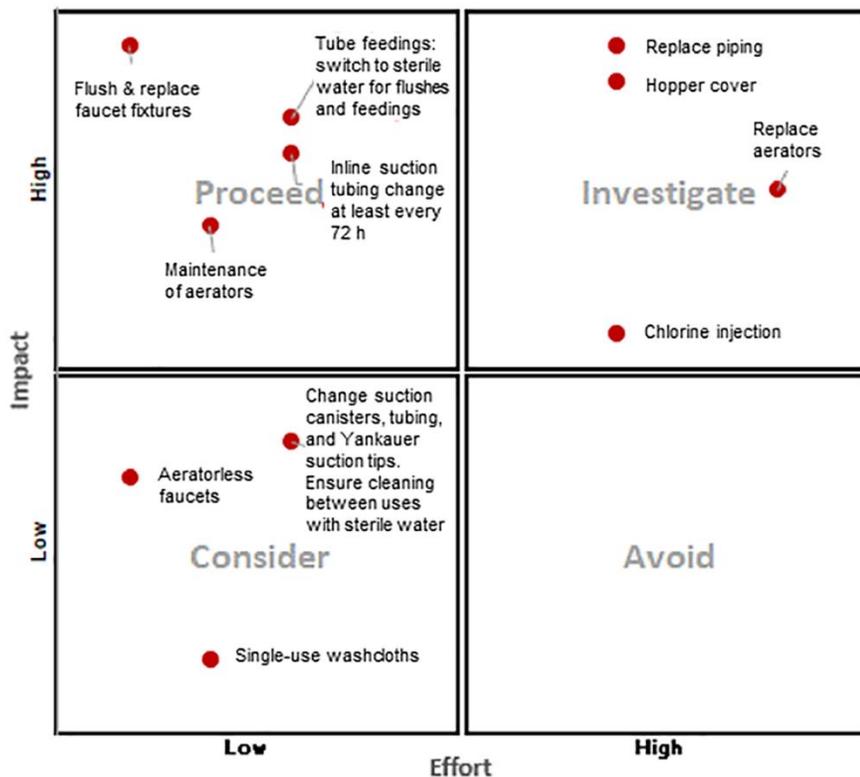
**Figure 1.** *Pseudomonas aeruginosa*-Positive Sputum Culture Rate. Graph shows the rate of *P aeruginosa*-positive cultures per 1,000 patient-days over time. The mean positivity rate per quarter (Q) is shown. Red vertical line indicates the start date for mitigation strategies (September 2020).



**Figure 2 - Fishbone Diagram.** Diagram showing potential causes of increased rate of *Pseudomonas*-positive sputum cultures. AGP indicates aerosol-generating procedure; HCP, health care professionals; ICU, intensive care unit.

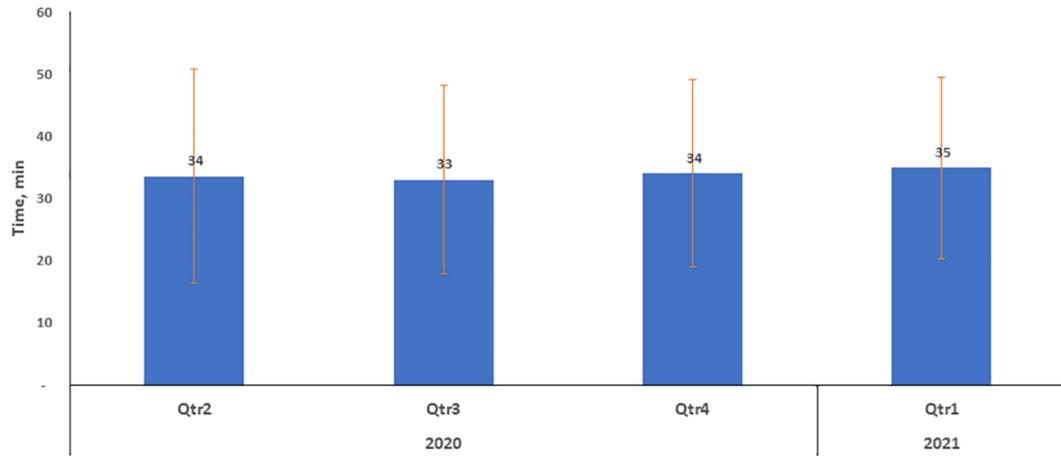


**Figure 3 - Intensive Care Unit (ICU) Room Mapping.** Colored squares show ICU room numbers (green indicates no positive *Pseudomonas* sputum cultures; red, positive *Pseudomonas* sputum cultures), with dates of positive samples shown. The patient icons demonstrate the number of patients with a positive culture that was not present on admission.



<u>Impact</u>	<u>Effort</u>	<u>Countermeasure</u>
9.5	7	Replace piping
9	7	Hopper cover
5.5	7	Chlorine injection
7.5	9	Replace aerators
4	3	Change suction canisters, tubing, and Yankauer suction tips. Ensure cleaning between uses with sterile water.
3.5	1	Aeratorless faucets
1	2	Single-use washcloths
9.5	1	Flush & replace faucet fixtures
8.5	3	Tube feedings: switch to sterile water for flushes and feedings

**Figure 4** - Impact Effort Matrix. Grid matrix for assessing key interventions toward *Pseudomonas aeruginosa*-positive culture rate reduction in the intensive care unit.



**Figure 5** - Cleaning Time Per Quarter. Graph shows mean (SD) environmental services cleaning time for quarters (Qtr) 2-4 of 2020 and Qtr 1 of 2021.

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