Unplanned extubation: Eliminating preventable deaths

Risk factors
- Neonates
  - Shorter trachea
  - Use of uncuffed tubes
  - Increased time out of bed
- Children
  - Less than 2 years old
  - Male gender
  - Increased patient agitation
- Adults
  - Male gender
  - Chronic obstructive pulmonary disease
  - Use of restraints
  - Orotracheal intubation
  - Night shift

Interventions
- Properly secure endotracheal (ET) tube.
- Use alert card to document ET tube depth.
- Integrate regular ET tube suctioning.
- Use nurse presence as an alternative to restraints.
- Provide two licensed professionals for any procedure with an intubated patient.
- Screen for delirium early and often.

Practice change
- Identify patients at risk
  - Self-Extubation Risk Assessment Tool
- Communicate across disciplines
- Raise awareness: Coalition for Unplanned Extubation Awareness and Prevention

See article for additional risk factors by age group.

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