

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

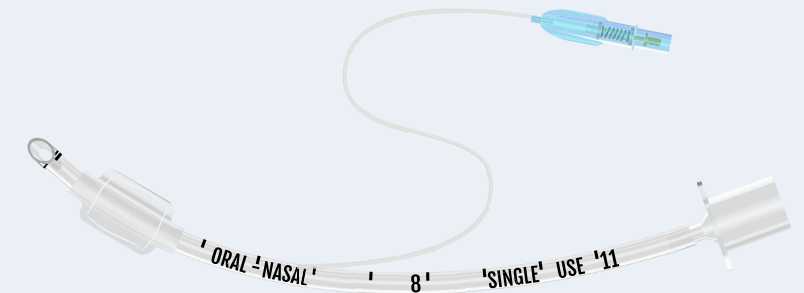
See article for additional risk factors by age group.

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



Learn more at [myamericannurse/?p=66385](https://myamericannurse.com/?p=66385)

Rojo A, et al. 2020;15(5):18-21.

Copyright 2020 American Nurse Journal, www.myamericannurse.com