

# Organizing MET in Hillerød Hospital

a 500 bed teaching hospital, in the north of Zealand



# How to get started:

- Low budget for introducing MET. One nurse allocated project working.
- One month to teach and inform leaders and staff in three wards.
- What is possible?
- Daily or every other day in at least a two weeks period, the project nurse went to the wards on their coffee brakes. MET calling criteria and tasks we expected ward staff to do while waiting where introduced.

**Tasks while waiting****A: Airway**

- Give the patient oxygen or increase current dose
- Place suction nearby the patient

**B: Breathing**

- Measure saturation and RR

**C: Circulation**

- Measure BP and HR
- Make IV access and sodium chloride ready

**D: Disability**

- Estimate consciousness
- Check pupils
- Measure blood glucose

**E: Exposure**

- Temperature

Bring IV-trolley and all medical reports to the room.

**If the patient aggravates or has a cardiac arrest -  
or threatening cardiac arrest - call 112**

**Cooperation**

All 4 team members work together.

To avoid misunderstandings use "ISBAR" communication.

**ISBAR:**

**I**dentification, **S**ituation, **B**ackground, **A**ssessment,  
**R**ecommendation

**Thank you for calling MET,  
It can make a difference for the patient**

# Methods for implementation

- Using the PDSA circle – plan- do - study - act. (Demings circle)
- While implementing MET through out the hospital, we constantly looked for effect and areas for improvement.
- Visibility – MET project nurse seen around the Hospital, answering questions, follow up visits.

# How are we doing ?

- Since mid 2008 all wards, except children's units, can call MET.
- An average of 1½-2 calls pr 24 hours
- 2 out of 3 patients stays in the ward, this requires skilled staff with the necessary knowledge
- Ongoing education of ward staff is a key issue. With our data collection, we hope to be able to focus education in each ward.

# Thank You

- Anne Marie Kodal
- Hillerød Hospital
- 4829 7511
- [anmak@hih.regionh.dk](mailto:anmak@hih.regionh.dk)