Researchers found patients exhibit physiological changes 8 to 12 hours prior to a serious life-threatening event. The initial stages of physiologic deterioration during illness and recovery can be subtle due to homeostatic compensatory mechanisms. The early detection of physiologic deterioration can impact patient outcomes.

Evidence shows that these subtle changes go undetected or not acted on in a timely manner because care teams fail to recognize, interpret, and respond to these changes. These are major causes for increased admissions to higher levels of care, increased length of stay, cardiac/respiratory arrest, or death.

Healthcare teams are becoming curious in whether or not implementing a “Track and Trigger” system serves as a real-time predictive warning tool for decision support at the bedside. As technology advances, massive amounts of robust clinical data will be collected. Healthcare teams will be introduced to innovative tools that assist in gathering, organizing, and visualizing large amounts of clinical data. Choosing accurate and efficient tools that quality improvement, evidence-based practice, and research support could assist healthcare teams in obtaining positive patient outcomes.

A literature search was conducted to survey timely interventions that “Track and Trigger” systems initiate.

Three themes were extracted from the evidence-based literature.

Positive patient outcomes are correlated when barriers are addressed, effective interventions are acted upon, and a Sustainability Practice Model is utilized during the lifecycle of a “Track and Trigger” system.