



*Spreading Knowledge – Improving Outcomes*

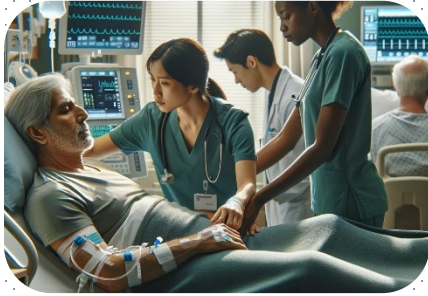
# Delirium Prevention

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# Modifying Risk Factors

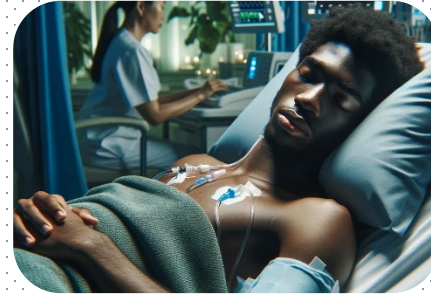
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**Orientation protocols**



**Cognitive stimulation**



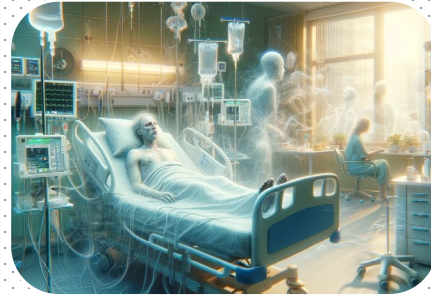
**Facilitation of physiologic sleep**



**Early mobilization**



**Visual and hearing aids**



**Medication choice**



**Pain management**

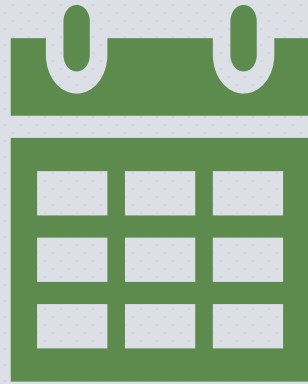


**Avoiding and treating medical complications**

# Orientation Protocols



Clock



Calendar

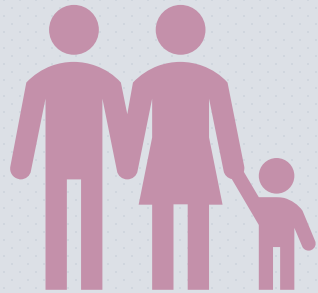


Windows with  
outside views



Verbal  
reorientation

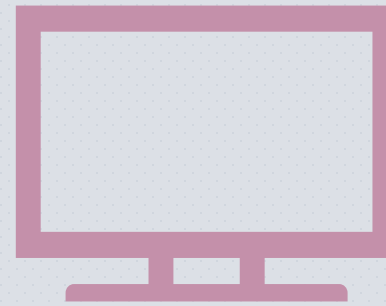
# Cognitive Stimulation



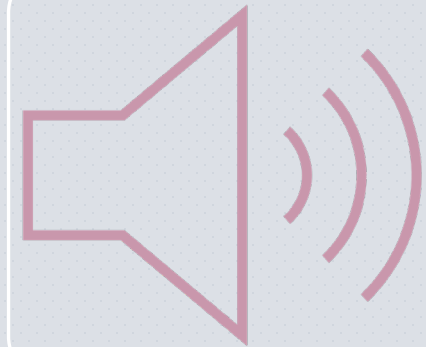
Regular family  
visits



Decrease  
sensory  
stimulations



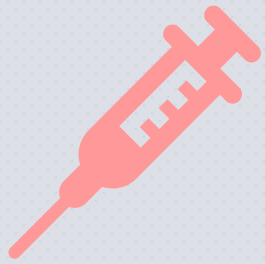
Familiar TV  
shows



Quran  
recitation or  
music therapy



# Facilitation of Physiologic Sleep



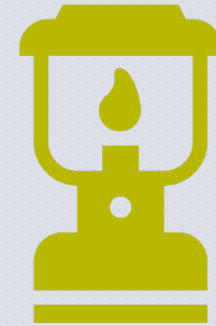
Avoid administration of medications and medical procedures



Reduce nighttime noise



Use ear plugs



Darken the room at night

# Early Mobilization



Physical therapy



Occupational therapy



Mobilization program



Minimize the use of physical restraints



# Visual & Hearing Aids



Visual Aids



Hearing Aids

# Medication Review

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Avoid medications that contribute to delirium:  
Benzodiazepines, opioids (meperidine in particular)

Use the least amount of sedatives and analgesics for the shortest time

Involve pharmacist



# Optimize Medical Care

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Tubes & lines

Hydration & nutrition

Oxygenation and infection monitoring and treatment

Pain management

Bowel and bladder care

# Medications to Prevent Delirium

Cholinesterase inhibitors (eg, rivastigmine, donepezil)

Antipsychotic agents

Dexmedetomidine

Gabapentin

Melatonin

## SLEEP WAKE CYCLE

**S**

- Promote wakefulness during the day (i.e. natural light, open blinds)
- Optimize sleep at night (i.e. nonpharmacological interventions, minimize noise, cluster cares, limit caffeine, sleep hygiene)

## TUBES, LINES, & RESTRAINT REMOVAL

**T**

- Discontinue catheter, IV, CVC, etc. as soon as possible
- Minimize &/or avoid restraint use
- Camouflage tubes & lines

## OXYGENATION

**O**

- Encourage lung expansion (i.e. deep breathing & coughing, mobility, etc.)
- Recognize signs & symptoms of hypoxia
- Complete spontaneous breathing & awakening trials as appropriate

## PAIN MANAGEMENT

**P**

- Ensure adequate pain control
- Use nonopioids like acetaminophen
- Use nonpharmacological methods (i.e. heat or cold, etc.)

## DRUG REVIEW

**D**

- Involve pharmacist
- Avoid medications that contribute to delirium
- Use least amount of sedation for shortest duration

## ENVIRONMENT: THERAPEUTIC & ENGAGING

**E**

- Appropriate stimulation, avoid overstimulation
- Create calm (i.e. reassurance, soothing music, limit TV)
- Minimize room clutter & remove extra equipment
- Use Therapeutic Activity (i.e. playing cards, adult coloring)

## LOVED ONES & FAMILIAR OBJECTS

**L**

- Encourage family presence, 1-2 visitors at a time
- Allow family participation in care
- Provide familiar items from home (i.e. pictures, blanket,

## INTAKE: HYDRATION & NUTRITION

**I**

- Provide 3 meals a day, use nutritional supplements
- Limit NPO & liquid diets
- Provide assistance with feeding & meal set up
- Assess swallow safety & use aspiration precautions PRN

## REORIENTATION & ROUTINE

**R**

- Reorient using Who?, What?, Where?, When?, Why?, & How?
- Use clocks & calendars
- Schedule activities, meals, & bedtime
- Provide consistency (i.e. caregiver continuity, limit room

## INCLUDE BOWEL & BLADDER CARE

**I**

- Prevent/manage constipation (i.e. regular BM, adequate fluids)
- Assess for urinary retention; use intermittent catheterization
- Use a toileting schedule

## USE GLASSES, HEARING AIDS, & DENTURES

**U**

- Avoid sensory deprivation
- Use glasses & hearing aids
- Support communication needs (i.e. translator, iPad, pass
- Ensure dentures are available & fit

## MOBILITY: EARLY & PROGRESSIVE

**M**

- Evaluate readiness & tolerance each shift
- Progress to ambulation, chair for all meals
- Partner with therapies
- Maintain safety (i.e. fall risk precautions, gait belt, walker)

# STOP DELIRIUM

Prevent & Manage: A Guide for Nurses

