



Intentional Delirium Education Pilot



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Background/ Significance

The risk of delirium increases with age, but it is not a normal age-related change. It can affect around 20% of hospitalized older adults and 10-40% of medically ill older patients. Early recognition is key to management of delirium. Nurses need to have the knowledge to assess for and identify delirium to provide safe patient care (Baker, Taggart, Nivens, & Tillman, 2015). Delirium can impact falls, LOS, and mortality.

Purpose

To determine if an education pilot on delirium and CAM documentation would improve CAM documentation and accurate identification of delirious patients

References

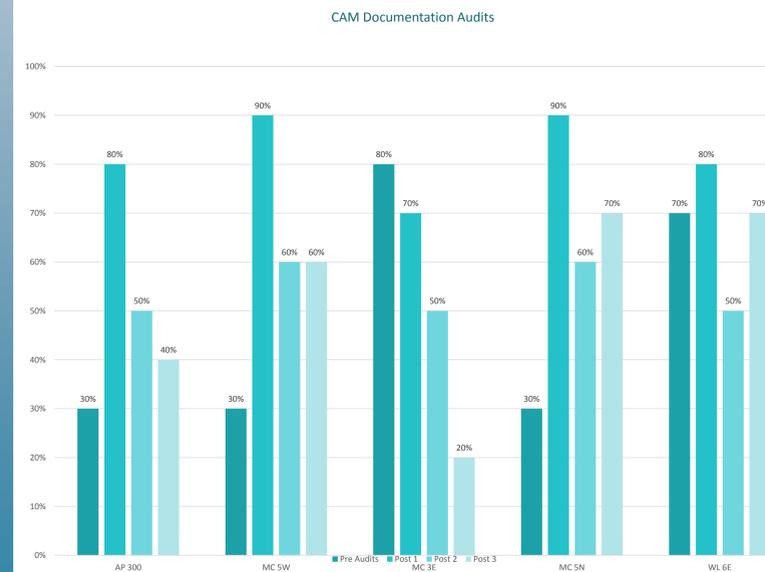
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Methods

- Five Med/Surg departments were selected based on high population of elderly patients
- Nursing leadership on involved departments were briefed on the proposed project prior to implementation to ensure buy-in and participation
- Ten baseline audits per unit were collected from the medical record of random patients
- A delirium online learning module was updated and information specific to CAM documentation was added
 - All staff on participating units were asked to complete the educational module
- A nurse champion was identified on each department to create two education boards, one on delirium recognition and prevention and one on CAM documentation
 - Each nurse was provided with the information to place on the poster boards.
 - The boards were displayed on the departments for approximately 4 weeks each, for a total of eight weeks
 - Included case studies for nursing staff to complete
- Staff were given an incentive (cupcakes) to complete the case studies and to have the highest percentage of online learning completions
- Post audits were collected for 3 months post interventions, monitoring: a) correct CAM documentation; b) correct identification of CAM positive patients; c) if risk factors were documented and d) if prevention interventions were put into place

Results

- Some units were engaged and had more participation than others
 - On average the online learning module was completed by 52% of staff across the five units
 - Five Med/Surg departments participated based on the high population of elderly patients on the departments
 - Results of the project were shared with nursing leadership on the participating departments, as well as the department nurse champions



Discussion

- It is clear that though the initial education proved helpful in improving CAM documentation and recognition of CAM positive patients, the improvement did not sustain months after the implementation
- Next steps are being planned to invite bedside nurses to participate in a lean project around improving delirium prevention, recognition, and documentation

Implications for Nursing

- Delirium presents in several forms and patients experiencing delirium exhibit symptoms in different ways making it difficult to recognize (Middle & Miklancie, 2015)
- It is difficult to abstract from medical records if a patient was delirious retrospectively, especially if the CAM documentation is incorrect or inconsistent. Therefore it is difficult to know the true incidence and prevalence of this issue
- Recognizing risk factors and using prevention strategies can help prevent delirium from occurring
- Identifying delirious patients and providing proper interventions is also critical to improve patient outcomes and safety