

Critical Care Strategic Clinical Network[™]

Foothills Medical Centre ICU

Delirium team poster contributors: Kimberly Pennell, Alan Sutton, Karlyn Wolfe, Karla Krewulak, Krista Spence, Sharon Boitson

THE PAST

- **Delirium Practice Guidelines** existed, but not a big part of Subject/Title: Calgary Zone-Adult ICU: Delirium Assessment, Prevention and Management Prevention FMC ICU culture yet
- ICU Delirium Working Group formed in early 2016
- ADKAR based Focus Groups revealed a strong desire, but lack of awareness and knowledge
- Admission Assessment Tool developed and trialled to try to reduce sedation on admission

OUR UNIT DELIRIUM TEAM

We have a large engaged multidisciplinary team of: RNs, RRTs, Educators, PT, OT, Management, Pharmacy, QI Consultant, Sr. Research Associate, Clinical Clerk, **ICU Intensivist, ICU Nurse Practitioner** and a Critical Care Physiatrist.

Our team meets monthly for 1.5 hours.

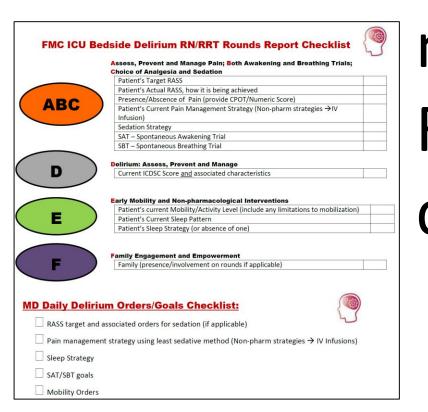
THE PRESENT

 Mobility Care Plans in place: 96% eligible patients are getting out of bed mobility at least once a day "Patients are stronger, And moving better... l am now seeing patients

on day 0 or day 1" ~Sharon, PT

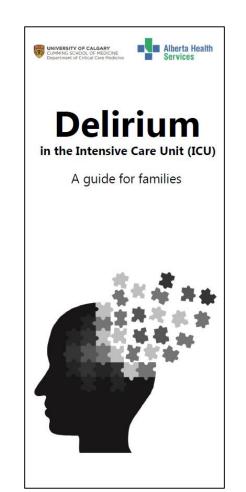
ICU Mobility Care Plan			
Patient:	Date	e:	
CURRENT MOBILITY STATUS: May be completed by PT/OT or RN			
Patient can dangle with			
Patient can stand with _			
Patient can transfer with			
Patient can ambulate wi	th		
Seating System (OT asses	ssed Y / N)		
Mobility achieved today:			
1)			
2)			
3)			
Mobility plan for tomorr	'ow		
Therapy assistant refer	ral (done by PT/OT): Yes	No	
Family involved in patie	nt exercise program (assesse	id by PT): Yes	No
Physio's will leave their personal pager numbers on the whiteboards in patient rooms. ICU Physio group pager is 13181			

ABCDEF Rounds Checklist:



now part of Daily Rounds, audited quarterly

 Delirium Information Pamphlet: created and made available for families



Regular FAQ Messaging:

Emails, newsletter posts, posters for reinforcement to staff

Face-to-Face Resident **Teaching:**

Done on Welcome Day each month

"Getting to Know Me" pamphlet for patients:

Implemented in collaboration with FMC ICU PFCC Committee

THE FUTURE

- **Day/Night Routine Guideline to be** implemented
- **Re-introduction of Bullet Rounds with** a look at discipline specific data
- Music Therapy Project
- Collaboration with FIDDS Study **Research Team**

We commit to de-adopt:

Unnecessary sleep interruptions at night!

We will adopt:

Day/Night Routine Guideline