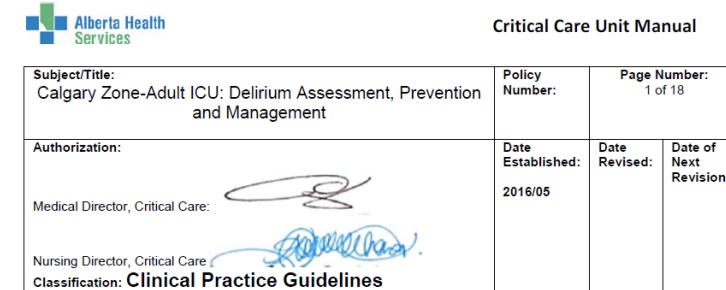


Foothills Medical Centre ICU

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 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 Psychiatrist.**

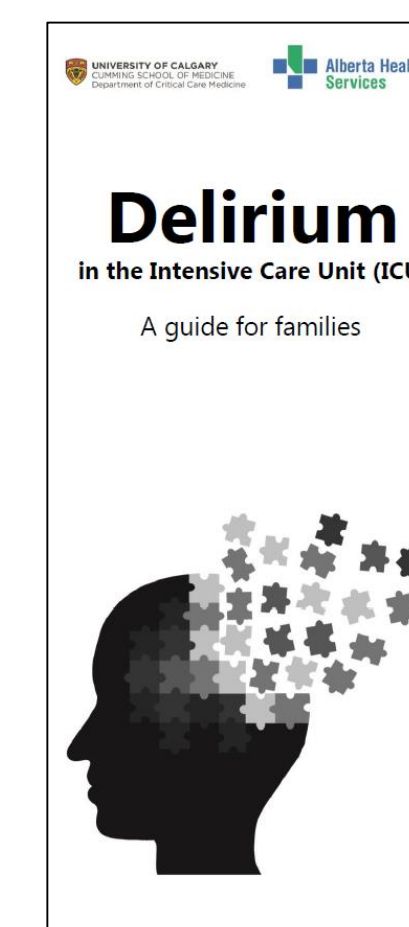
Our team meets monthly for 1.5 hours.

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... I am now seeing patients on day 0 or day 1”
~Sharon, PT

- **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