Alberta Health Services
Critical Care Strategic Clinical Network™

Edmonton Royal Alexandra Hospital

THE PAST

- We were already doing a pretty good job of mobilizing our patients at least twice a day. However, no significant decrease in delirium was noted.
- Identified gaps on our unit were:
  - Assessment and treatment of pain
  - Lack of non-pharmacological strategies used in our unit to prevent delirium other than mobilization
  - Lack of Pharmacological guidelines for residents/nurses
  - Lack of adequate pain and RASS documentation by nursing staff

OUR UNIT DELIRIUM TEAM

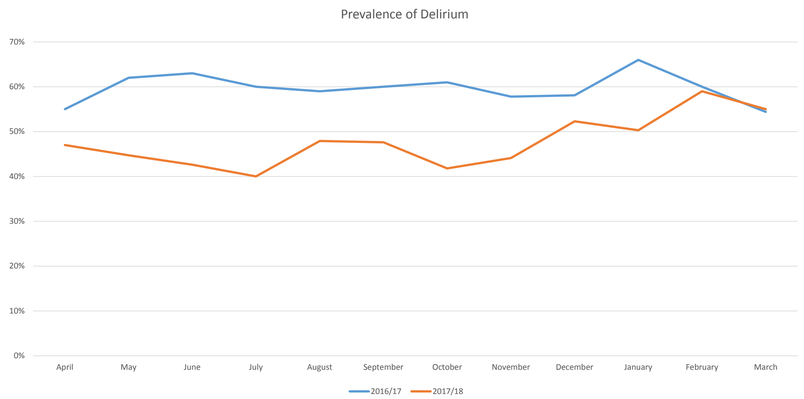
THE PRESENT

All unit staff have a good understanding of what delirium is, how it can be prevented and why it is important. We reviewed and educated accurate use of the ICDSC tool.

We have implemented the following strategies :

1) Noise Reduction (limiting significant noise from paging systems, staff and equipment, use of ear plugs).
2) Sleep Promotion (lighting changed, eye masks, use of white noise machines.
3) Education regarding treating pain first (long vs short acting, preemptive analgesics for patients, use of benzos for withdrawal patients, titrating sedation to a goal RASS).
4) Yearly education created regarding delirium and the ABCDEF bundle for all staff and included in orientation for new staff and residents to our unit.
5) Increase mobility to 3x/24 hours- inclusion of the use of puzzles to mobilize the brain.
6) Creation of an SBT protocol

We have decreased our prevalence of delirium

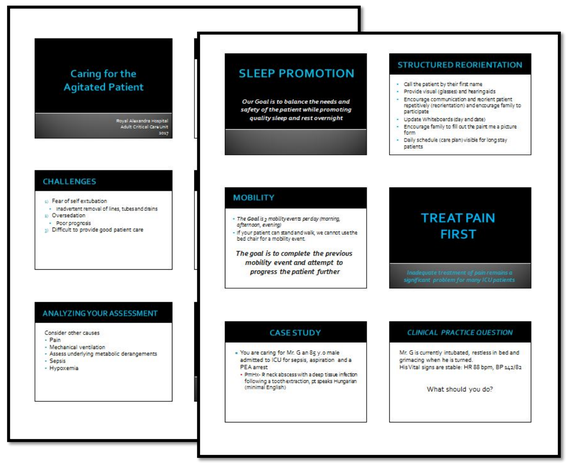


THE FUTURE

- Maintain current culture by continuing routine audits of sleep promotion and noise reduction on night shifts, chart audits re: RASS and pain assessments by nursing staff.
- Focus on maintaining awareness and diligence of delirium prevention.
- Increased collaboration in promoting early mobilization with Allied Health (PT & OT)

We commit to de-adopt:
Moving away from mobilization as a “day shift” responsibility only

We will adopt: Continued annual education about the ABCDEF bundle for all new staff to our unit (nurses, allied health, residents)



“Caring for the Agitated Patient” package