Early Delirium Detection in Older Adults: Promoting Positive Outcomes Across the Continuum of Care Using an Interdisciplinary, Family-Centered Approach

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Identification of Need
Delirium is one of the most under recognized health issues in hospitalized older adults. Patients may transition between numerous healthcare systems before delirium is fully recognized, and many are frequently caregivers of older adults and managing a chroni- 
cd illness. Delirium is a complex, dynamic disorder that affects multiple systems of the body and the brain, with a high rate of hospital mortality and a significant impact on hospital costs. In addition, delirium delays discharge and increases length of stay, which in turn increases hospital costs. Delirium is characterized by a change in mental status, which can manifest as a mix of disorientation, confusion, and agitation. Delirium can be caused by a variety of factors, including medication side effects, infection, and dehydration.

Method
A prospective study was performed to examine the knowledge deficits con- 
taining delirium detection, familiarity and proficiency with the CAM tool among hospital nurses and medical residents. Participants included healthcare team members on geriatric hospital units across four sites in Brooklyn, NY. Data were collected pre and post implementation of various interventions to increase knowledge and awareness of delirium, delirium risk factors, treatment by nurses and medical residents.

Table: Components
- CAM (Confusion Assessment Method)
- Interdisciplinary inpatient rounds
- Family involvement
- Early delirium detection and care

Current Evidence
Delirium is a complex and multifaceted condition that occurs in hospitalized older adults. Delirium can be a sign of an underlying medical condition and can affect multiple organ systems. Delirium is a common complication in older adults and is associated with increased mortality, increased length of stay, and increased hospital costs. Delirium can also delay discharge and increase hospitalization rates. Delirium is a significant issue in healthcare and is a major cause of concern among healthcare providers.

Interventions
- Assessed nurses’/medical resident awareness and knowledge of delirium detection.
- Developed interdisciplinary education modules on interdisciplinary patient and family centered care.
- Integrated CAM into electronic medical record.
- Enhanced nursing bedside detection of delirium through validation of the 3-item Nursing Delirium Screening tool (Society of Hospital Medicine).
- Developed delirium risk assessment tools and management and referral plans that impact patient/family centered care.
- Early mobility and orientation communication techniques.
- Ongoing interdisciplinary team support, reinforcement of key elements and bedside coaching.
- Delirium-focused daily interdisciplinary rounds and nurse to nurse hand-off.
- Create family and patient support group meetings supplemental with delirium educational sessions.

Conclusion
Our study highlights the importance of interdisciplinary collaboration in the detection and management of delirium. The interdisciplinary approach to delirium care with a focus on patient/family centered care improved nurse and physician knowledge for early delirium detection, improved delirium education and detection by nurses and physicians, enhanced family involvement in delirium care, and improved patient satisfaction. The interdisciplinary approach to delirium care with a focus on patient/family centered care is a promising strategy for improving delirium care and outcomes.

References