

# Delirium

## Who Does It Affect?

About 2 out of 3 ICU patients get delirium.  
7 out of 10 patients get it while on the ventilator.

## How Do We Assess For Delirium?

CAM-ICU should be performed and charted in the *Adult PCS Body System* Flowsheet every 12 hours.

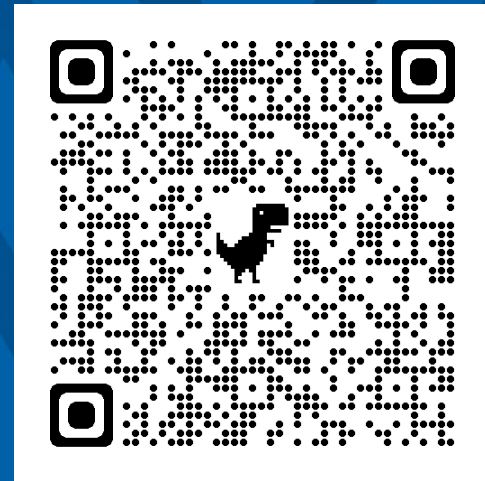
## Delirium Can Cause:

- Increased time on the ventilator
- Longer ICU and Hospital lengths of stay
- Increased costs
- Higher mortality –both in-hospital and after discharge
- Greater long-term cognitive dysfunction

## How Do We Treat And Prevent Delirium?

- Repeated reorientation of patients
- A nonpharmacological sleep protocol
- Early mobilization activities
- Timely removal of catheters and physical restraints
- Early correction of dehydration
- Use of a scheduled pain management protocol
- Minimization of unnecessary noise/stimuli
- Review patient medications, sedatives and analgesics exacerbate delirium

Scan the QR code below for more information on CAM-ICU!



### References:

- (1) Patients and Families Overview (2020). *Delirium in the Intensive Care Unit. A Guide for Families and Patients*. Critical Illness, Brain Dysfunction, and Survivorship (CIBS) Center. <https://www.icudelirium.org/>
- (2) Ramírez Echeverría MdL, Schoo C, Paul M. Delirium. [Updated 2022 Nov 19]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2023 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK470399/>