

NICHE



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DILEMMA OF DELIRIUM IN THE GERIATRIC HIP FRACTURE PATIENT

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PROBLEM: Delirium is a common and serious problem for hospitalized older hip fracture patients and is associated with significant morbidity and mortality rates.

SOLUTION: Identify a screening tool for use in daily assessments of geriatric patients at risk for delirium.

Problem Identified Delirium occurs in 14% to 56% of hospitalized older patients and represents the most frequent complication for this group. The incidence of delirium among hip-surgery patients is 43-60%. In patients with delirium, the length of stay for a patient with acute delirium can be expected to increase by an average of 8 days. Mortality rates of hospitalized patients with delirium are 22%, and the one-year mortality rate is 35% to 40%. In spite of the delirium occurrence rate, the complication frequently goes unrecognized and untreated in up to 70% of patients.



Nurses Improving Care for Healthsystem Elders

Solution Formulated In view of the potential for 50% of geriatric hip fracture patients developing delirium while hospitalized, the hospital launched an initiative to develop ways to protect this very specialized patient population using education, screening and assessment tools, and an interdisciplinary approach to the creation of a delirium algorithm. The algorithm provided a pathway to better screening, recognition, and diagnosis of delirium in the geriatric hip fracture patient population. Also, understanding nursing staff are critical to the proper recognition and treatment of patients with delirium, the interdisciplinary team provided multiple opportunities for formal and informal education to all dedicated geriatric hip fracture nursing staff.

The initiative included:

- Nurse education on delirium and the CAM (Confusion Assessment Method) tool
- Delirium screening tool for geriatric hip fracture patient population
- CAM tool use
- Predictive model for delirium and CAM tool use/trends tracking
- Delirium prevention discussion during rounds
- Patient family delirium education brochure
- Patient family involvement in the care of the patient
- Hospitalist notification whenever CAM tool indicated delirium

NICHE Role The NICHE Geriatric Resource Nurse (GRN) core curriculum is designed for use by those at NICHE sites who train nurses in best practices for hospitalized older adults. GRNs are the foundation of system-wide improvement to achieve positive outcomes for hospitalized older adults. The NICHE program, available to hospitals throughout North America, offers evidence-based, interdisciplinary approaches to promote improved care for the hospitalized older adult.

Evaluation/Results The interdisciplinary team tracked the implementation of the delirium predictive model and the daily use of the CAM tool with an emphasis on trends, compliance and performance improvement. Results showed use of the CAM tool with the at-risk population increased over 70% during a five-month period.

For more information

1. Inouye SK, et al. *Ann Intern Med.* 1990;113:941-8.
2. Confusion Assessment Method (CAM) and CAM-ICU in: Inouye SK. Delirium in hospitalized older patients. *Clin Geriatr Med* 1998; 14:745-764.
3. Slor CJ, et al Anesthesia and Postoperative Delirium in Older Adults Undergoing Hip Surgery. *J Am Geriatr Soc.* 2011 59(7):1313-9.
4. Deschodt M, et al. Preventing delirium in older adults with recent hip fracture through multidisciplinary geriatric consultation. *J Am Geriatr Soc* 2012 60:4(733-9).

NICHE-related resources

1. Milisen, K., Braes, T., & Foreman & M.D. Chapter 8 Assessing Cognitive Function (pp. 122-134). In Boltz, M., Capezuti, E., Fulmer, T., & Zwicker, D. (eds.) (2012). *Evidence-Based Geriatric Nursing Protocols for Best Practice* (4th ed.). New York: Springer.
2. Tullmann, D.F., Kathleen Fletcher, K., & Foreman, M.D. Chapter 11 Delirium: Prevention, Early Recognition, and Treatment (pp. 186-199). In Boltz, M., Capezuti, E., Fulmer, T., & Zwicker, D. (eds.) (2012). *Evidence-Based Geriatric Nursing Protocols for Best Practice* (4th ed.). New York: Springer.
3. Depression, Delirium, and Dementia. NICHE Geriatric Resource Nurse Training Program. (Available at <http://www.nicheprogram.org/courses/114>)
4. Delirium in Critical Illness. Module 6 in Critical Care. Botz, M. & Davey, J. (2010). Based on: Delirium in Critical Illness. In M.D. Foreman, K. Milisen, & T.T. Fulmer (Eds.). *Critical Care Nursing of Older Adults Best Practices* (3rd ed.) (pp. 577-597). New York: Springer Publishing Co. (Available at <http://elearningcenter.nicheprogram.org/course/view.php?id=93&page=710>)
5. Is Your Patient Confused? Module 6 of Geriatric Patient Care Associate Training Program. (Available at <http://elearningcenter.nicheprogram.org/course/view.php?id=28>)

About NICHE

NICHE (Nurses Improving Care for Healthsystem Elders) is an international program designed to help hospitals improve the care of older adults. The vision of NICHE is for all patients 65-and-over to be given sensitive and exemplary care. The mission of NICHE is to provide principles and tools to stimulate a change in the culture of health care facilities to achieve patient-centered care for older adults. NICHE, based at NYU College of Nursing, consists of over 400 hospitals and health care facilities throughout North America. For more information visit www.nicheprogram.org.

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