A SYNTHESIS OF MULTICOMPONENT NURSING MANAGEMENT OF DELIRIUM SYMPTOMS

Person with delirium

Environmental  Psychosocial  Physical

Provide adequate supervision
Provide consistent care-giving staff
Provide access to sunlight (if available) during the day
Create a calm soothing atmosphere & decrease sensory input: eliminate unnecessary noise
Minimise sudden changes in environment
Ensure safety and prevent complications
Have familiar possessions from home
Have a low set bed & bed rails down

Educate client & family/carers and involve in care
Use reorientation strategies (clocks, calendar, photos)
Ensure good communication: speak in clear, short, simple phases
Validate fears and concerns
Provide reassurance: inform this a short-term condition
Encourage relaxation techniques

Wear vision & hearing aids & dentures: keep within reach
Ensure adequate hydration
Ensure adequate pain relief
Promote regular toileting: bowel meds (softeners, stimulants may be necessary)
Ensure prompt attention & treatment of infections
Encourage activity: mobility & ADLs
Normalise sleep patterns
Maintain normal oxygenation