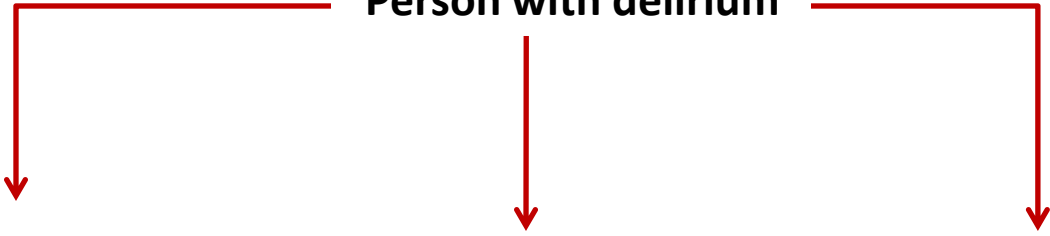


A SYNTHESIS OF MULTICOMPONENT NURSING MANAGEMENT OF DELIRIUM SYMPTOMS

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 phrases

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