Preventing and Managing Delirium in Hospitalized Patients: A Review of Non-Pharmacological Nursing Interventions and Nurses' Experiences

Siohn Zion Lee

Department of Nursing, Alliance University

NUR302: Evidence for Nursing Practice

Dr. Elenice Lima

April 23, 2023

Abstract

Delirium is a common complication in hospitalized patients, and its prevention and treatment are crucial. This paper reviews quantitative and qualitative studies on non-pharmacological nursing interventions for delirium prevention and treatment and nurses' experiences in caring for delirious patients. The paper summarizes both studies using the IMRAD format, critiques them, and formulates a clinical question using the PICO format. Results show the importance of non-pharmacological nursing interventions and effective communication among healthcare professionals.

Keywords: Delirium, Nursing, Review, Intervention, Non-Pharmacological, Experiences

Quantitative Study

Title: The Effectiveness of non-pharmacological nursing interventions in Preventing and treating delirium in hospitalized adult patients: a systematic review of randomized controlled trials

Introduction: Delirium is a frequent issue in older hospitalized patients, linked to negative outcomes, higher healthcare expenses, and increased mortality rates. Non-pharmacological nursing interventions have been suggested to address delirium, but the evidence remains scarce. This review summarizes the available evidence on the efficacy of non-pharmacological nursing interventions for preventing and treating delirium in hospitalized adult patients.

Methods: The search only included randomized controlled trials (RCTs) that evaluated non-pharmacological nursing interventions for preventing and treating delirium in hospitalized adult patients. Two reviewers independently screened the titles, abstracts, and full-text articles and collected data. The quality of the studies was assessed using the Cochrane Risk of Bias tool.

Results: The review analyzed 18(9) randomized controlled trials involving 3,543 participants(where did you get this data?) that evaluated the effectiveness of non-

pharmacological nursing interventions, such as cognitive stimulation and environmental modification, in preventing delirium in hospitalized adult patients. A pooled analysis of six studies found that these interventions significantly reduced delirium incidence.(where did you get this data?) However, due to the differences in interventions and outcome measures, evidence of the interventions' effectiveness in treating delirium was inconclusive.

Discussion: Non-pharmacological nursing interventions effectively prevent delirium in hospitalized adult patients. However, more research is necessary to determine the best interventions for treating delirium and the ideal timing and duration of those interventions.

Conclusion: Non-pharmacological nursing interventions can be considered a preventive strategy for delirium in hospitalized adult patients. However, the evidence for the effectiveness of these interventions in treating delirium is still limited.

Critique and Appraisal: This study aimed to evaluate the effectiveness of non-pharmacological nursing interventions in preventing and treating delirium in hospitalized adult patients. The review identified high-quality randomized controlled trials and found that these interventions reduced delirium incidence. However, the evidence for their effectiveness in treating delirium was inconclusive. This study provides valuable information on the potential benefits of non-pharmacological nursing interventions for preventing delirium in hospitalized adult patients while highlighting the need for further research on their efficacy in treating delirium. The authors evaluated independently the studies, assessed for bias, all of which show strength of the paper.

Clinical Question: In hospitalized adult patients(P), what is the effectiveness of non-pharmacological nursing interventions(I)(P) in preventing and treating delirium(O) (I) compared to standard care or pharmacological interventions (C) during the hospital stay (O)?

Qualitative Study

Title: Nurses' Experience of Caring for Patients with Delirium: A Qualitative Systematic Review

Introduction: This qualitative systematic review investigated nurses' experiences caring for patients with delirium. Delirium is a complex state that affects consciousness, attention, cognition, and perception, with potentially negative outcomes such as prolonged hospital stays, increased morbidity and mortality, and long-term cognitive impairment. Nurses require specialized knowledge, skills, and attitudes to provide effective and safe care for patients with delirium.The purpose was to understand factors which influence nurses caring for patients with delirium, and to identify best practices..

Methods: The authors systematically reviewed qualitative studies to investigate nurses' experiences caring for patients with delirium. They searched various databases, selected studies meeting inclusion criteria, extracted data from them, and analyzed thematically. They used a 3-step search strategy, the retrieved articles were screened by 2 reviewers, and then the full text were assessed independently according to the inclusion and exclusion criteria. The authors verified Methodological validity of the studies, and synthesized the data and examined in 3 levels of credibility.

Results: These 10 reviewed studies were conducted in acute and long-term care hospitals. The authors identified several themes in the studies that describe nurses' experiences caring for patients with delirium. These themes include the challenges of managing and assessing delirium, the emotional impact of caring for patients with delirium, the need for specialized skills and knowledge, and the importance of interdisciplinary collaboration. Three themes focused on nurses’ experience, and the others addressed strategies implemented in the patients’ care.

Critique and Appraisal: The authors conducted a thorough search for studies and employed a strict methodology to identify and summarize the findings of the included studies. The authors

provided detailed information about the studies, but they did not mention the quality of the studies or the methods used to evaluate the studies' quality.(they did mention that they followed the 3 levels of credibility defined by the Joanna Briggs Institute)

Clinical Question: What are the effects of specialized knowledge and skills (I) on improving patient outcomes (O) compared to conventional care (C) in nurses caring for patients with delirium (P)?

Reference

Lee, Y., Lee, J., Kim, J., & Jung, Y. (2021). Non-pharmacological nursing interventions for prevention and treatment of delirium in hospitalized adult patients: Systematic review of Randomized Controlled Trials. (Quantitative)

Thomas, N., Coleman, M., & Terry, D. (2021). Nurses' experience of caring for patients with delirium: Systematic review and qualitative evidence synthesis. (Qualitative)

RUBRIC/Grading Criteria:
Siohn – preventing delirium in patients

ITEM	**FEEDBACK**	**GRADE – total: 94.9 points**
SELECTION OF STUDIES		
Selected appropriate QN & QL studies----------10 points	Appropriate articles	10 points
SUMMARY		
• Summarized each study correctly----------35 points • Did not summarize important points---------- 20-34 points	QN and QL articles . summarized using IMRAD. . some important points not mentioned . some interpretation are not correct	(93%/35 =32.6 pts)

• Poor summary of the studies----------10-19 points • Summary not correct or very poor----------1-9 points		
CRITIQUE/APPRAISAL	_	_
• Critiqued/appraised each study effectively------25 points • Critique/appraisal not complete----------10-24 points • Critique/appraise not correct or very poor-------1-9 points _	. some conclusions are not correct: . missing some important discussion	93/25 = 23.3 pts
RESEARCH QUESTIO N	_	_
• Raised a clear, answerable PICO question--------15 points • Question not clear/did not use PICO format---------1-14 points _	1st pico format not all correct (You needed only one)	14 points
APA/ GRAMMAR/ SPELLING	_	_
• No errors----------15 pts • 3 or more grammar/spelling errors----------minus 3 pts • 3 or more APA format errors ---------- minus 3 pts • Each sentence not clear, or confusing----------minus 1 pt	Sentences clear .Followed APA format	15 points

-