

# System Wide Delirium Prevention Program at HealthPartners Facilities in Minnesota and Wisconsin

- Engaging Patients and Families

- Presented to MHA/OHA
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# MHA/OHA Presentation

1. Describe evidence based interventions that aid in delirium prevention
2. Discuss strategies to engage patients and families in delirium prevention
3. Identify the roles of the volunteer, nursing staff and advance practice RN in the engagement of patients and families in a delirium prevention program



# Our History

Park Nicollet/Methodist Hospital  
HELP Program Since 2009



# Regions Hospital

Healthy Brain Program Since July 2015



# Health Partners:

Amery Regional Medical  
Center Amery, WI



Westfield's  
Hospital  
New  
Richmond ,  
WI



Hudson Hospital and  
Clinics Hudson, WI



Lakeview  
Hospital  
Stillwater, MN

# HealthPartners

- Developing a system wide Delirium Prevention Structured Program at each facility



# Evidence Based Interventions for Delirium Prevention

- Removal of tethers
  - Oxygen tubing, foley's, IV's etc
- Early Mobility
- Nutrition/Hydration
- Reorientation
- Sensory Aids
- Cognitive Stimulation



# Engagement of Patient and Families in Delirium Interventions

## Role of

### APRN

- Education of family and/or patient
- Education of staff
- Education of volunteers/champions
- Evaluation of patient

### Nursing Staff

- Demonstration/Modeling
- Education
- Supporting

### Volunteer/Champion

- Therapeutic Interventions
- Mobility
- Nutrition/Hydration
- Daily Visitor





# Education Material

- One page handout for patients with Delirium
  - Information on Delirium, difference between dementia and delirium, S&S and etiology of each
- Brochure for patients at high risk for Delirium
  - Describes the HELP/Healthy Brain Programs
- Booklet for families
  - More detailed than one page handout



# Benefits of Program

- “Soft Interventions” done by volunteer/champions which frees up nursing staff
- Do not pay volunteer/champions
- All interventions are evidence based that decreased the occurrence of delirium



Questions?

