

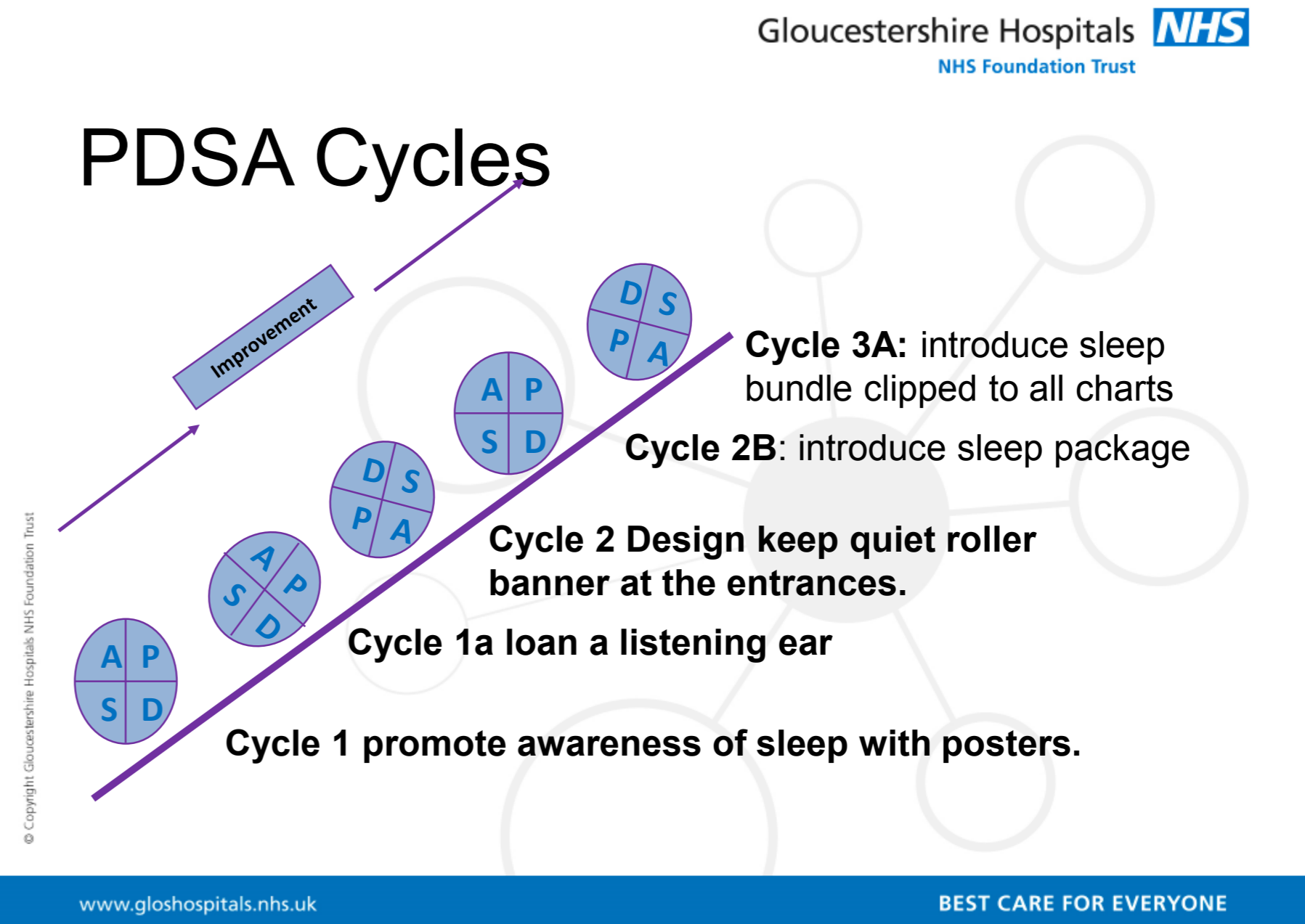
Reducing delirium days in Critical Care with a sleep bundle

Deborah Seal & the delirium team

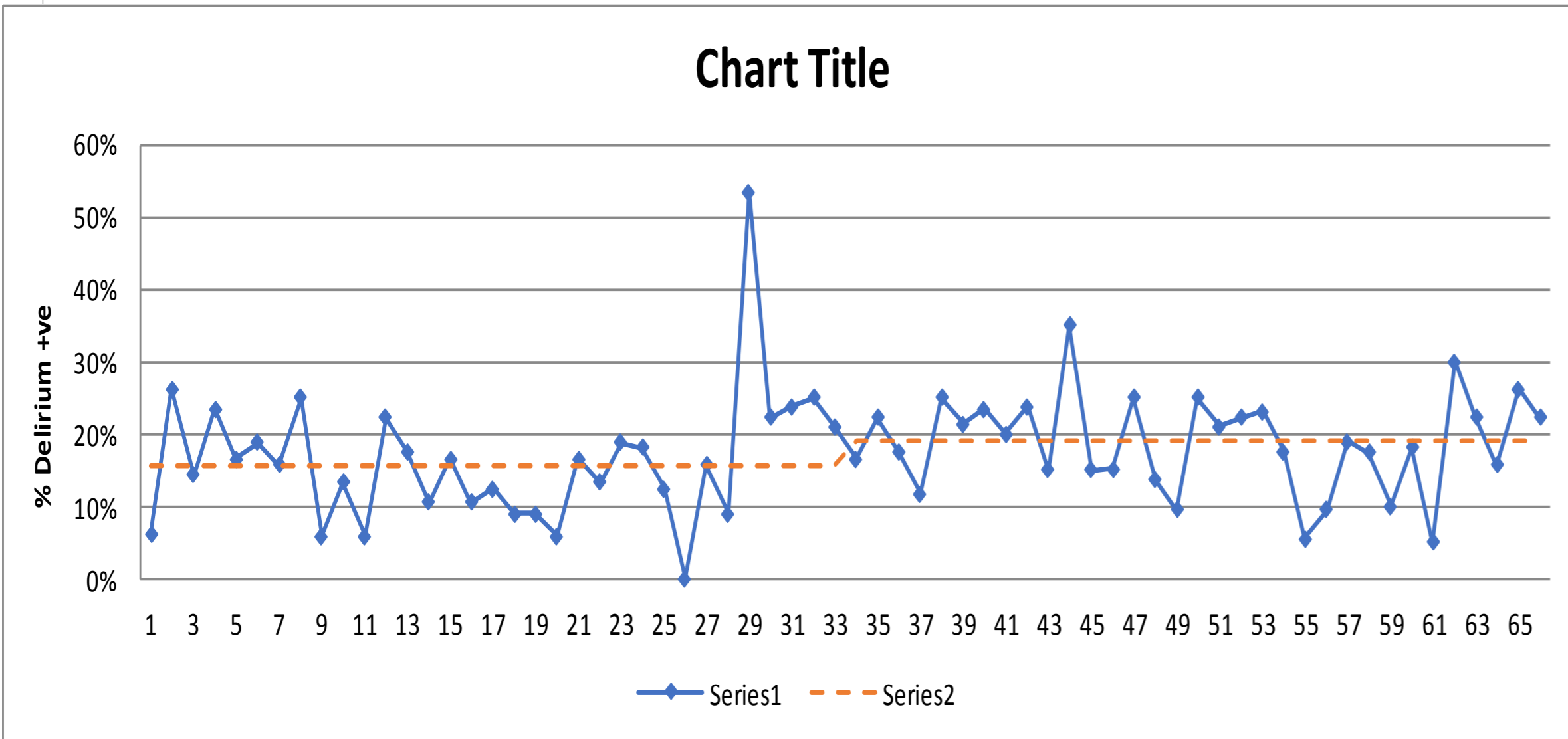
AIM—Reduce delirium days by 20%

- About 80 – 90 % of critical care patients develop delirium.
- Studies have linked delirium to longer hospital stays and suggest 9 extra days.
- Mortality increases by 11% for every additional 48hrs of active delirium.
- Patients are being discharged with Post Traumatic Stress Disorder .
- You are 3 times more likely to develop dementia if you have suffered delirium.

PDSA Cycles



Sleep Bundle	tick
Consider melatonin at 20.00hr 1-2mg	
Night wash by 22.00hr & lavender hand cream if appropriate	
Alarm sound to Vol 5- vent	
Lights down by 23.00hr	
Ear plugs applied (take out am)	
Eye mask applied	
Plan your care-	
Consider 4 hourly rolls -	
time	
time	
time	
time	



.NEXT STEPS

- Continue sleep bundle and re-audit in 3 months time.
- Apply for the BACCN south west delirium innovation award, possible funding.
- Make contact with ward link nurses, arrange a delirium study day (booked 28th September) with patient speakers. Develop paperwork together that can flow from Critical Care to the wards.
- Attend South West Critical Care meeting to help develop a delirium bundle.

- Liaise with the rehab team with potential follow up clinics.
- Move onto the next phases of the project, looking at outdoor space for a sensory garden/rehab garden, pet , music and light therapy.