

Delirium in the Medical Setting: Improving Awareness and Reducing Distress for Patients, Families, and Caregivers

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Background

- Delirium affects a significant portion of hospitalized patients and is associated with negative outcomes such as longer stays and increased mortality.^{1,2}
- Caregivers play a crucial role in delirium recognition and management, as they often notice subtle changes in their loved ones' behavior that healthcare providers may miss. Their involvement can lead to improved outcomes and reduced delirium duration.³
- Caregivers may feel overwhelmed when their loved ones experience delirium, facing heightened stress and anxiety due to the alarming symptoms. This can be further complicated by feelings of helplessness or uncertainty about providing optimal support during delirium episodes

Objectives/Aims

- Design and create an **education series via video** focused on delirium in medical settings for patients, families, and caregivers to enhance awareness and alleviate distress.
- Educate patients and caregivers about the clinical signs of delirium to **promote early recognition and intervention**.
- Empower patients and their loved ones through brief educational videos to reduce caregiver distress, anxiety, and internalized stigma associated with delirium.

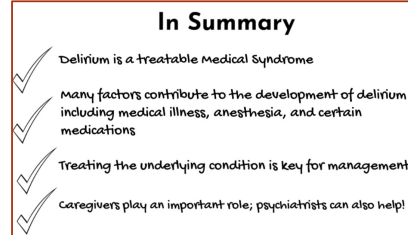
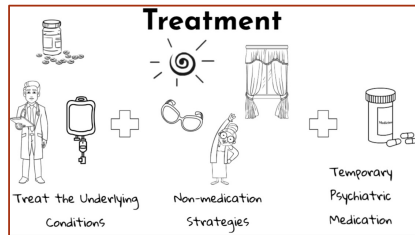
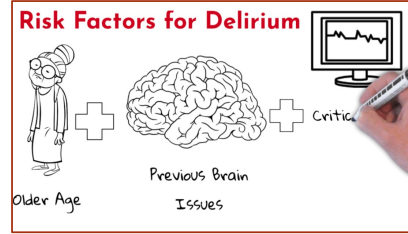
Methods

- This IRB approved study was funded by a grant from the Department of Psychiatry & Behavioral Sciences for video production, recruitment, and evaluation.
- Video Creation:** Used whiteboard animation with narration for a 5-minute delirium education video.
- Participant Identification:** Identified delirium patients via psychiatry consultation service. Aimed to recruit 50 participants for our study across the medical-surgical and critical care units at SHC.
- Accessibility:** Ensured video accessibility on iPad devices.
- Evaluation:** Conducted pre- and post-video surveys to assess satisfaction and understanding. Participants were reimbursed for their time.

Participants

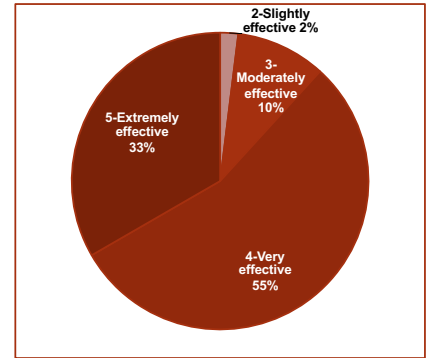
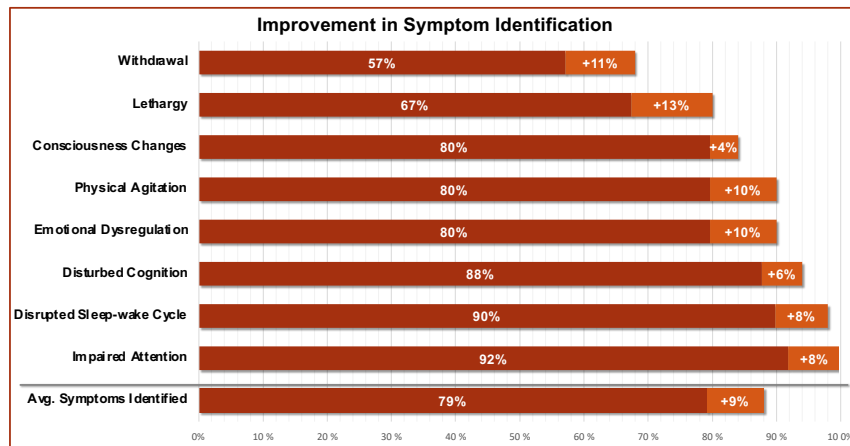
N = 51 participants enrolled who identified as caregivers, parents, spouses, or children of a patient with delirium; some participants were patients who had previously experienced delirium. All participants viewed the educational video and completed pre and post surveys.

Sample Video Clips



Results

- All participants felt more empowered to reach out to a medical professional if a loved one developed signs of delirium (**86% strongly agree; 14% somewhat agree**).
- 91% of people who rated their knowledge as "High" or "Very High" **did not know that delirium has long-term implications**.
- Almost all (94%) of participants thought it was **very important** or **extremely important** that patients and caregivers received delirium education.
- After watching the video, participants felt comfortable in identifying **most (86%)** of delirium symptoms.



On a scale of 1 to 5, how effective do you think the educational video on delirium was in increasing your understanding of the condition?

Discussion

- Delirium though common is not well understood by patients and family members, especially the long-term burden of a delirium diagnosis.
- Caregivers are uniquely positioned to observe and recognizing delirium symptoms early. If provided proper education, they can serve as primary identifiers of subtle cognitive changes in loved ones.
- Caregiver burden is prevalent, especially during prolonged hospital stays. Family education can help reduce hospital stay and alleviates caregiver distress.³
- Educational videos empower patients and caregivers, addressing stigma and reducing distress.¹

Conclusions and Future Directions

- Ongoing Awareness Efforts:** The delirium video project is actively enhancing awareness and understanding of delirium among patients, families, and caregivers through ongoing multimedia education.
- Empowerment to Reduce Distress and Stigma:** Empowering caregivers and patients with knowledge and strategies to recognize, manage, and advocate for delirium-related concerns can reduce distress and stigma, and improve outcomes.
- Encouraging Collaboration:** Fostering collaboration between healthcare providers, patients, and families can improve patient care by emphasizing ongoing interdisciplinary communication and education to mitigate the impact of delirium (and other psychiatric diagnoses in future projects).
- Advocacy and Policy:** This projects paves the potential for advocacy for better mental health resources and destigmatization of psychiatric care in hospitals.

References:

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Delirium Video Link

