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Situation Analysis

Delirium affects up to 85% of patients in the intensive care unit. For ICU survivors, delirium is a potent risk factor for devastating post-ICU cognitive, physical and mental health impairments. Together, these impairments lead to loss of independence, poor quality of life and early death. ICU delirium is costly, accounting for \$150 billion in annual U.S. health care expenditures. Despite these impacts, nearly half of ICU nurses report receiving no prior delirium education. To date, no standardized or scalable ICU delirium education has been developed for bedside providers.

Project Goals



Develop an ICU delirium playbook as a virtual and expandable platform for ICU nurse education and training, with a focus on delirium management in older, critically ill patients and those receiving mechanical ventilation and sedative infusions.



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Actions Taken

- Formed an interdisciplinary ICU delirium team.
- Designed, scripted and filmed ICU delirium playbook educational videos incorporating capability, opportunity and motivation model of behavior (COM-B) principles to empower providers with delirium knowledge, proficiency in performing the validated Confusion Assessment Method for the ICU (CAM-ICU), and management approaches for patients with delirium.
- Focused educational videos on nurse knowledge and skill development; indications for delirium assessment; consistent and correct delirium assessments; benefits of delirium detection related to patient care, including job satisfaction and lower stress; and management of patients with delirium.
- With input from renowned ICU delirium experts, wrote and validated a 44-question knowledge assessment quiz to accompany the videos. Together, these eight modules constitute the first version of the ICU delirium playbook.
- With collaborators from Puerto Rico, translated the scripts and filmed videos involving the Spanish version of the CAM-ICU for an ICU delirium playbook in Spanish.

Positive Outcomes

- A cohort of 20 nurses participated in the education and training program. They tested their knowledge by taking a delirium quiz before and after watching the educational videos.
- Among the cohort, knowledge of delirium improved from 66% to 79% after watching the educational videos.
- Nurses reported improved confidence in detecting and managing delirium after completing the training program.
- A subsequent focus group of nine nurses evaluated the complete 55-minute ICU delirium playbook, which included the new, validated quiz. Nurses recorded significant improvements in pre-post quiz scores and provided positive feedback regarding the playbook's educational value.
- Using a stepped-wedge design, established implementation methods and a large interdisciplinary team, rollout is being planned for the ICU delirium playbook across nine ICUs in five hospitals within an academic health system. The playbook will be included as required training for all existing and new health system ICU nurses.

For detailed information, visit:

www.aha.org/center/next-generation-leaders-fellowship

