Promote the concept of Reality Orientation to Caregivers of Delirium patients in acute geriatric settings

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Introduction
In United Christian Hospital, a Reality Orientation (RO) programme was adopted in an acute geriatric ward over a year a part of delirium care. RO stimulates delirium patients to re-learn basic facts about themselves and their environment, which helps them in terms of maintaining contact with reality and preventing social withdrawal. Under the programme, nursing staff are able to apply comprehensive reality orientation strategies on delirium patients with the use of developed instruments (RO booklet and RO reminder). Since involvement of caregivers is an important element to enhance patient recovery from delirium, the concept of RO is further promoted to the caregivers.

Objectives
1. To promote the concept of reality orientation to patient’s caregivers and hence enhance their involvement of care. 2. To facilitate patient’s caregivers to conduct reality orientation as one of the preventive measures of delirium in the community.

Methodology
Once patient is diagnosed as delirium or noted disorientation during hospitalization, nursing staff will introduce caregivers about reality orientation as part of the delirium care or preventive measures: 1) Key concept and benefit of RO is explained to caregivers. 2) In present RO programme, a RO booklet is used as an assistive device to facilitate conversation between staff and patients. Caregivers are invited to use this booklet to orientate patients with the ward routines. 3) The effectiveness of the use of RO booklet by caregivers is evaluated by nursing staff. Nursing staff will clarify any misconceptions noted and reinforce caregivers to further add personalized elements during reality orientation.
Result
The RO program was carried out since October 2013 till present in an acute geriatric ward. Nursing staff reported that with the use of RO booklet, caregivers of delirium patients were facilitated to understand the concept of RO and the booklet was a good practising tool for them to get familiar with the idea. Caregivers reported to have increased sense of involvement of care and decreased stressfulness during patient’s acute phrase of delirium. Conclusions: The RO booklet carried out good function in facilitating caregivers of delirium patients to understand and apply the concept of reality orientation. Future Plan: The present hospital-based RO booklet will be further modified to a pocket size one and distribute to target patients. The design of the new version is aimed to be more individualize, thus will facilitate caregivers to maintain a continuity care in the community. With the guidance listed in the booklet, we hope the practice of reality orientation strategies can be sustained in the community as a preventive measure of delirium relapse after patient discharge.