



Service Priorities and Programmes
Electronic Presentations

Convention ID: 1

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Nurse' prediction, prevention and management on post-operative delirium in geriatric patients with hip fracture: The development of a protocol to guide care

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Keywords:

post-operative delirium
risk factors assessment
preventive protocol
medical and nursing management
multidiscipline

Introduction

Geriatric adults are found in a high prevalence of the development of delirium after hip fracture. National Institute for Health and Clinical Excellence has introduced a guideline for peers to manage delirium (NICE, 2010). Protocol composed of detection, prevention and management of post-operative delirium is required adaptation to meet the needs of local nurses.

Objectives

A protocol with a nursing care plan referenced from an international guideline was developed to predict, prevent and manage post-operative delirium for geriatric patient with hip fracture for local implementation.

Methodology

Literature suggests numerous risk factors of post-operative delirium and its preventive interventions were adopted to develop the protocol and nursing care plan.

Result

Six major risk categories included mental and behavioral influence, sensory impairment, physiological influence, immobility influence, electrolyte disturbance and infection influence were used for screening patients, accompanied with various preventive interventions. A protocol and the Risk Assessment and Management of Post-operative delirium (RAMP) care plan form were developed to strive for the best time to manage geriatric patients receiving hip fracture surgery from admission to discharge. The protocol incorporated with RAMP care plan is adapted for staff to implement in local clinical area. Research study will be followed to determine its effectiveness on POD management in future.