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Educational booklet development on Post-operative Delirium Management in Geriatric patients receiving hip fracture surgery

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Introduction

During the recent decades, post-operative delirium has gradually given healthcare professionals much attention. Literature reported on the understanding of post-operative delirium from general public is almost none. This phenomenon suggests that there is a great degree of ignorance among the general public around POD-related issues especially in knowledge and understanding. Referring to the local situation, no educational materials for patients have been developed by healthcare professions in the United Christian Hospital (UCH) in Hong Kong.

Objectives

The aim of this study was to design and develop a validate booklet regarding POD in the group of geriatric patients receiving hip fracture surgery.

Methodology

The content of the draft booklet was searched from literatures and six aspects of POD-related issues that the general public may concern were identified: i) what is post-operative delirium; ii) common signs and symptoms; iii) who is most likely to develop POD; iv) how long does POD last for; v) how to prevent POD; and vi) how to take care of patient with POD development. A self-reported questionnaire was validated by a group of orthopaedic experts with the Content Validity Index (CVI) in terms of relevance, clarity, simplicity, and ambiguity. A consecutive sampling method was used to recruited all orthopaedic nurses and carers of patient were asked to rate the material on six dimensions - ie, 1) concision, 2) design, 3) objectives of the booklet, 4) adequate information to carers, 5) understandability towards carers, and 6) adequate content to carers – using a seven-point Likert scale, and to complete two open-ended question in the questionnaire. Two additional questions were used to determine if carers of patient know or hear what the POD is before reading the booklet.

Result

Regarding the domains on booklet concision, design, information, content and understandability ten items got the same CVI at 0.98. The CVI of the item regarding booklet objective scored 0.96. Results from the panel of experts yielded a 0.98 overall CVI. The response rate for the evaluation on the first draft booklet of 84 of orthopaedic nurses was 72.6 percent. Only 68.9 percent of respondents agreed that carers can understand how to prevent POD after reading the booklet. Other statements got ninety percent or more in agreement. In addition, the response rate of the evaluation on the second draft booklet in 33 carers of patient was 90.9 percent. Only 83.3 percent of respondents accepted the design of booklet. Other statements got ninety percent or more in agreement. Spearman correlation test on between carers and O&T nurses did not show any significant difference in the result of correlation. On the other hand, the result showed that only 26.7 and 16.7 percent of respondents have known or heard what the POD is respectively. Interestingly, the correlation between carers can understand who are most likely to develop POD after reading the booklet and the carers know what the post-operative delirium is before reading on the booklet showed weak correlation coefficient ($r = 0.421$, $p = 0.021$). An educational booklet about the understanding of the post-operative delirium has been developed and validated under evidence-based process. The study revealed the different perspectives of the booklet design and contents from nurses and carers. Furthermore, the booklet provides scientific evidence and rationally explains what the POD is. Both nurses and carers participated in this study can gain much information and knowledge to cope with the peculiar health problem.