



Service Priorities and Programmes
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Management of Post-operative Delirium on Geriatric Patients with Hip Fracture

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Introduction

Delirium is a frequent and serious postoperative complication in older adults after hip fracture. Although healthcare providers endeavor to provide measures to prevent POD, the incident of POD surely disturbs rehabilitative process of patient and adds emotional burden of nurses. As a result, appropriate POD management is so important to this group of patients and healthcare providers. In addition study in this field is spare.

Objectives

This study was to determine the effectiveness of the protocol to manage delirious patient with hip fracture postoperatively according to the developed RAMP care plan form which has been published in an international journal.

Methodology

A quasi-experimental and purposive sampling design was carried out to assign subjects to the conventional and protocol care group in different phases with inclusion and exclusion criteria.

Result

Sixty-two and forty-nine patients were recruited out of 303 eligible subjects. The duration of delirious patients lasting for in the protocol care group (mean days = 2.33) was significantly different from that in the conventional care group (mean days = 3.5) ($F=4.54$, $p<0.05$). However the length of stay, from operation to discharge/ transfer, was not found significant difference between two care groups ($F=0.98$, $p>0.05$). The average days of the development of delirium post-operatively in the conventional care group was 2.13 whereas that in the protocol care group was 1.17 ($F=1.6$, $p>0.22$). The prediction and prevention of POD is much important than the management of POD solely. Although the authors tried to determine the effectiveness of the protocol to manage POD and the findings were evidently positive, many limitations were found when nurses implemented the assessment and interventions based on the protocol.

Correcting the identified risk factors and having a good communication among patients and nurses is the key element to manage POD.