




# Don't Give the Family the Boot – Reducing the Incidence of Delirium in the ICU by Having Open Visitation Hours

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### Overview

- Risk factors for delirium: age, immobilized, malnourished, ICU
- Delirium = longer hospital stays, higher morbidity, and PTSD
  - ↑ Workload for healthcare team
  - ↑ Permanent cognitive impairment

### Implications for Clinical Practice

<p>ABCDEF Bundle</p> 	<p>An evidence-based guideline to coordinate multidisciplinary care within the ICU</p> <p>The F in bundle stands for family which allows the family to be more engaged in patient care</p> <p>Family presence has been shown to reduce anxiety and the delirium in the ICU</p>
<p>Restorative Sleep</p> 	<p>Restorative sleep is 4 hours of uninterrupted sleep</p> <p>Family is educated on the link between restorative sleep and improved patient outcomes</p> <p>Family plays an integral part in patients receiving restorative sleep</p>
<p>Expanded Visitation Model (EVM)</p> 	<p>EVM allows family and loved ones the opportunity to visit beyond traditional hospital visiting hours</p> <p>As visitation hours expanded, patient and family satisfaction scores increased</p> <p>EVM lowered the risk of delirium within ICU patients</p>

### Key Findings

- ↑ ICU visitation promotes family participation
- ↓ Delirium
- ↓ \$\$\$\$

### Key Findings

- ↓ Hospital days
- ↑ Family satisfaction
- ↓ Burnout
- ↓ ☠ Mortality

### Watch

