

Research Horizons Day & Research Week March 16-20, 2020



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

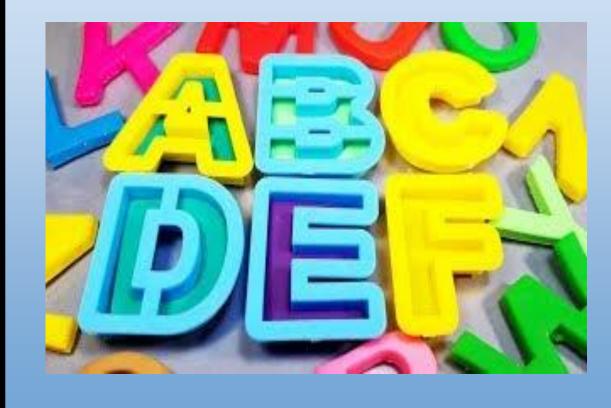
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### Overview

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

#### **Implications for Clinical Practice**

#### ABCDEF Bundle



An evidence-based guideline to coordinate multidisciplinary care within the ICU

The F in bundle stands for family which allows the family to be more engaged in patient care

Family presence has been shown to reduce anxiety and the delirium in the ICU

# **Key Findings**

↑ ICU visitation

promotes family

#### participation

### **Restorative Sleep**



.Restorative sleep is 4 hours of uninterrupted sleep

Family is educated on the link between restorative sleep and improved patient outcomes

Family plays an integral part in patients receiving restorative sleep

# Key Findings

↓ Hospital days

↑ Family

satisfaction



↓ \$\$\$\$



**Expanded Visitation Model** 

EVM allows family and loved ones. the opportunity to visit beyond traditional hospital visiting hours.

As visitation hours expanded, patient and family satisfaction scores increased

EVM lowered the risk of delirium within ICU patients

↓ Burnout







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