

Recognizing Delirium in the PICU: An Evidence-Based Practice Improvement Project

Abigail Begovich, RN & Dr. Tracy Brewer, DNP, RNC-OB, CLC, EBP-C

Background

- Delirium is an acute change from a patient's baseline mental status, presenting as inattention, disorganized thinking, or altered level of consciousness that fluctuates
 - Can be hypoactive, hyperactive, or mixed
- Evidence shows that:
 - Delirium may increase PICU length of stay and hospital costs
 - Benzodiazepines are significantly associated with delirium
 - Younger patients and severity of illness predictors of delirium
- Prevalence of delirium in PICU 56% in children six months to five years and 35% in children 2-5 years old
- In 2011, delirium screening was not being completed in 71% of PICUs

Purpose and Goal of Project

- Purpose: To increase the recognition of delirium in the PICU with the use of a standardized delirium screening tool
- Goal: That the recognition and subsequent management of delirium may lead to reduced patient length of stay and hospital costs

Framework & Synthesis of Evidence

- Evidence-Based Practice Improvement Model guided the project
 - P-I-C-O question: "In patients admitted to the pediatric intensive care unit, how does using a standardized tool for delirium screening compared to no screening tool affect the recognition of delirium."
 - Evidence critically appraised using JHNEBP Model tools, level, quality grade, and synthesized

	Ista (2018a)	Ista (2018b)	Smith (2016)	Smith (2011)	Traube (2014)	Silver (2012)	Daoud (2014)
Intervention: Delirium Screens	SOS-PD	SOS-PD	ps-CAM-ICU	p-CAM-ICU	CAP-D	CAP-D	p-CAM-ICU & CAP-D(R)
Sensitivity	96.8%	92.3%	75%	83%	94.1%	89% average	p-CAM-ICU: 78% CAP-D(R): 94.1%
Specificity	92%	96.5%	91%	99%	79.2%	100%	p-CAM-ICU: 98% CAP-D(R): 79.2%
Interrater Reliability	0.46-1.0	0.79-1.0	0.76-0.83	0.74-1.0	0.68-0.78	0.91 average	p-CAM-ICU: 0.74-1.0 CAP-D(R): 0.94
Positive Predictive Value	N/A	76.4%	84%	93%	N/A	N/A	p-CAM-ICU: 88% CAP-D(R): 54%
Negative Predictive Value	N/A	99.1%	86%	98%	N/A	N/A	p-CAM-ICU: 97% CAP-D(R): 98%
Sample Size	146	485	271	68	111	50	p-CAM-ICU: 68 CAP-D(R): 111
Level of Evidence	III	III	III	III	III	III	III
Quality of Evidence	B	A	A	A	A	B	A

CAP-D(R)=Cornell Assessment of Pediatric Delirium, Revised; N/A=value was not provided in the article; SOS-PD=Sophia Observation Withdrawal Symptoms-Pediatric Delirium; ps-CAM-ICU=Preschool Confusion Assessment Method for the Intensive Care Unit; p-CAM-ICU=Pediatric Confusion Assessment Method for the Intensive Care Unit; CAP-D=Cornell Assessment of Pediatric Delirium

Practice Recommendations:

- All PICU patients should be screened for delirium at least once a shift.
- The Cornell Assessment of Pediatric Delirium (CAPD) should be used to screen PICU patients for delirium.
- If the CAPD score is greater than or equal to 9, a provider should be notified as further evaluation is needed.
 - Aim Statement: Registered nurses will complete the CAPD screening once a shift > 85% of the time over 4 months.

Implementation Process

- Educated PICU nurses, float pool nurses, and providers on delirium, delirium screening tool, and interventions they could use to prevent/manage delirium
- Implemented screening tool first on paper and then transitioned to Electronic Medical Record

Outcomes Measured:

- Demographic Data (age, gender, race, ethnicity)
- Individual CAPD Scores
- Length of Mechanical Ventilation
- Admitting diagnosis
- Interventions started (sleep hygiene, medications, changing CXR times to 0800 instead of 0500)

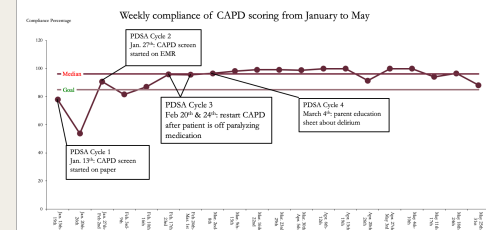
- Intubated (yes/no)
- PICU & hospital length of stay
- Compliance of screening tool
- Midazolam Usage (continuous drip/bolus)

Results

Demographics

	n	Percentage
Gender		
Female	84	47%
Male	95	53%
Age		
Under 1 years old	44	24.5%
1-5 years old	35	19.6%
6-10 years old	35	19.6%
11 years old and up	65	36.3%
Race, n (%)		
Caucasian	143	79.9%
African American	10	5.6%
Other	26	14.5%
Ethnicity, n (%)		
Hispanic/Latino	14	7.7%
Met Delirium Criteria	39	21.8%
Total (N)	179	

Screen Compliance



Clinical Implications

- This QI project was done in 1 PICU over a 4-month period and cannot be generalizable
- Integrating screening tool into EMR increases compliance
- Delirium increased length of stay
- Being under the age of one and being developmentally delayed increase the likelihood of a positive delirium score
- Limitations:** Interrater reliability assessed at beginning of project and projected number of independent assessments not completed; screen could include subjectivity

Findings

- Interrater reliability**- 27 patients were independently scored by bedside & charge RN
 - Intraclass coefficient- 0.56 ($p=0.001$)
- Delirium**= score ≥ 9 for 48 hours or longer
- Length of stay** was statistically significant to delirium, $p<0.001$
 - Median of 3 days for patients without delirium versus 17.5 for those with delirium
- Average CAPD score **during intubation**: $M= 11.36 + 4.86$ (SD)
- Average CAPD score **after intubation**: $M= 7.29 + 6.5$ (SD), $p=0.000$
- No statistical significance for patient's receiving **Midazolam** versus not receiving on length of stay, $p=0.58$
- Patients **less than a year old** were 5.8 (95% CI= 1.81, 18.33) times more likely to experience delirium than patients 11 years and older
- Patients categorized as **developmentally delayed** were 49.3 (95% CI= 9.62, 252.6) times more likely to develop delirium than those not categorized as having developmental delay
- Average CAPD score **pre-intervention**: $M= 13.52 + 5.61$ (SD)
- Average CAPD score **post-intervention**: $M= 11.05 + 5.57$ (SD), $p=0.009$

Acknowledgments

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