

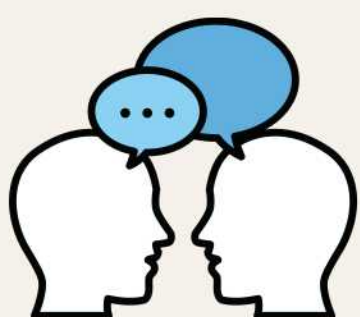
Have you heard about the Delirium Toolbox?

What is it?



- It is a **non-pharmacological intervention**
- Providing **meaningful activities** for patients to participate in
- Assists with **managing behaviours** of concern

Why should I use it?



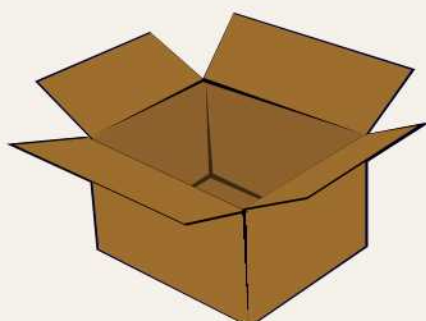
- **Imagine** being in a hospital bed all day with **nothing to do**. Your everyday routine and activities don't exist at hospital!
- Everyone needs to **engage** in something! Or else we get **bored**.
- This toolbox is one resource that can be used to **manage behaviours** or **prevent behaviours** from arising.

Who can I use it with?



- **Patients** experiencing **delirium**
- **Patients** with **dementia**
- Patients with **cognitive impairments**
- **Anyone** who is wanting to participate in an activity that they enjoy

What if there is nothing in the box for my patient?



- Think outside the box!
- What does the sunflower tool say?
- Have you asked them what is meaningful and engaging for them?
- Can you ask a family member what they enjoy doing?
- Can you get any family members or carers to bring something in for them?

Where can I find it?



- You can find it on your **ward!**
- Ask the **nurse in charge** where your delirium toolbox is stored.

Delirium Management Strategies



Always check - Whether the person is in pain, hungry or thirsty

Communication

- Always **introduce yourself**
- Speak **slowly, clearly and repeat** information if needed
- Ensure **hearing aids/& or glasses** are being used and are in working order
- Use **gesture and body language**
- Check if the patient requires a **communication board**



Sleep Wake Cycle/Routine



- Find out & encourage **normal** sleep wake cycle/routine
 - e.g. Do they normally shower in the morning or night?
- **Encourage patient to get out of bed for meals**
- **Open curtains/blinds** during daytime to orientate to time of day
- Ensure that patient has **regular toilet** regime

Physical environment

- **Minimise room changes**
- If over-stimulus is an issue consider a single room
- Assess for falls risk
- Use **photos/familiar objects**
- Consider the visibility of a **clock**
- Keep **orientation board** up to date



Available Resources

- Work with **family members & volunteers**
- Use the **Sunflower tool/TOP5**
- Use the **Delirium Toolbox**
- Consider referral to **Music therapy**
- Escalate changes of behaviour with **medical team**

