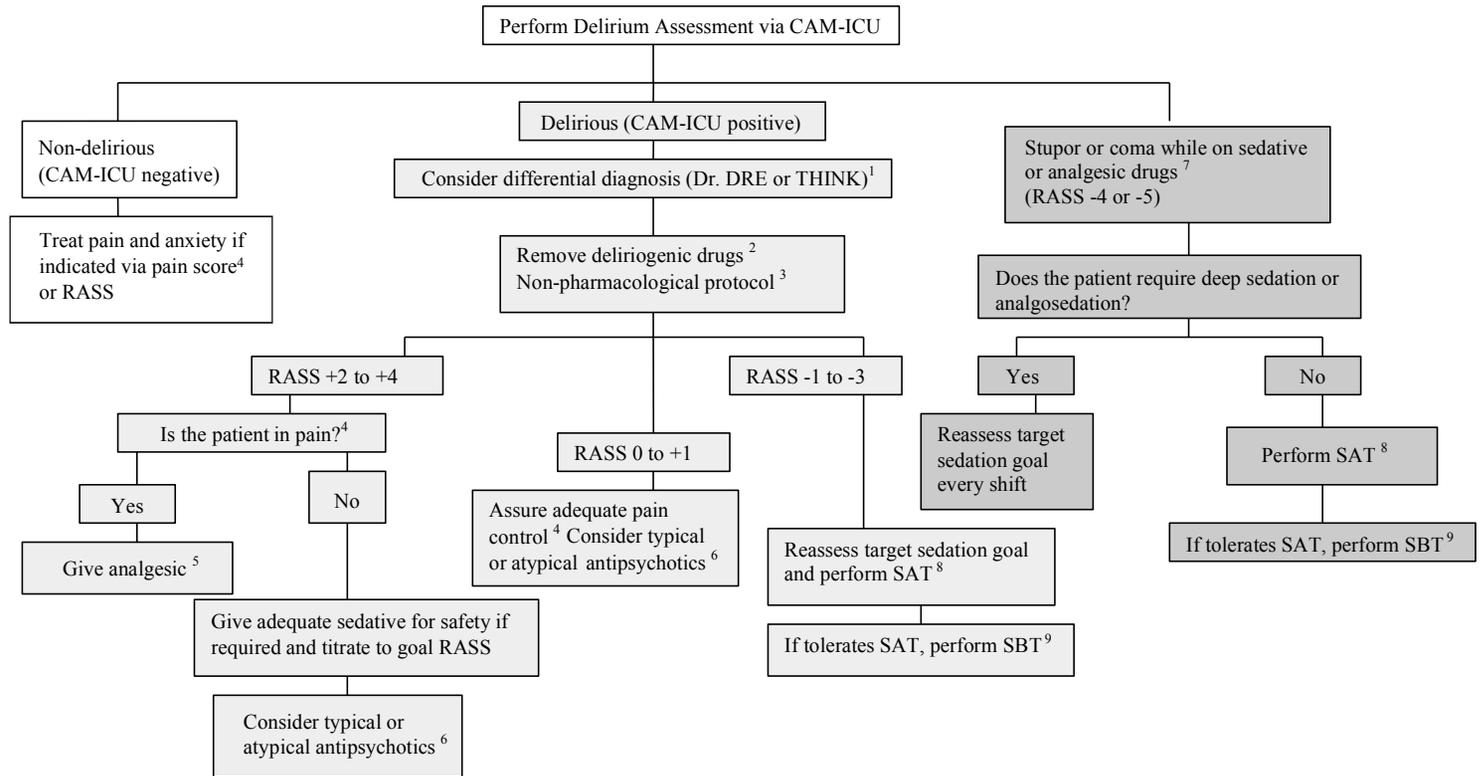


# DELIRIUM PROTOCOL



1. Dr. DRE:
  - Diseases: Sepsis, CHF, COPD
  - Drug Removal: SATs and stopping benzodiazepines/narcotics
  - Environment: Immobilization, sleep and day/night orientation, hearing aids, eye glasses, noise
 THINK:
  - Toxic Situations – CHF, shock, dehydration – Deliriogenic meds (tight titration) – New organ failure (liver, kidney, etc)
  - Hypoxemia;
  - Infection/sepsis (nosocomial), Immobilization
  - Nonpharmacological interventions<sup>3</sup>
  - K<sup>+</sup> or Electrolyte problems
2. Consider stopping or substituting deliriogenic medications such as benzodiazepines, anticholinergic medications (metoclopramide, H2 blockers, promethazine, diphenhydramine), steroids, etc.
3. See non pharmacological protocol – see below
4. If patient is non-verbal assess via CPOT or if patient is verbal assess via visual analog scale
5. Analgesia – Adequate pain control may decrease delirium. Consider opiates, non-steroidals, acetaminophen or gabapentin (neuropathic pain)
6. Typical or atypical antipsychotics. There is no evidence that haloperidol decreases the duration of delirium. Atypical antipsychotics may decrease the duration of delirium. Discontinue if high fever, QTc prolongation, or drug-induced rigidity.
7. Consider non-benzodiazepine sedation strategies (propofol or dexmedetomidine)
8. Spontaneous Awakening Trial (SAT) –If meets safety criteria (No active seizures, no alcohol withdrawal, no agitation, no paralytics, no myocardial ischemia, normal intracranial pressure, FiO<sub>2</sub> ≤ 70%)
9. Spontaneous Breathing Trial (SBT) – If meets safety criteria (No agitation, No myocardial ischemia, FiO<sub>2</sub> ≤ 50%, adequate inspiratory efforts, O<sub>2</sub> saturation ≥ 88%, no vasopressor use, PEEP ≤ 7.5 cm)

## Non-pharmacological protocol<sup>3</sup>

### *Orientation*

Provide visual and hearing aids  
Encourage communication and reorient patient repetitively Have familiar objects from patient's home in the room  
Attempt consistency in nursing staff  
Family engagement and empowerment

### *Environment*

Sleep hygiene: Lights off at night, on during day.  
Control excess noise (staff, equipment), earplugs

Early Mobilization and exercise  
Music  
saturation >90%

Treat underlying metabolic derangements and infections

ABCDEF Bundle

<http://www.icudelirium.org/medicalprofessionals.html>