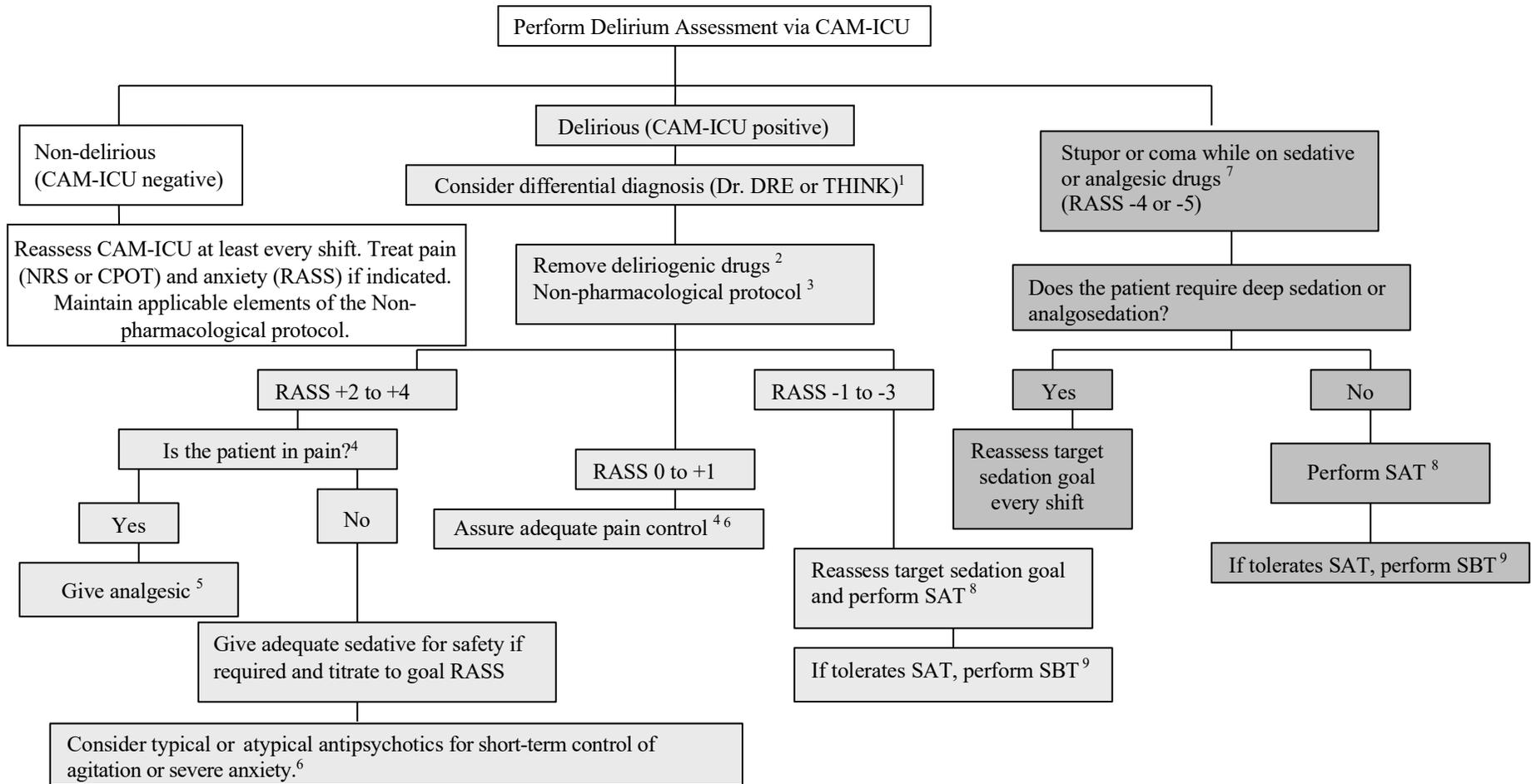


# DELIRIUM PROTOCOL



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 – Deliriogetic 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 deliriogetic 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. Short-term control of agitation (alcohol or drug withdrawal) or severe anxiety to avoid respiratory depression (CHF, COPD, asthma). 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 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/Rehabilitation and exercise  
Music  
Maintain O<sub>2</sub> saturations >90%

Treat underlying metabolic derangements and infections

ABCDE Bundle

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