



Delirium Toolbox

Delirium is a medical condition that increases length of stay, risk of death, functional decline, healthcare cost, caregiver burden, and impaired quality of life. The Delirium Toolbox is low-cost, efficient option of nonpharmacological tools to use in delirium prevention and management.

A Recipe to Build Your Own Toolbox

Sensory Improvement

- Hearing aid batteries
- Eyeglass wipes
- Reader glasses
- Magnifier

Engagement of Family

- Puzzles
- Crayons
- Playing cards
- Large print word search or crossword puzzle
- Stuffed animal

Sleep Promotion

- Eye masks
- Ear plugs
- Relaxation TV channel

Hydration/Nutrition

- Nutritional supplement drinks
- Denture adhesive and cleaner

Mobilize/Manage Pain

- Beers Medication List pocket card

Environment

- Light switch (reminder to turn lights on and open shades during day and turn off/close at night)

Additional Information and Resources

- bCAM badge buddies can be requested from 7RW
- Volunteer Services at VUH has items available such as blankets, activity books, magazines, etc. that are provided free of charge to units
- *Boost Nutritional Supplement* and *Comfort Kits* (includes eye mask and ear plugs) are available on all units
- Hearing aid batteries can be purchased using a Vanderbilt discount at *Batteries and Bulbs*

