



## PROMOTE WAKEFULNESS



Shades up. Lights on.



Write date and staff names on board to orient patient.



Patient out of bed to chair for all 3 meals. Ask for assistance if you need help.



Walk patient 3x/day. Engage patient in conversation.



Hi, my name is...

Each visit, introduce yourself; remind patient where they are, what day and time it is.



Patient is wearing hearing aids/glasses (if needed) to hear and see appropriately.



Provide activities like games and reading materials to keep patient's mind active while awake.



Make sure your patient has water within reach at all times. Dehydration is the #1 complaint in the hospital!



Make sure family members have been provided the pamphlet about delirium and discuss any questions they have. It is ok to refer to the nurse or doctor if you are unsure.



Discuss with the nurse at each shift if the patient truly needs the following: nasal cannula on their nose, foley catheter, telemetry, and CPO. These "tethers" make it difficult for the patient to move and can contribute to confusion.



## PROMOTE SLEEP



Shades closed. Lights off. TV off. Make room as dark and quiet as possible.



Minimize caffeine intake.



Offer eye mask, ear plugs to help with sleep.



Group your nighttime tasks so that you are entering the room and waking the patient as few times as possible.

Discuss with the nurse each shift if they need vital signs done overnight.



If you communicate with the patient during the night, make sure glasses and hearing aids are on. Remember to introduce yourself, remind the patient where they are.



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