

Stephanie Craig Offers Top Tips On Preventing Delirium

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My name is Steph Craig, I'm a registered nurse and I'm currently the RCN Independent Sector Lead in Northern Ireland. I'm here to share some of my top tips about how we can prevent delirium. Preventing Delirium is a good place to start. Some of the top tips I want to share with you in my practise that I use. So, the first thing I would talk about is hydration. Are patients getting enough fluids in their day and this also comes with their nutrition? Are they eating a good balanced diet? Secondly, I wanted to share is our patients sleep hygiene? Have they got a good bedtime routine? Is the environment safe for sleeping and have they got a settled environment to get an adequate rest? The third thing we can do is keep our patients mobile. Maybe this is taking them for a quick walk around the area that they're in, or maybe doing some simple exercises at the bedside. The fourth thing I want to talk about is orientation. Keeping our patients orientated to their environment is key. Do they know where they are? Do they know who's looking after them that day? And maybe providing a clock or a magazine can help people or patients orientate it to the environment. These are just some short simple tips that couldn't change our practise and are key to preventing delirium.