Delirium: Plan of Care

Key Steps

- Resident identified as having delirium confirmed with a delirium assessment
- Develop a care plan and immediately establish delirium management goals and acceptable interventions
- Implement the care plan
- Monitor the response to the care plan
- Reassess delirium and the plan of care
- Resolution of delirium; initiate delirium prevention plan

Key Elements

- Comprehensive delirium/cognitive assessment completed (Refer to Cognitive Assessment Tools)
- Establish a multidisciplinary team including family (if available) to support development of care plan to address delirium.
- Designate person(s) responsible for developing care plan and overseeing plan of care.
- Notify resident’s physician and family regarding identification of delirium.
- Conduct medical evaluation to determine clinical factors impacting development of delirium.
- Conduct diagnostic testing to assist with determination of causal factors.
- Determine need for psychiatric evaluation.
- During delirium episode, conduct daily cognitive monitoring.

During the care plan meeting consider the following areas:
- Establish delirium management goals and actions that are resident specific
- Ensure that the care plan adheres to accepted clinical guidelines (Refer to American Psychiatric Association Publication: Delirium: A Patient & Family Guide at www.psych.org
- Pharmacological management
- Management of identified clinical factors
- Non-pharmacological management (refer to Risk Factor Intervention Guide) to identify intervention strategies
- Education of resident and family (refer to Support Measure Guide for Staff and Family)
- Routine care issues
- Reassessment of delirium
- Documentation and tracking of delirium episode

Assign high risk status to resident once delirium is resolved
Go to “Delirium Prevention Plan of Care” flow diagram

MO-03-12-NHD    April 2003
This material was prepared by Primaris under contract with the Centers for Medicare & Medicaid Services (CMS). The contents presented do not necessarily reflect CMS policy.
Version 03/19/2003