Delirium is an acute decline in person’s cognitive ability, fluctuation in one’s level of consciousness, or change in attentiveness.

There is a prevalence of delirium in about 17-73% cardiac surgical patients, at which a staggering 84% can go undiagnosed and untreated.

Using best practices tools, such as the Confusion Assessment Method (CAM), delirium can be identified correctly about 90% of the time, allowing for quick intervention.

By educating healthcare providers about delirium and how to correctly identify this occurrence in cardiac surgical patients, early detection can occur. Thus decreasing mortality rates and length of stay.

**Practice Change**

Increase registered nurse’s (RN’s) knowledge of the Delirium and using the CAM assessment in Cardiac Surgical patients along with increasing compliancy with using the CAM assessment for Cardiac Surgical patient.

**Methods**

- Administered anonymous paper pre-educational surveys to RNs.
- Presented educational content to RNs during staff huddles and a two week period for educational flyers.
- During the two weeks of education, chart audit were performed to assess the use of the CAM assessment.
- Anonymous post-educational surveys were administered directly after the educational session.

**Measures and Results**

**Summary/Discussion**

- Delirium in Cardiac Surgical Patients at EMMC can be lowered with more adequate education on the effects of delirium on cardiac patient and how the CAM assessment can effectively identify and help treat delirium early.
- With the education the was provided during a brief 2 week period there was a noted increase in compliance in use of CAM assessment of 19 %.
- RN’s on P6, during post educational surveys, expressed how the use of CAM assessment in these patient would ultimately be beneficial.

**Background**

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**Conclusion**

Delirium rates in Cardiac Surgical patients at EMMC can be lowered with more adequate education on the effects of delirium on cardiac patient and how the CAM assessment can effectively identify and help treat delirium early.

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**References**


