ABSTRACT

Intensive care unit delirium from nurse's perspective

Introduction: Delirium is a disturbance of consciousness, one of the most frequent organ dysfunctions in the ICU. Delirium occurs in $60 - 80\%$ patients who receive mechanical ventilation and is independently associated with increased mortality and development of post-ICU neurocognitive deficit in adult ICU patients. It is recommended to monitor delirium routinely with validated screening tools (CAM-ICU or ICDSC). Experienced and well educated nurse, armed with appropriate diagnostic tools, can actively participate in prevention, diagnosis and therapy od delirium.

Objective: This Master diploma thesis objective was to get to know current knowledge of nursing staff working in Czech ICUs about delirium and their clinical praxis.

Method: Quantitative research was conducted with a questionnaire filled by nursing staff of ICUs for adult patients in two university and one regional hospital in Czech Republic from August to September 2017.

Results: Altogether, 110 questionnaires from 130 have returned (84% return). The outcomes showed that 63% of nurses are sufficiently informed on ICU delirium, 66% would appreciate more education on the subject. All in all, 51% of nurses don't prevent delirium in their patients and 35% don't even know what are the preventive steps. Routine screening of delirium is performed by only 2% of nurses, 63% don't screen delirium, 35% don't even know any of the presented diagnostic tests. For 84% of nurses caring for delirious patient is the most difficult task, 70% would choose another one on ther shift if they had an option. Unfotunately, 37% nurses think they don't have an option to express their opinion on patient's treatment or their opinion isn't heard.

Conclusion: Research showed urgent need for more education of nursing staff and need for implementation of preventive, diagnostic and therapeutic tools in ICU delirium in Czech Republic.

Key words: intensive care unit, ICU, delirium, nurse, disturbance of consciousness, nursing intervention