

Effectiveness Of Multifactorial Interventions On The Incidence Of Delirium In Patients Hospitalized To Intensive Cardiac Care Units, Shiraz Hospitals, 2012

Purpose: Admission in intensive care units is potentially a stressful event that pain and physiological disorders of patients due to acute illness, with secondary affective disorders, may lead to the ICU syndrome or delirium. This study examines the impact of multifactorial interventions on the incidence of delirium in patients hospitalized to intensive cardiac care units.

Methods: In this study, a clinical trial was carried out on 120 patients admitted to CCU, who were randomly selected. Interventions included listening to the radio and also allowing family visits outside visiting hours, performed on intervention group. During interventions cognitive impairment in samples assessed by using MMSE, twice a day, and suspected cases, for incidence of delirium, confirmed by DSM-IV-TR criteria. Data analysis was done by descriptive statistics and non-parametric tests using spss 16 software.

Results: whit incidence rate of 1.7 % in control group, there was no statistically significant difference compared with intervention group ($p=0.315$). But results showed a significant increase in cognitive scores in the intervention group after interventions compared with before and whit control group ($p= 0.003$).

Conclusion: This study showed that these interventions can be considered as a non-pharmacological and safe method in CCU patients to prevent incidence of delirium.

Keywords: Delirium, Prevention, Multifactorial Interventions, Intensive cardiac care unit