Abstract:

Objective: Delirium is a common and preventable issue among patients hospitalized in ICUs. This study examined the effectiveness of a multifactorial intervention on delirium prevention and length of hospitalization in open heart surgery of Imam Khomeini hospital at 2020.

Methods and Materials: This study was a semi-Experimental of clinical trial. Samples were consisted of 182 patients were divided in two intervention and control group. Intervention included staff education, Environment changes and installation of poster on ward. Patients were assessed by CAM-ICU scale twice a day to indentify incidence of delirium in two groups. Demographic, disease and sleep information Questionnaires completed by researcher on day before surgery. The incidence of delirium was record by flowchart. Data were analyzed with SPSS software (version 18) and Pearson Chi-Square, Independent Samples, and Fisher’s Exact Test.

Results: As total of 190 Patients were assessed, 10 patients for deferent causes excluded. 92 people in each group were assessed. A significant decrees was revealed in incidence of delirium in intervention group 11.1% Vs 30.1% (P<0.05). Average length of stay in control and intervention group was 17.7 Vs 7.2 days. But in delirious and non delirious patients was 7.0 Vs 0.8 day. More delirious patients were up to 90 ages in two groups.

Conclusion: Multifactorial intervention is effective method to preventing of delirium but has no effect on length of hospital stay. Some interventions, especially regulary assessment of ICU patients with CAM-ICU was recommended.

Keywords: Multifactorial intervention, delirium, prevention, length of stay.