

# Management of Delirium through Sensory Normalisation



### Aims and objectives

This project aimed to establish preliminary proof of concept of a sensory-based resource that will:

- Increase understanding and awareness of the fundamental significance of sensory normalisation in critical care, and how this might impact on the patient experience.
- Facilitate the ongoing development of a senior occupational therapists to work in a specialist capacity in the critical care environment.
- Support multidisciplinary team members to build awareness and identify practical strategies in the management of sensory input and reflect on how their clinical practice could be adapted to incorporate these activities into routine care.

### Methods

A mixed method approach was adopted inclusive of:

- A series of co-design workshops with local stakeholders to develop a sensory-based resource to improve patient experience in a critical care setting.
- Pilot of the sensory-based resource with 6-8 patients.
- Views and experiences captured of staff, patients and relatives/carers taking part in the pilot site using a mixed-method questionnaire
- Refinement of the sensory-based resource based on stakeholder feedback prior to implementation and dissemination.

### Measures

Three resources, an information leaflet for relatives and caregivers, a 'This Is Me' form, and an environmental poster, were co-developed and piloted on the critical care unit. The information leaflet and 'This Is Me' forms were piloted with six patients/relatives and the respective bedside nurses and feedback questionnaires were completed (n=6). Questionnaires to provide feedback on the environmental poster were completed by critical care staff (n=11).

### Results

**Leaflet - Feedback** was received from the six relatives/caregivers who piloted the resource. All respondents found the leaflet helpful, easy to follow, easy to understand, it was felt it would be helpful for other relatives and caregivers in critical care. None of the respondents would change anything on the leaflet, and 5 of the respondents felt the information helped their loved one's stay in critical care more comfortable.

**This is me form - Feedback** was received from the bedside nurses of the six patients with whom the form was piloted. All respondents felt the form enhanced patient care and that caregivers and relatives were happy to complete on their loved one's behalf. Most respondents didn't find completion time-consuming, were able to complete all sections and would like to see continued use of the resource in critical care.

**Poster - Feedback** was received from multi-disciplinary staff working on the critical care unit in which the posters were displayed (n=11). All respondents found the poster helpful, informative and a valuable learning opportunity which prompted them to think about their daily care provision.

### Conclusion

Overall, the resources developed as part of the project were well received by both the critical care MDT and patients' relatives/caregivers and there hopefully be a plan put in place for their continued use in critical care. This is evident as there was a noted consensus for continued use to enhance the critical care patient journey.

**Acknowledgements:**