

Clinical Guideline

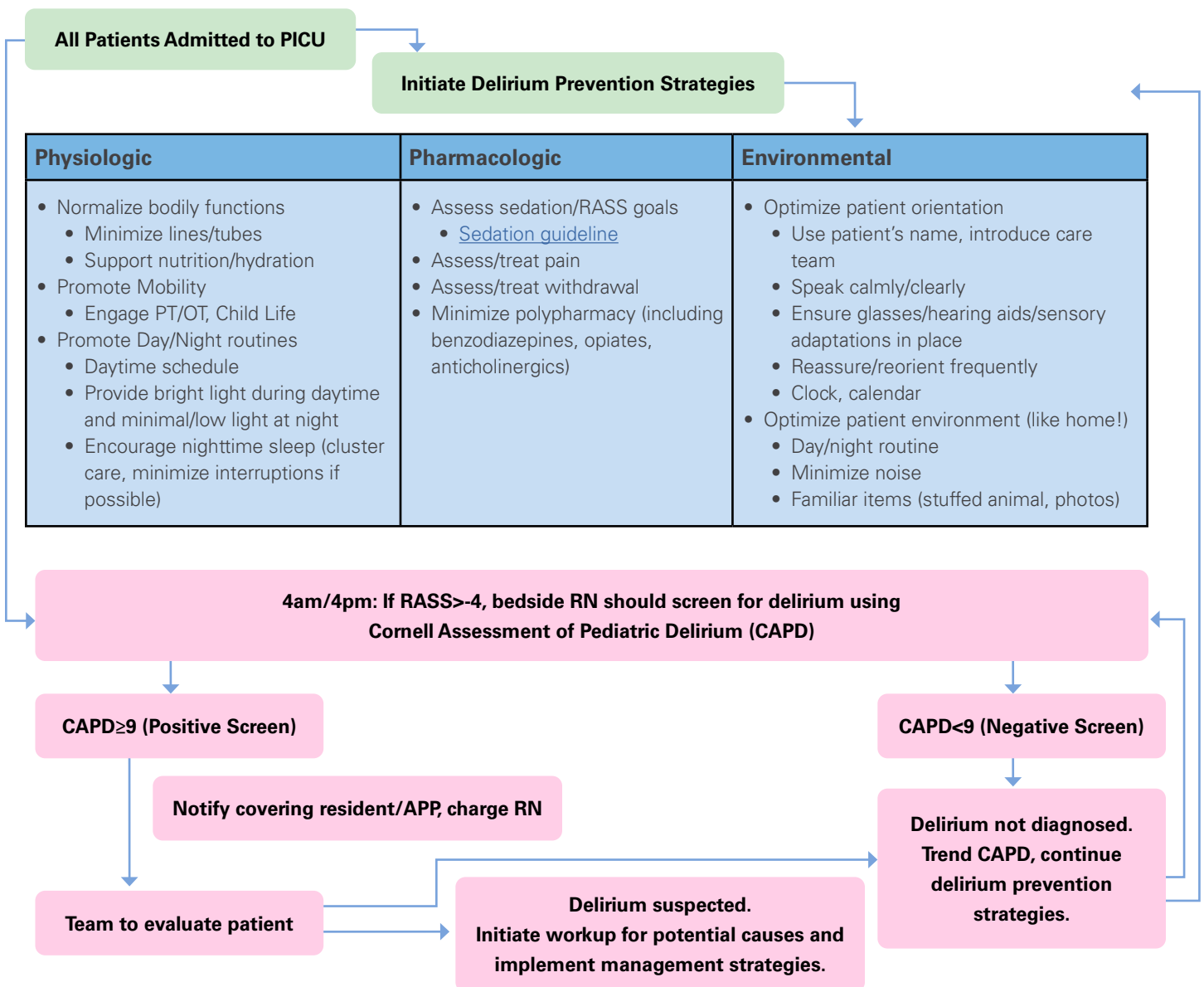
 This guideline should not replace clinical judgment.

Delirium Prevention, Screening, and Management Pediatric Critical Care


Delirium is a decline in brain function that occurs because of one or more pathophysiologic abnormalities, leading to an imbalance of neurotransmitters in the brain. It is characterized by a change in a patient's consciousness and cognition. Features of delirium may include:

- Inattention
- Agitation
- Somnolence
- Confusion
- Acute change or fluctuation in mental status

Prevention and monitoring are key to the diagnosis and management of delirium!



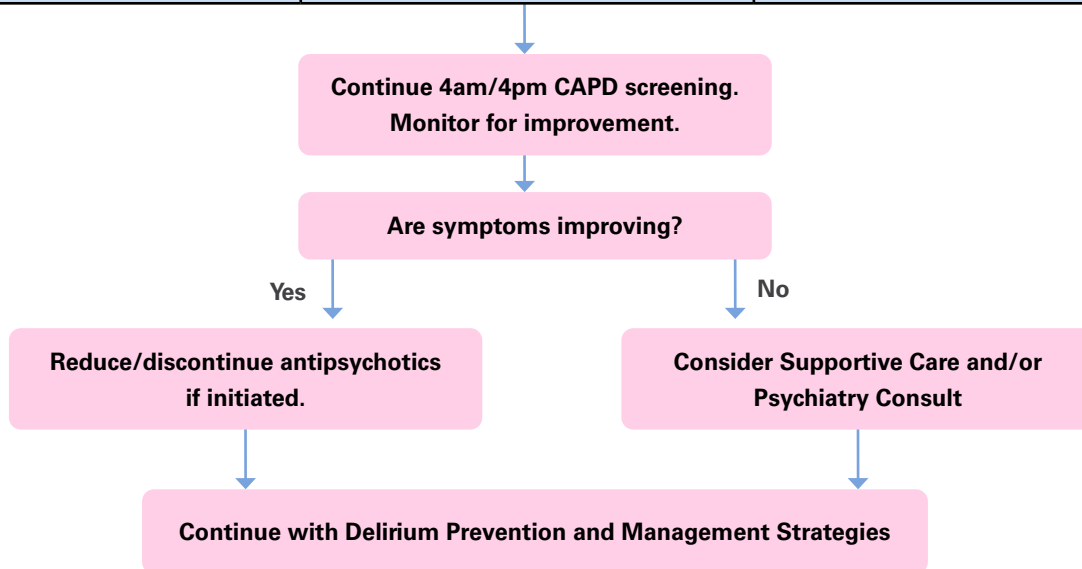
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Potential Causes and Management of Delirium

Physiologic	Pharmacologic	Environmental
<ul style="list-style-type: none"> Identify potential etiology <ul style="list-style-type: none"> Sepsis/new infection Hypoxia New Organ Dysfunction Electrolyte imbalance Seizures Normalize bodily functions <ul style="list-style-type: none"> Reassess need for lines/tubes Support nutrition/hydration Promote Mobility <ul style="list-style-type: none"> Engage PT/OT, Child Life Promote Day/Night routines <ul style="list-style-type: none"> Daytime schedule Provide bright light during daytime and minimal low light at night Encourage nighttime sleep (cluster care, minimize interruptions) 	<ul style="list-style-type: none"> Minimize use of benzodiazepines, opiates, anticholinergics Reassess sedation/RASS goals <ul style="list-style-type: none"> Sedation Guideline Reassess/treat pain Reassess/treat withdrawal Minimize polypharmacy <p>Consider:</p> <ul style="list-style-type: none"> Melatonin for sleep Antipsychotics <ul style="list-style-type: none"> Quetiapine (PO) Risperidone (PO) Haloperidol (IV, IM, SQ) 	<ul style="list-style-type: none"> Optimize patient orientation <ul style="list-style-type: none"> Use patient's name, introduce care team Speak calmly/clearly Ensure glasses/hearing aids/sensory adaptations in place Reassure/reorient frequently Clock, calendar Optimize patient environment (like home!) <ul style="list-style-type: none"> Day/night routine Minimize noise Familiar objects (stuffed animal, photos) Avoid restraints Educate family



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Executive Summary

Children's Hospital of Richmond at VCU Delirium Workgroup

Pediatric Critical Care Owner: Kara Greenfield, DO

Pediatric Critical Care: Carly Robinson, CPNP-AC

Pediatric Critical Care: Lindsey Shah, CPNP-AC

Pediatric Palliative Care: Kelly Lastrapes, MD

Pediatric Critical Care: Alexis Farr, RN

Pediatric Critical Care: Haley Mire, RN

Pediatric Critical Care: Emma Burch, RN

Pediatric Critical Care: Tammie Shatzer, RN

Approved (August 2024)

Chief of Pediatric Critical Care:

Duane Williams, MD

CHoR Clinical Guidelines Committee:

Jon Silverman, MD, MPH

Ashlie Tseng, MD

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Citation

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Authors:

Children's Hospital of Richmond at VCU

Kara Greenfield, DO

Kelly Lastrapes, MD

Carly Robinson, CPNP-AC

Lindsey Shah, CPNP-AC

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