

# Clinical Guideline

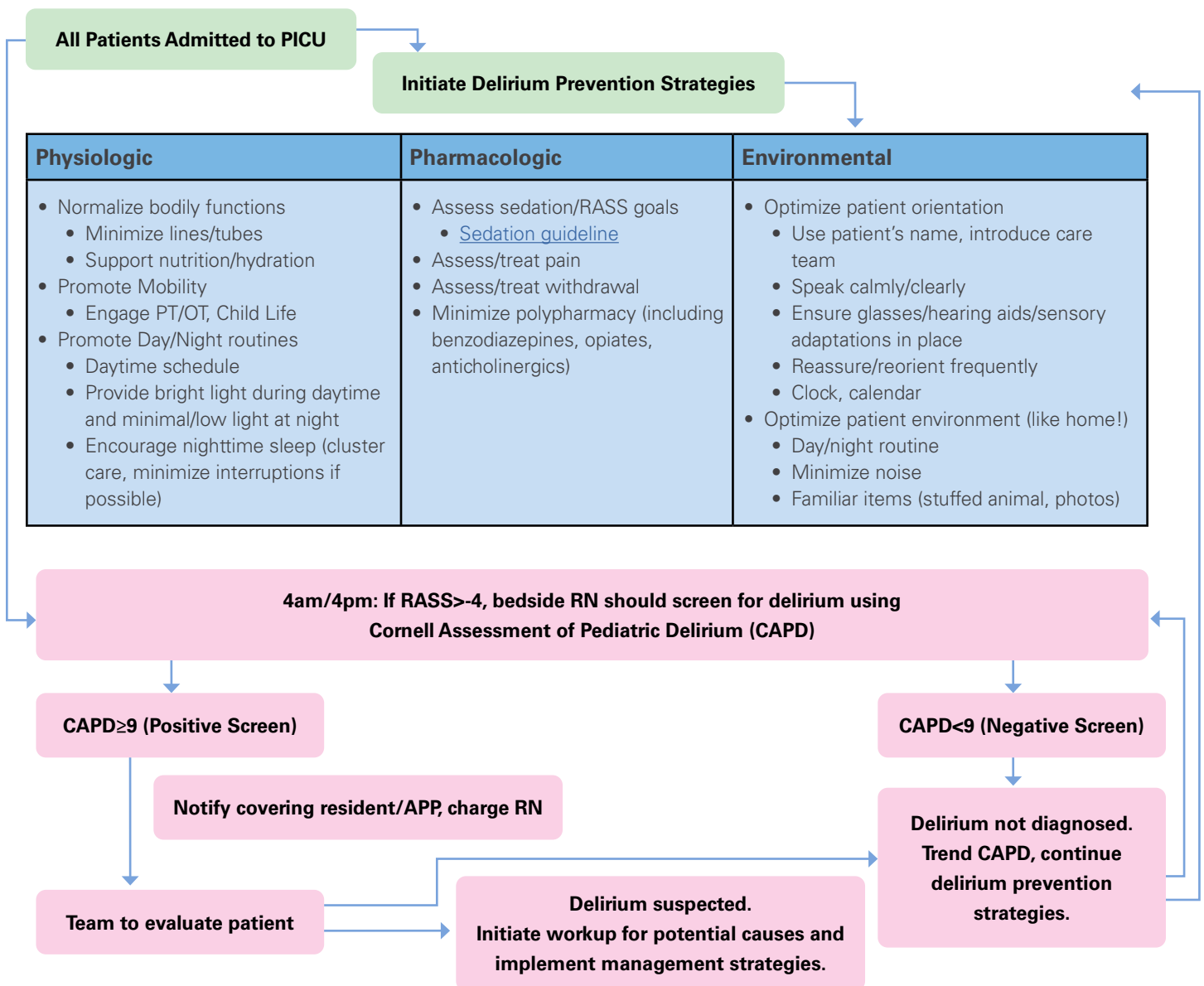
 This guideline should not replace clinical judgment.

## 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!**



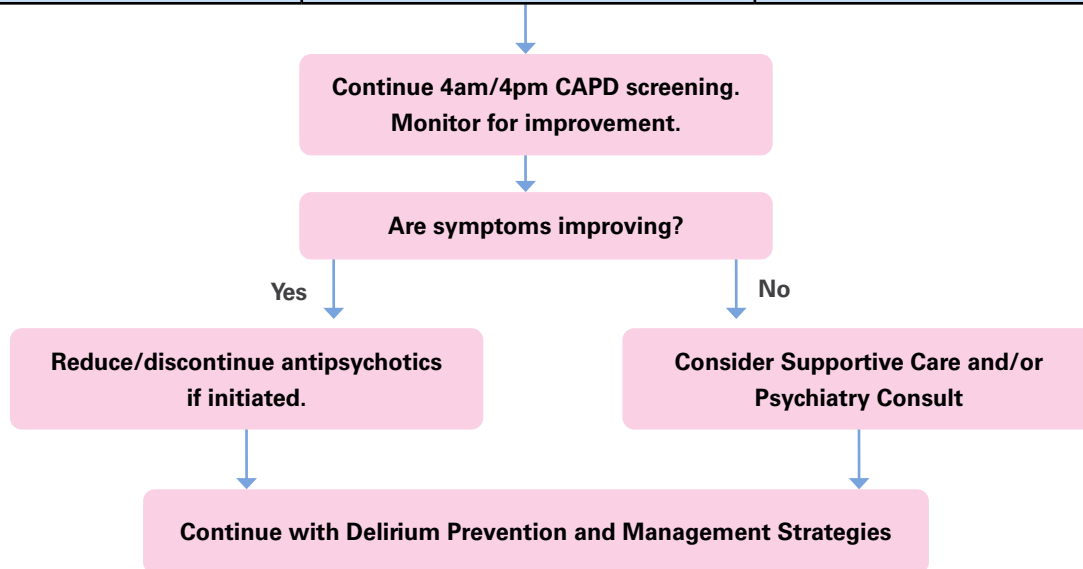
# Clinical Guideline

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## Delirium Prevention, Screening, and Management Pediatric Critical Care

### Potential Causes and Management of Delirium

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



# Delirium Prevention, Screening and Management Guideline

## Executive Summary

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### Children's Hospital of Richmond at VCU Delirium Workgroup

**Pediatric Critical Care Owner:** Kara Greenfield, DO

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**Pediatric Critical Care:** Lindsey Shah, CPNP-AC

**Pediatric Palliative Care:** Kelly Lastrapes, MD

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### Approved (August 2024)

**Chief of Pediatric Critical Care:**

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### References

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Delirium Clinical Pathway. Children's Hospital of Philadelphia. <https://www.chop.edu/clinical-pathway/picu-pcu-delirium-clinical-pathway>. Last accessed 3/7/23

Silver G, Kearney JA, Bora S, et al.; Pathways for Clinical Care Workgroup. A Clinical Pathway to Standardize Care of Children With Delirium in Pediatric Inpatient Settings. *Hosp Pediatr*. 2019;9(11): 909-916

Silver G, Traube C, Gerber LM, et al. Pediatric Delirium and Associated Risk Factors: a Single-Center Prospective Observational Study. *Pediatr Crit Care Med*. 2015;16(4):303-309

Traube C, Silver G, Kearney J, et al. Cornell Assessment of Pediatric Delirium: a Valid, Rapid, Observational Tool for Screening Delirium in the PICU. *Crit Care Med*. 2014;42(3): 656-663

### Citation

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*Retrieval website:* <https://www.chrichmond.org/health-care-professionals/chor-clinical-guidelines>