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The effect of range of motion exercises on delirium prevention among patients aged 65 and over in intensive care units

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Delirium, as an acute state of confusion, is a severe geriatric syndrome common among older patients in the intensive care unit (ICU). Delirium occurs at a high incidence in patients with ventilation support. Delirium incidence differs as to the type of ventilation support. Although its incidence in patients with NIMV is 20%-50%, in patients with IMV this ratio is 60%-80%. Among elderly populations, the incidence is also high. Although delirium screening is important, it does not ensure an improvement in health outcomes. Therefore, the clinical guidelines recommend early mobility to prevent delirium. Early mobility prevents complications of immobility by encouraging the patient to move and improve vital functions. Mobility has positive effects such as improving the venous return and stroke volume, increasing the amount of oxygen distributed to tissues, reducing ventilation time and enhancing cognitive abilities. Exercise is beneficial and highly recommended for patients to prevent delirium. According to our study which is mentioned in the title, the incidence of delirium was 8.5% in the intervention group (n=47) and 21.3% in the control group (n=47). Delirium incidence and duration decreased by 2.5-fold in the intervention group compared to the control group. So, this abstract aims to explain the effect of exercise to prevent delirium in geriatric patients.

Biography

Canan Karadas was graduated from Abant Izzet Baysal University, School of Nursing and has started to work as a Research Assistant since 2013. Her fields of interest are intensive care, mobility and geriatrics. She has completed her Master's degree at Hacettepe University in 2015. She is currently pursuing PhD degree about medical diseases nursing in same university.

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