



Development of an educational pamphlet on postoperative delirium management in older people receiving hip fracture surgery

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KEYWORDS

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Content validity index;
Questionnaire

Abstract Background: In recent decades, POD has gradually attracted the attention of healthcare professionals. A preliminary literature search revealed very few results on the understanding of POD by the general public. To the authors' knowledge, no educational material on POD has been developed by healthcare professionals in Hong Kong.

Aim: The aim of this study was to design and develop a validated pamphlet on POD for older people receiving hip fracture surgery.

Methods: Pamphlet development involved a literature search for previous studies undertaken to develop a predictive tool and preventive protocol for POD in orthopaedic settings. This study used self-reported questionnaires to obtain feedback from the carers of a selected group of patients and orthopaedic nurses on a draft educational pamphlet.

Results: No difference was found in the rating results of the nurses and carers regarding Content Validity Index. Data were analysed and used to produce the final version of the pamphlet.

Conclusion: The study revealed the differing perspectives of nurses and carers on the design and content of the pamphlet. The nurses and carers who participated in this study gained valuable information and knowledge about POD. It is hoped that this pamphlet will be very useful for nurses, patients and carers in understanding POD management.

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Editor's comment

There is a great deal of discussion in the literature about the nature and risk factors for postoperative delirium in older orthopaedic patients. What is rarely tackled, however, is the importance of carers' and patients' understanding of the condition – a matter which has considerable potential to improve understanding of the issues and subsequent practice. This study begins to tackle this issue by using the existing literature to develop one approach to the education of staff, patients and carers. JS-T

Introduction

Delirium is a common but not usual complication associated with hospitalization among older adults. The incidence of postoperative delirium (POD) ranges from 13% to 41% among older patients undergoing elective orthopaedic surgery (Contin et al., 2005). The incidence of delirium among patients undergoing hip fracture surgery ranges from 43% to 61% (Holmes and House, 2000). Approximately 2.4 million individuals are hospitalized due to delirium each year in the USA, at a cost of more than US\$4 billion (Leslie et al., 2005). Delirium often induces a cascade of events leading to functional decline, increased surrogate burden and increased morbidity and mortality (Rizzo et al., 2001). Patients who develop POD, with significant associated morbidity and cost, can increase the demand for home care services, institutionalization and rehabilitation if they are not managed appropriately. Consequently, POD increases the costs of hospitalization and subsequent medical care significantly.

In recent decades, POD has gradually attracted the attention of healthcare professionals. However, many are still unable to recognize the subtypes of delirium and the attributing symptoms (Fick et al., 2007). In addition, awareness and understanding of POD among healthcare practitioners remains low. A preliminary literature search revealed very few results on the understanding of POD by the general public. This suggests that there is a great degree of ignorance among the general public about POD-related issues, especially in terms of knowledge and understanding. To the authors' knowledge, no educational material on POD has been developed by healthcare professionals in Hong Kong.

The use of brochures, leaflets or pamphlets, supplemented by a verbal explanation, can help nurses to give information to patients and their carers. Information expressed in written form provides tangible facts and supports the understanding and

recall of information when memory might be compromised (Knowles, 1980). As such, there is a need to develop an educational pamphlet for patients and their carers to increase their awareness of POD.

Most pamphlets are developed by a panel of experts, but it is important that the perspective of patients is not ignored. Turnbull (2003) suggested that the following six elements were necessary to develop a good patient information leaflet: listening to patients, clear purpose, good information, clear writing, improved readability and elimination of fear. However, using the criterion of listening to patients as the first step to solicit information is not appropriate if the healthcare issue is not widely recognized by patients. It is unrealistic and ineffective for nurses to collect opinions from patients or their carers if they do not know much about specific health topics. Consequently, a systematic approach is required for the development of an educational pamphlet.

Aim

The aim of this study was to design and develop a validated pamphlet on POD for older people receiving hip fracture surgery.

Methods

This study used self-reported questionnaires to obtain feedback from the carers of a selected group of patients and orthopaedic nurses on a draft educational pamphlet. The questionnaires used qualitative and quantitative methods because open-ended questions can provide useful information for editing the pamphlet and quantitative evaluation helped the authors to understand the objectives clearly. All information was analysed and used to develop a final version of the pamphlet for educational purposes.

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