**Preventing Delirium amidst COVID-19: Recommendations and Tools for HELP Programs**

Here, we provide information for HELP Programs to assist with delirium prevention when (1) HELP staff are allowed in rooms; (2) no HELP staff are allowed in rooms

<table>
<thead>
<tr>
<th>Intervention</th>
<th>(1) HELP ELS/ELNS visit allowed</th>
<th>(2) No visits: Provide “Hospital Kit” (materials and instructions) for patients in quarantine/isolation [see next page for instructions on assembling the Hospital Kit]</th>
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| Early mobilization                          | • Walking with patient – laps around the room  
• Move regularly from bed to chair  
• Range of motion exercises—instruct patient to augment walking or if walking not possible                                                                 | • Instructions: (1) Safe Walking and Range of Motion Exercises; (2) Use of stress balls and exercise bands  
• Equipment: Stress balls for squeezing (stress relief and strengthening) and exercise bands |
| Therapeutic activities                      | • Provide usual choices of therapeutic activities from HELP resources that patient enjoys  
• If feasible, help patients call or FaceTime with family and loved ones                                                                 | • Activities and Instructions: Word searches and crossword puzzle |
| Orientation                                 | • If none in room, bring in mini-whiteboard with date, location, team members, and schedule  
• Provide calm, orienting communication                                                                 | • “My Orientation Card” with same info as is on the whiteboard in a HELP patient’s room |
| Vision and hearing impairment               | • Use HELP vision and hearing protocols  
• For vision-impaired patients, consider verbally reading through handouts in the “Hospital Kit”                                                                 | • Adaptive equipment such as large button telephone. Provide magnifying glasses (proper protocol for disinfecting) |
| Feeding assistance/dehydration              | • Encourage patients to drink six 8oz glasses of fluids/day                                                                 | • Note card in Hospital Kit with information on hydration, nutrition, sleep, mobility, etc. |
| Nighttime relaxation and sleep              | • Review sleep hygiene (no caffeine after 2 p.m.)  
• Provide warm milk or herbal tea  
• Conduct relaxation exercises from 6-ft distance  
• “Relaxation Exercise” notecard  
• “What Should I Know About Sleep?” notecard  
• Eye mask, ear plugs to reduce distractions                                                                 | [Staff only] |
| Addressing agitation and fear (related to delirium or fear of providers with PPE) | Try verbal de-escalation procedures before jumping to antipsychotics or other pharmacological methods. See the handout “Verbal De-Escalation” for your use, includes pocket card. |  

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How to Assemble the Hospital Kit:

Gallon-size Zip Lock plastic bag

Notecards (9): To assemble—please print single-sided on thick paper or card stock. Fold along central line; staple or tape to create the note card.

- “Your Hospital Kit” notecard with blurbs on hydration, nutrition, mobility, sleep, and activities/orientation
- “My Orientation Card” notecard with information that you would find on the whiteboard of a patient’s room enrolled in HELP
- “What Should I Know About Sleep?” notecard with information on why we use non-pharm methods for sleep protocol instead of sleep meds
- “Relaxation Exercise” notecard with information on a relaxation exercise for sleep or calming stress
- Therapeutic Activities: 4 word searches and 1 crossword (3 notecards total)
- Range of motion, safe walking, and stress ball/exercise band instructions (2 notecards total)

Equipment to include:

- Adaptive equipment, if available, such as magnifying glass and/or flashlight
- Exercise band
- Stress ball for squeezing
- Pencil/pen, notepad
- Ear plugs
- Eye mask
- Herbal tea bag (include in kit or make available at bedtime)
Verbal De-Escalation Techniques: Instructions for Clinical Staff

Some patients may be confused or scared in response to the difficult circumstances, unfamiliar environment, and aggravated by personal protective equipment (masks, glasses, protective clothing, etc.) that healthcare providers are using to keep themselves safe during the pandemic. Verbal de-escalation is an important tool for de-escalation in delirious agitated patients (from the ADEPT Tool, https://www.acep.org/patient-care/adept/). You can distribute the following 3x5 pocket card to nurses working with agitated patients:

VERBAL DE-ESCALATION FOR AGITATION

- Respect personal space
- Avoid negative language (“No! You can’t go there!”)
- Use positive language (“I’d like to help you by…”)
- Establish verbal contact
- Be calm, be reassuring, be comforting
- Be concise and use simple language
- Identify the patient’s wants and feelings
- Listen closely to what the patient is saying. Remember they are likely fearful
- Debrief the patient, family, and staff

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Ankle and Hip Exercises:
Complete 8-10 cycles each

Springtime

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top to bottom, horizontally, vertically, and diagonally.

Windy
Wet
Water
Warm
Troubling
Sunny
Springtime

March
Gusty
Showery
Fresh
Rainy
Cloudy
Chilly
Breezy

Windy, Wet, Water, Warm, Troubling, Sunny, Springtime
**ACROSS**

2. Weather warm or very cold.
3. Visible body of water.
4. Change from a solid to liquid state.
5. Water in a frozen state.
6. Place not on cool surfaces.
7. Water droplets that collect on the air.
8. Color of the visible spectrum.
9. Arc in the sky containing the light of a gentle wind.
10. Month spring begins this.
12. Becomes larger by the Earth has melted soil by.
13. Covered in paper.
14. Toy consisting of light name.
15. Produce flowers.
16. Bright light of the sun.
17. Grow into a new plant.
18. Part of plant capable of atmosphere.
19. Movement of air over the Earth.
20. Fourth month of the year.
21. Surface of the Earth.
22. At night on cool surfaces.
23. Seasons that condenses.

**DOWN**

1. Water vapor that condenses and falls from the sky.
2. Green plant with narrow leaf.
3. Thorned leader of a bird.
4. Color lying between yellow and blue in the spectrum.
5. Light or gentle wind.
7. Produce flowers.
8. Game played with a ball and leaves.
9. Ball.
10. School of a fish.
12. Larger by the Earth has melted soil by.
13. Covered in paper.
14. Toy consisting of light name.
15. Produce flowers.
16. Bright light of the sun.
17. Grow into a new plant.
18. Part of plant capable of atmosphere.
19. Movement of air over the Earth.
20. Fourth month of the year.
Elephants Word Search

- Wind
- Tusk
- Family
- Trunk
- Elephant
- Ear
- Grey
- Tusk
- Trunk
- Family
- Elephant
- Ear
- Grey

By Evelyn Johnson - www.gatoom.com

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick from left to right, top to bottom. Remember, words can go horizontally, vertically, and diagonally.
Your Hospital Kit

We understand that this can be a stressful time in the hospital, and you may have to spend time alone during your stay. The following tips and guidelines are to help you stay mentally and physically fit while you are here.

**Activities and Staying Oriented**
- Check out the games and activities to keep your mind active in the hospital.
- Check out the “Orientation Page” to keep you aware of your schedule and staff in the hospital.

**Eat and drink well**
Try to eat 3 meals and drink six 8-ounce cups of water or fluids each day (if OK with doctors).

**Time to Sleep!**
- We know that sleeping can be difficult in the hospital, but sleep meds can have harmful effects. Try instead: No caffeine after 2pm; warm drink (no caffeine) at bedtime; No caffeine after meds can have harmful effects.

**Let’s Get Moving!**
- Walk in your room if nurse says OK.
- Look in your “Hospital Kit” for “Range of Motion” exercises you can do from your bed or chair.
- Your Hospital Kit also includes stress balls or exercise bands that you can use to stay strong:
  - Walk in your room if nurse says OK.
  - Exercise bands or exercise balls.
  - Large-button telephone, or magnifying glass.
  - You can use, such as a large-button telephone, if there is any hearing loss.

**Having trouble hearing while you are here? Ask your nurse or another staff member if there is any adaptive equipment you can use, such as a large-button telephone.”

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Relaxation Exercise

Trouble sleeping? Feeling anxious? Try this relaxation exercise to help you wind down. Get into a comfortable position and start thinking about a relaxing setting in your mind, such as the beach, your comfy bed at home, a beautiful mountain, or anything else that brings you peace.

Establish a steady breathing pattern:
- Breathe in through your nose slowly, hold for 3 counts
- Breathe out through your nose completely, repeat multiple times

Visualize the stress floating away as you concentrate on each body section. Contract and release, repeating 3 to 5 times each:
- Your toes
- Your ankles
- Knees – imagine the stress draining from your knees
  - Buttocks
- Spine – arch and straighten
- Shoulders – shrug and release
- Slide over to your neck. Drop your chin to chest. Lift it to the ceiling.

Take one more deep, cleansing breath. Move your head from side to side to wake it up. Shrug your shoulders to wake them up. Stretch your back. Wiggle your buttocks. Shake your legs. Turn your ankles. Wiggle your toes.

Now that you are calm and relaxed, slowly wake your body back up:
- Thinking of this place, you'll be in your relaxing setting, and feel free to sit for a few minutes in peace.
- Stress has left your body. You are feeling calm and relaxed. Now visualize this again about the relaxing setting that you brought up earlier. All of the tension and stress have left your body. You are feeling calm and relaxed.

Relaxation Exercise (continued)
My Orientation Card

I am a patient at _____________________ in Room ___________

We are located in (city/state): ________________, ______

My doctor is ________________________________

My nurse and aide(s) are ________________________________

Tests and procedures scheduled for me:

My meals are at (indicate time): _____________________________

Today is (circle and write-in):

March/April/May ____________, 2020

Mon Tues Wed Thurs Fri Sat Sun
What Should I Know About Sleep?

Try to go to bed each night at your usual bedtime. Avoid caffeinated beverages after 2 pm, and reduce fluid intake after 6 pm. Do calming activities before sleep.

While sleeping medication may sound like a good idea, these pills can actually harm your sleep health and put you at risk for certain medical conditions, such as delirium. Older adults ages 65 and older should try to sleep without medications. We recommend a glass of warm milk or herbal tea, relaxation exercises, and using a sleep mask or earplugs to avoid distractions.

Bottom line? Medications are a “NO,” but relaxation, a warm drink, sleep mask, and earplugs are a “GO!”
We encourage you to, as much as you SAFELY can, stay active and mobile while you are here. We recommend taking short laps around your room to stretch your legs, safely moving from bed to chair, and doing “Range of Motion” exercises. If at any point, should you feel dizzy, light-headed, or unsteady, STOP participating and let your nurse know.

Ankle and Hip Exercises:
Complete 8-10 cycles each

Using Stress Balls and/or Exercise Bands

Your Hospital Kit includes stress balls and/or exercise bands:

- With your stress ball, hold in your palm and squeeze your fingers around it, making a fist
- Un-squeeze your fist, stretching your fingers back out
- Repeat 5-10 times

Bend waist, hips, and knees to lower slowly back to a sitting position

When you are finished, stand with the back of your legs against the side of the walking bed

Take a moment to gain balance once you have stood up before you start

Put feet flat on the floor, directly under your knees
Sidle or scoot to the edge of the bed

If available, put on non-slipper slipper or shoes

If your nurse says OK, you can walk around your room to get exercise and

Walking Around Your Room (after receiving nurse’s permission)
We encourage you to, as much as you SAFELY can, stay active and mobile while you are here. We recommend taking short laps around your room to stretch your legs, safely moving from bed to chair, and doing “Range of Motion” exercises. If at any point, should you feel dizzy, light-headed, or unsteady, STOP participating and let your nurse know.

Shoulder and Wrist Exercises:
Repeat 8-10 cycles each

Elbow and Wrist Exercises:

Knee Exercises:
Bend one knee and hip.
Repeat 8-10 cycles each

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