

Assessment of Confidence on Care of Patient with Delirium among Nurses

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Abstract:-

➤ Introduction

In multispecialty hospitals, delirium is one of the psychiatric emergency conditions that frequently arise for medical causes. The safety and healing of the delirious patient will benefit from the medical team's prompt attention. When delirious patients are admitted to medical, intensive care, or emergency rooms, nurses are the most crucial experts to respond quickly and confidently. Therefore, it is imperative that the confidence of nurses in their ability to care for patients with delirium be assessed immediately. This study was aimed to assess the level of confidence on care of patient with delirium among nurses at selected hospital, Chennai.

➤ Material & Methods

This study was conducted by using the cross sectional, correlational research design among 50 nurses who were selected through purposive sampling technique in a selected hospital, Chennai, India. A four-point Likert scale was employed as the rating system to evaluate the degree of confidence. The self-administration method was used to collect data.

➤ Results

Most of the nurses had low level of confidence (70%) for caring of delirious patients and all the nurses had below average level of mean% with their confidence levels in both knowledge and skills.

➤ Conclusion

The majority of nurses require education and training to boost their confidence in their ability to care for patients with delirium in terms of both knowledge and practice. Nurses working in multispecialty hospitals will be fully confident in their ability to deliver high-quality nursing care after studies employing a variety of novel ways on nursing care for patients with delirium are implemented.

Keywords:- Confidence, Care, Nurses, Patient, Hospital, Delirium, Delirious Patient

I. INTRODUCTION

Delirium is considered as psychiatric as well as medical emergency by its acute nature of declining cognitive functions which is mostly with symptoms of disturbances in consciousness, memory, orientation, behaviours, perception and physiological functions etc. In a developing nation, the incidence rate of delirium in the cardiac intensive care unit is 9.27%, whereas the prevalence rate is 18.77% (Lahariya et al., 2014). The average age of 51 study samples was 57.82 ± 17.19 years, and 70.58% of them exhibited symptoms of moderate to severe delirium. Most of them were referred from general medicine for treatment of hyperactive delirious state, and the most common cause of delirium is metabolic (Reddy et al., 2021). In a prospective study, among 280 ICU admissions, 88 (31.4%) resulted in delirium. Increased levels of bilirubin and creatinine, prolonged stays in the intensive care unit, mechanical ventilation, hypoxia, tobacco use, chronic liver disease, and previous delirium episodes all considerably enhance the risk of developing delirium (Jayaswal et al., 2019).

Through two focus groups, a qualitative study was conducted to assess nurses' confidence about care of patients who had delirium. The results showed that nurses were not confident in their ability to assess patients with delirium and were viewing the condition as a low priority. Nurses also suggested for education of better ways to handle delirious patients and their need for psychological assistance (Zamoscik et al., (2017).

A survey approach was used to perform a descriptive study to evaluate the knowledge, confidence, and practices related to delirium management among 114 nurses working in three acute care centres. Nurses were chosen by total enumerative sampling procedure and a five-point Likert scale questionnaire was utilized to gauge the nurses' level of confidence. The majority of nurses (85%) expressed lacking confidence in their ability to do delirium screening and 56% reported feeling uneasy when discussing delirium results (Waszynski et al., 2024). The more time-consuming nature of delirium evaluation instruments, a lack of knowledge of delirium and a lack of medical prioritization of the results were the main hurdles identified among critical care nurses (Rowley and Conwy, 2018)

Nurses are the larger members of the medical team to care for patients who are delirious and their confidence in themselves has a direct impact on how well they function as nurses. In addition of sufficient knowledge about how to care for patients with delirium, nurses must also have greater confidence when tending to delirious patients in order to prevent the negative impacts of the illness. As a result, it's critical to comprehend how confident the current nursing staffs are in their ability to handle delirious patients.

➤ *Statement of the Problem*

A descriptive study to assess the confidence on care of patient with delirium among nurses at selected hospital, Chennai.

➤ *Objectives of the study*

- To assess the level of confidence on care of patient with delirium among nurses at selected hospital, Chennai.
- To determine the association between selected background variables and confidence on care of patient with delirium among nurses.

➤ *Hypothesis*

H₁ - There will be a significant association between selected background variables and confidence on care of patient with delirium among nurses at $p < 0.05$.

II. MATERIAL & METHODS

The study was conducted after obtaining permission from the concerned authorities of the hospital and ethical

approval from the IEC of Apollo College of Nursing Chennai. Using the cross sectional, correlational research design, this study was conducted among 50 nurses who were selected through purposive sampling technique in a selected hospital, Chennai, India. Reliability of the four-point Likert rating scale on nurses' confidence was established by Cronbach's Alpha technique ($r = 0.94$). Conscientious consent was given by the samples. It was kept private and confidential. Through Self-administration method, the data was collected by using predetermined and validated tools which consisted of following 2 parts.

Part I – Background Variables Proforma of Nurses:

It consists of age, gender, education, total clinical experiences, area of work and previous experience of working with delirious patient.

Part II - To assess the confidence of nurses, four point likert scale was used which consists of total 8 items. 1-5 items (5) were used for rating the confidence on knowledge and 6-8 items (3) were used for rating the confidence on skills in caring for patient with delirium. For nurses' confidence (knowledge and skills), the obtainable score is 0 - 24.

➤ *Scoring*

• **Scoring Interpretation**

Based on the objectives of the study, collected data was analysed in SPSS 26.

III. RESULTS

Table 1: Frequency and Percentage Distribution of Background Characteristics of Nurses (N=50)

Background Characteristics	Categories	f	%
Age in Years	22-23	34	68
	24-25	12	24
	> 25	4	8
Gender	Male	3	6
	Female	47	94
Educational status	GNM	3	6
	B.Sc. Nursing	47	94
Total years of clinical experiences	1- 2yrs	44	88
	Above 2yrs	6	12
Area of work	Medical ward	21	42
	Surgical ward	12	24
	ICU / CCU/ MDCCU	13	26
	Emergency	4	8
Previous experience of working with delirious patient	Yes	11	22
	No	39	78

Table 1 shows that most of nurses (94%) were females and graduates. 68% of the nurses were aged between 22-23 years and majority of them had 1-2 years of total clinical experiences (88%). Below half of the nurses were working in medical wards (42%), 24% were in surgical wards, 26% were from ICU wards and 8% were working in emergency wards. Only 22% of nurses had previous experience of working with delirious patients.

Table 2: Frequency and Percentage Distribution of Level of Confidence of Nurses (N=50)

Levels of Confidence of Nurses (%) Score	f	%
High (76-100%) 19 -24	3	6
Moderate (50-75%) 12 - 18	12	24
Low (< 50%) < 12	35	70

Table 2 depicts that majority of the nurses had low level of confidence (70%) and followed by moderate level of confidence (24%). Only 6% of nurses had high level of confidence in caring for patient with delirium.

Table 3: Descriptive Statistics of Confidence on Care of Patient with Delirium among Nurses. (N=50)

Components of Confidence	Obtainable Score		Obtained Score		Mean	Mean %	SD
	Min	Max	Min	Max			
Knowledge	0	15	2	12	6.44	42.93	2.83
Skills		9	0	9	3.8	42.22	2.04
Over all Confidence Score		24	3	21	10.24	42.67	4.336

Table 3 reveals that the nurses obtained score of confidence on knowledge scores ranged between 2- 12, confidence on skills scores ranged between 0 – 9 and over all confidence scores ranged between 3 – 21 on care of patient with delirium.

The mean, mean% and standard deviation for confidence on knowledge were 6.44, 42.93% & 2.83 respectively. The confidence on skills of nurses on care of patient with delirium were found with mean -3.8, mean% - 42.22% & standard deviation -2.04. The over all confidence of nurses were identified with mean -10.24, mean% -42.67% and standard deviation - 4.336.

Table 4: Association between Selected Background Variables and Confidence on Care of Patient with Delirium among Nurses. (N=50)

Background Variables	Up to Mean Score	Above Mean Score	χ^2 value df	P value
Age in Years				
22-23	20	14	1.251* 2	0.535 NS
24-25	9	3		
> 25	2	2		
Gender				
Male	1	2	0.2* 1	0.655 NS
Female	30	17		
Educational status				
GNM	3	0	0.62 * 1	0.431 NS
B.Sc.Nursing	28	19		
Total years of clinical experiences				
1- 2 years	28	16	0.04* 1	0.842 NS
Above 2 years	3	3		
Area of work				
Medical ward	16	5	4.854 3	0.183 NS
Surgical ward	6	6		
ICU / CCU/ MDCCU	8	5		
Emergency	1	3		
Previous experience of working with delirium patient				
Yes	8	3	0.23* 1	0.632 NS
No	23	16		

Note: df. – degrees of freedom * -Yates corrected chi square value NS - Not Significant

The above table 4 shows that there was no significant association found between the confidence of nurses and their selected background variables such as age, gender, education, total clinical experiences, area of work and previous experience of working with delirious patient ($p>0.05$).

IV. DISCUSSION

Based on this survey results, the mean confidence level of nurses was 10.24/24, with a standard deviation of 4.336. When it came to care for patients who were delirious, the majority of nurses (70%) had low confidence, followed by moderate confidence (24%) and high confidence (6%). In a correlational study conducted by Park and Chang (2016) to investigate knowledge, self-confidence and nursing performance for delirious patients, the mean confidence score of the current study is inconsistent and lower than the mean self-confidence score of 203 nurses. This disparity may result from nurses' inadequate understanding of delirium nursing care, their training in this area, their disapproval of delirious patients, their frequent psychological burnout from their jobs and the shifting nature of delirium symptoms which may lead to low self-confidence of nurses.

There was no association found between the confidence of the nursing staff and any of the background variables ($p>0.05$). Hence the hypothesis: H1—"There will be a significant association between selected background variables and confidence on care of patient with delirium among nurses at $p<0.05$ " was rejected. It could also be because there are less participants in the current study. An evaluation of a multifaceted education program was carried out to investigate knowledge, attitude, and self-confidence among 42 PICU nurses. The result was paradoxical, with the nurses' self-confidence significantly correlated with their educational background (Norman and Taha, 2019).

Encouraging nursing professionals to do research on the care of delirious patients can boost their confidence in providing high-quality nursing care, as indicated by the findings and discussions described above. Nursing staff confidence will increase with greater comprehension and a shift in negative perceptions around care for delirious patients.

CONCLUSION

The assessment of nurses' confidence in caring for patients with delirium revealed that, nurses need to improve their level of confidence. To enhance the confidence of nurses and improve patient care, healthcare institutions should focus on providing comprehensive training programs that emphasize early detection, evidence-based management practices, and continuous professional development. Strengthening these areas will enhance nurses' ability to deliver effective, confident, and compassionate care to patients with delirium.

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