

Therapeutic Nursing Intervention

NURS 403 – Transition to BSN Practice

Purpose of Assignment

The purpose of the Therapeutic Nursing Intervention paper are to define a clinical problem, to review the current literature for appropriate research-supported nursing interventions, to critique current practice, and to provide a plan for changing or adapting clinical practice.

Student Approach to Assignment

I have a lot of older patient populations in the unit I work in, and I was interested in learning more about hospital delirium. I learned that these patients need early interventions, and there are risk factors that can help us predict patients susceptible to hospital delirium and interventions to put in place. I approached this assignment with eagerness to learn about something I did not know much about.

Reason for Inclusion of this Assignment in the Portfolio

As nurses, we are always learning. This was a project in which I wanted to learn about nursing interventions for patients with hospital delirium. I demonstrate my ability to research using evidence-based practice to care for patients with delirium and find ways of adapting practices in the unit to serve this patient population better.

Domain 2: Person Centered Care

o (8): Applies appropriate knowledge of major health problems to guide nursing practice.

A major health problem in the hospital is hospital delirium, which I explored in this paper. I researched current and old practices to treat and recognize signs and symptoms in vulnerable populations. Using the knowledge gained from research and current practice guidelines, I applied a therapeutic approach that could be used by nurses in my unit to help older patients in our unit.

o (13): Evaluates nursing care outcomes through the acquisition of data and the questioning of inconsistencies.

Using current research and therapeutic interventions, I obtained data that questioned the current practice of diagnosing and treating delirium in the hospital. More education needs to be done in the hospital to recognize early warning signs of delirium in older adults to decrease the risk of worsening disease, decrease hospital costs, and decrease the risk of loss of independent functions in these patients.

Domain 4: Scholarship for the Nursing Discipline

o (27): Evaluates research that focuses on the efficacy and effectiveness of nursing interventions.

This paper evaluates the research to determine the best practices for recognizing, preventing, and treating delirium. The nursing interventions already being used are not always effective in preventing delirium, and more education needs to be given in hospitals on recognizing early warning signs of vulnerable patients. Research shows that with more education and early nursing interventions in place, delirium can be prevented. Currently, in my unit, some of the interventions like early mobilization, environmental control, sleep aids, and others are not used that could prevent delirium. Education to nurses on the unit could help these patients by emphasizing these interventions are in place.

Domain 7: Systems Based Practice

o (35): Describe the impact of healthcare cost and payment models on the delivery, access, and quality of care.

Delirium significantly impacts healthcare costs for patients and their families in the hospital. With more knowledge and prevention of delirium, the lower the costs will be for patients and the hospital. Delirium leads to more falls in the hospital, which can be a huge cost. This paper briefly discusses the impact of delirium on the increase in expenses.