## DELIRIUM RESOURCES

### The Hospital Elder Life Program (HELP) Website

**OVERVIEW:**
The Hospital Elder Life Program (HELP) is a multi-component delirium prevention program designed for hospitals. The protocols within the HELP website detail interventions carried out by hospital staff and volunteers which are designed to prevent delirium in vulnerable hospital inpatients. The HELP protocol interventions include orientation, therapeutic activities, sleep enhancement, mobilization, hearing and vision optimization, and feeding and hydration assistance. The website provides delirium-related information and resources, and five HELP manuals which guide users in business planning, organizational procedures, clinical processes, data collection, and training.

### AUTHORS/PRIMARY REFERENCE:

### STRUCTURE OF THE RESOURCE:
- The main components of the HELP resources comprise five instructional manuals – and accompanying DVDs, guides, and workbooks – which cover business planning, organizational procedures, the clinical program, data collection, and training.
- The website also provides a large amount of supporting material including clinical information on delirium, materials for patients and caregivers, benchmarking data, and customized tools and resources developed by member hospital sites who have implemented HELP.

### BASE OF EVIDENCE/PSYCHOMETRIC PROPERTIES:
- The HELP protocols are based upon a large, peer-reviewed, controlled study that has been replicated in numerous hospital settings in several countries including the United States, Canada, Taiwan, Australia, Singapore, and the Netherlands.

### TARGET POPULATION AND SETTING:
- The HELP program targets older adults in the hospital who are vulnerable to delirium.

### INTENDED USER(S):
- The information on the website is relevant to health professionals, educators, quality improvement personnel, hospital administrators, patients and caregivers who support seniors who develop or are at risk of developing delirium.

### NOTES ON USING THE RESOURCE:
- As with all practice guidelines and resources, the most appropriate care for each individual patient must be determined by the health care team or professional based on available clinical data and clinical rationale.

### WHERE TO GET THE RESOURCE:
- The resources within the HELP website are available at no cost via a simple registration process at:
- HELP is a copyrighted program – the materials are available free of charge provided the following acknowledgement is made: The Hospital Elder Life Program, ©2000, Sharon K Inouye, MD, MPH.

### REFERENCES AND ADDITIONAL READING:

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