



# The ADAPT App

## A Delirium Assessment Prevention & Treatment Application

Delirium      Prevention      Assessment      Treatment      Acute Care

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**University of Pittsburgh researchers have developed a novel software assessment, prevention, and treatment app to improve management and outcomes of patients with delirium in hospital settings.**

Delirium is a sudden and severe change in brain function that can happen to anyone. It is linked to illness and environmental factors that affect up to 1/3 of all patients admitted to the hospital. Episodes of delirium manifest in confusion, hallucinations, and agitation. These result in longer hospital stays and further health complications destabilizing a person's well-being.

- Delirium is linked to poor hospital outcomes & significant healthcare costs—about \$82B annually (U.S.)
- Delirium is long lasting—with permanent effects on memory and attention
- Delirium is preventable—not a normal part of a hospital stays and masks other medical emergencies
- Delirium is treatable— but implementation of effective strategies is lacking
- Decisions made during episodes of delirium can damage a person's quality of life by directly impacting their health, living conditions, relationships, and financial stability

The average hospital stay is 4.5 days with the average cost per day being \$2,883. Patients with delirium average an additional 7 days in the hospital, leading up to \$20,000 in preventable costs.

Effective strategies already exist but are not being used in hospitals due to poor understanding of delirium identification and cognitive treatment activities. 30-40% of delirium cases could be prevented if these strategies were used consistently, but these strategies are associated with high cost and additional training requirements.

### Indications

- Educate healthcare professionals on usage of proven delirium management strategies in hospitals
- Reduce access barriers to tools needed for effective delirium care in hospitals
- Encourage a healthcare team approach to treating delirium for use in hospitals
- Education for caregivers and family members on delirium management strategies

### Advantages

The ADAPT App contains delirium assessments, prevention strategies, and trackable treatment activities in an all-in-one portable location that promotes ease of access and more clinician time spent in direct patient-facing care.

### Invention Readiness

Physical Delirium Pocket Guide Prototype developed and trialed in acute care hospital setting. Contains trackable delirium screens, assessments, intervention activities, and prevention educational strategies. Intellectual property disclosure form filed to transform prototype into ADAPT app software.

#### **IP Status:**

*Invention Disclosure #06651  
Software/Copyright*

#### **Inventor(s):**

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#### **Related Publications:**

*Not Applicable*