

## EXAMPLE ABSTRACT FOR LITERATURE REVIEW

### Delirium and the Family Caregiver: The Need for Evidence Based Educational Interventions

Names, credentials

Institution/Location

**Objectives:** Delirium, an acute confusional state, is experienced by many older adults. Although there is substantial research on risk factors and etiology<sup>2-5</sup>, we hypothesized that there is a dearth of information on educating the family caregivers of delirious older patients. Two objectives were addressed: (1) investigate published studies on the impact of delirium on the family regarding caring for a loved one; and (2) determine if there are interventions that have provided family caregivers with education and/or coping skills to manage delirium.

**Methods:** A date specific (2000-2013) literature review was conducted in several major databases, including: Medline-PubMed, Medline EBSCO, Medline Proquest, CINAHL, and Cochrane Collection Plus. Documented information related to keyword searches related to family caregivers vis-à-vis delirium was examined. A systematic elimination provided outcomes that met both objectives.

**Results:** A total of 208 citations met the criteria, 92 citations remained after removing duplicate citations. Twenty-five articles addressed impact on family caregivers (objective 1); only 6 addressed caregiver education regarding care for a delirious loved one (objective 2). No evidenced-based educational intervention has been established for family/informal caregivers regarding the care of a loved one with delirium.

**Conclusion:** Few studies consider family caregivers and even fewer studies focus on how to care for their loved ones. With increased risks to older adult patients, high cost of care, and the preventable nature of delirium; family caregiver education, training, and caregiving opportunities in health care settings may be an important tactic to improve outcomes.