

TITLE OF ABSTRACT: Prevention of Delirium in Intensive Care using low dose risperidone prophylaxis:

DEPARTMENT: General Medicine

NAME OF THE CANDIDATE: Amita Jacob

DEGREE AND SUBJECT: M.D. General Medicine (Branch I)

NAME OF THE GUIDE: Dr.O.C Abraham

OBJECTIVES:

To examine the efficacy of risperidone in the prevention of delirium in an intensive care unit.

METHODS:

The study was a randomized, double-blind, placebo-controlled trial in patients in the intensive care unit. We will include consecutive ICU patients, aged ≥ 18 years.

Patients were randomized in a 1:1 allocation ratio into intervention and control groups within 24 hours of ICU admission. The intervention group will receive prophylactic treatment with oral risperidone 1mg twice daily throughout the duration of ICU stay, and patients in the control group will receive placebo for the same duration. All patients will be followed up for a total period of 28 days. Patients will be screened daily for delirium using the CAM-ICU instrument.

RESULTS:

The baseline characteristics of both the Risperidone and control groups were similar. There was no significant difference in the incidence of delirium between the Risperidone and placebo groups. Patients with delirium had longer hospital and ICU stays and more complications. Benzodiazepine use, invasive ventilation and a diagnosis of poisoning were risk factors for delirium.