



Reality Orientation Project

Early rehabilitation for TBI patients in an acute care hospital



Traumatic Brain Injury (TBI) Program



Centre universitaire de santé McGill
McGill University Health Centre

REALITY ORIENTATION

Reality orientation involves regular stimulation and repetition of basic orientation information. It is used with the patient who shows signs of confusion, disorientation and/or difficulty interacting with his/her surroundings. By helping the patient become oriented, agitation and confusion as well as withdrawal can be reduced. To be effective, the reality orientation program requires a total team effort including **all staff and family members** as well as **consistency** in the information provided to the patient.

THE GOALS OF REALITY ORIENTATION ARE TO:

- increase awareness of time, place and person
- increase appropriateness of responses to the environment
- lead the patient to understand that better knowledge about him or herself and the environment will benefit his or her recovery

COMPONENTS OF THE NORTH STAR REALITY ORIENTATION PROJECT ARE:

- **reality orientation footboard:**
 - **patient's side** : includes a clock, a calendar, the name of the hospital and space for family pictures
 - **staff and visitor side** : includes schedule, information on how to approach the patient and a message board with a marker

- **room symbols:** room identification symbol for easier recognition
- **staff orientation sequence card** : cue card to remind staff of standardized sequence for orienting patient
- **orientation frequency chart:** check-off sheet to indicate each time an orientation sequence is done
- **family information:** about the North Star project and tasks that the family can do to help

EACH STAFF MEMBER IS ASKED TO:

- always address the patient by the name posted on the footboard
- use the staff orientation sequence each time you intervene with the patient
- help the family use this same approach when visiting the patient and answer family's questions regarding the information on the footboard
- make note on the orientation frequency chart each time you orient the patient
- chart any significant changes in orientation
- room symbol beside door should follow patient with any room changes

THE FAMILY'S HELP IN IMPROVING ORIENTATION AND AWARENESS IS ESSENTIAL

FAMILY CAN BRING IN FOR THE PATIENT:

- **2 or 3 photos** of him/her with significant family members, friends and/or pets; write the first name and relationship on the back of each photo
(Please avoid large group photos)
- **2 objects** that have particular significance for the patient
(ex: baseball cap, stuffed animal, etc.)
- **any toiletries** that he/she used regularly
- **running shoes** that he/she wore previously

EACH TIME THE FAMILY VISITS THE PATIENT:

- limit visitors to two at a time
- **visiting period:** maximum 20 minutes - followed by **rest period:** minimum 30 minutes - without visitors
- talk to the patient in **short simple sentences**; no double meanings
- **tell the patient:** the date, the time of day, the name of the hospital and the reason he/she is here



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IMPORTANT : PLEASE READ

Information provided in this pamphlet is for educational purposes. It is not intended to replace the advice or instruction of a professional healthcare practitioner, or to substitute medical care. Contact a qualified healthcare practitioner if you have any questions concerning your care.