

9

Reality Orientation

Patient name: _____ Admission: _____

NRS
DATE INITIAL

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- I. **The client/caregiver can list benefits of reality orientation.**
 - A. Keeps the client in touch with reality
 - B. Decreases confusion and disorientation
 - C. Decreases fear and anxiety
 - D. Improves quality of interactions with others

- II. **The client/caregiver can list measures for orientation.**
 - A. Use devices to improve memory.
 - 1. Simple clocks
 - 2. Calendars
 - 3. Label cabinets, doors, and drawers with words or pictures.
 - B. Do not reinforce hallucinations or delusions.
 - C. Give information slowly and simply.
 - D. Allow time for response.
 - E. Praise client for appropriate behavior.
 - F. Encourage independence.
 - G. Be sure client has glasses and/or hearing aid and that they are adequate for the client.
 - H. Maintain good eye contact.

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- I. Treat client with respect, patience, and acceptance.
- J. Encourage socialization with family and friends.
- K. Encourage verbalization, and allow client to talk about past events.
- L. Encourage activities as tolerated.
- M. Maintain familiar routines.
- N. Tell client frequently what day and what time it is.
- O. Discuss current events.
- P. Give client only one instruction at a time.
- Q. Do not argue with client over inaccurate information.
- R. Provide good lighting.
- S. All caretakers and family should be included in promoting reality orientation.

REFERENCES

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Timby, B. K. (2005). *Fundamental nursing skills and concepts*. Philadelphia: J. B. Lippincott Williams & Wilkins.