Comparison of the Effect of Clonidine and Melatonin on Delirium Prevention in Patients with Major Orthopedic Implications

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Conclusion:

This study aimed to compare the preventive effect of clonidine and melatonin on delirium in patients with major orthopedic implications. The results showed that both drugs significantly reduced the delirium incidence, with clonidine being more effective than melatonin. However, clonidine requires more caution due to its side effects. Melatonin, on the other hand, is a safer option with fewer side effects, making it a suitable alternative in patients with major orthopedic conditions.

Key Points:

1. Delirium is a common complication in orthopedic patients, leading to increased morbidity and mortality.
2. Pharmacological interventions, such as clonidine and melatonin, are used to prevent delirium in such patients.
3. This study compared the efficacy of clonidine and melatonin in preventing delirium in orthopedic patients.
4. The results indicated that both drugs are effective in preventing delirium, with clonidine being more effective but requiring more caution due to its side effects.
5. Melatonin is a safer option with fewer side effects, making it a suitable alternative in patients with major orthopedic conditions.

Conclusion:

The findings of this study suggest that both clonidine and melatonin can be effective in preventing delirium in orthopedic patients. However, clonidine requires more caution due to its side effects, while melatonin is a safer option with fewer side effects, making it a suitable alternative in patients with major orthopedic conditions.

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Ethical Approval:

This study was approved by the Ethics Committee of the Research Institute of Isfahan University of Medical Sciences, Iran.