

DELIRIUM

ACUTE CONFUSION IS A SIGN THAT SOMEONE IS PHYSICALLY UNWELL

1) SPOT IT

- Sudden change in behaviour
- More confused over the past few hours or days
- Confusion varies at different times of day
- Difficulty in following a conversation
- Rambling and jumping from topic to topic
- More sleepy or more agitated than usual

**IF ANY ANSWERS ARE 'YES' IT COULD BE DELIRIUM,
IF IN DOUBT CHECK IT OUT**



*"My mind seemed to have gone...
I was in a different world...
I didn't want them thinking
I was potty"*

2) TREAT IT

Remember the six common causes of Delirium: 'P.IN.C.H. M.E'!

PAIN – INFECTION - CONSTIPATION- HYDRATION- MEDICATION - ENVIRONMENT

3) STOP IT



EXPLANATIONS AND REASSURANCE:

Introduce yourself and explain what you are doing.
Be calm and patient, avoid being confrontational

REORIENTATION:

Remind the person of the time, date or season
Set clocks and calendars to the right time and date
Turn down noisy TVs or Radios

LOOK AFTER PHYSICAL NEEDS

Drinking, eating, toileting, sleep time, prevent falls
Check for signs of infection or pain