Delirium can be prevented and treated. Remember the causes of delirium.

**TIME AND SPACE**

- T – Toilet
- I – Infection
- M – Medication
- E – Electrolytes
- A – Anxiety / Depression
- N – Nutrition / Hydration
- D – Disorientation
- S – Sleep
- P – Pain
- A – Alcohol / Drugs
- C – Constipation
- E – Environment

Assess **toileting** needs frequently. Monitor for urinary retention avoiding catheters if at all possible.

Treat and monitor any underlying **infection** if present.

Review **medication**

Check for **electrolyte** disturbance (esp Na⁺ and Ca²⁺)

Assess and manage **anxiety** and **depression**

Provide adequate attention to **nutrition** and **hydration**

Be aware of **disorientation**, orientate wherever possible

Minimise **sleep** disturbances

Identify and manage **pain**

Be aware of withdrawal from **alcohol / drugs**

Prevent and where necessary treat **constipation**

Remember that **environmental** changes can increase the severity of delirium. Where possible, avoid moving people between care settings

**Always remember to be kind, calm, patient and mindful of emotional needs.**

*Prevent it, Suspect it, Stop it.*