Delirium can be prevented and treated. Delirium is a medical emergency!

**Prevent it**
- Calculate risk
- Assess for clinical factors
- Daily care plan and actions

**Suspect it**
- New or worse
  - Confusion
  - Drowsiness
  - Behaviour
- Do SQiD, 4AT or CAM

**Stop it**
- Treat causes
- Explain and reassure
- Physical needs

Single Question in Delirium = ‘Do you think [patient] has been more confused lately?’ Ask a friend or family member
REMEMBER

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

Do

• Follow Delirium guidelines
• Re-orientate frequently
• Use calming speech. Involve family/friends and familiar staff
• Walk to toilet frequently
• Be kind, calm, patient and mindful of emotional needs.

Don’t

• Change bed/ward
• Argue/confront
• Catheterise – unless essential
• Restrain – do allow to wander with supervision
• Sedate unless part of treatment plan.