

THINK DELIRIUM

Prevent it, Suspect it, Stop it.

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.