



## 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.