

DELIRIUM: TOP TIPS

1. LOOK CAREFULLY FOR DELIRIUM



PINCHME

Pain
Infection
Constipation
Hydration
Medication
Environment



Then use the 4AT to help diagnose delirium

www.the4at.com

SLEEP DEPRIVATION

makes delirium worse:
Encourage good sleep hygiene



GLASSES?
Put them on!

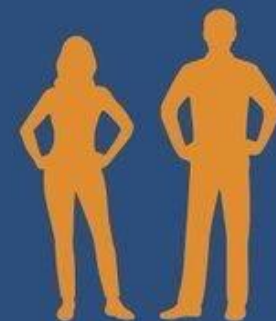


ASK ABOUT ALCOHOL



HEARING AIDS?
Put them in (& check batteries!)

2. HARNESS THE POWER OF THE FAMILY



LISTEN to family/friends/carers who tell you the patient is confused

ALLOW open visiting & family photos at bedside.
MINIMISE ward transfers (and document all this!)

3. FIND/STOP CULPRIT MEDS



- Amitriptyline
- Combo analgesics
- Anticholinergics
- Benzodiazepines

... can all cause or worsen delirium.
Can you deprescribe anything?

4. ORIENTATE YOUR PATIENT



Clocks & calendars

IF YOU REALLY HAVE NO OPTION BUT TO PRESCRIBE MEDICATION TO RELIEVE SEVERE AGITATION OR DISTRESS then use haloperidol or olanzepine at lowest possible dose, and consider benzodiazepines if antipsychotics are CI.