



WHAT IS DELIRIUM?

Delirium causes a person's mind to become clouded and makes paying attention or focusing difficult.

There are many different causes for delirium. Examples include:

- Infections
- Dehydration
- Effects of some medicine
- Severe illness / injury
- Unmanaged pain

Delirium is different than dementia:

Delirium	Dementia
Develops over hours or days	Develops over months or years
Usually resolves as patient recovers	Is a permanent condition
Can change from day to day	Gets worse over time

**IS SOMEONE
YOU KNOW
CONFUSED?**

This could be a common condition called DELIRIUM.

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WHAT SHOULD YOU LOOK FOR?

Delirium can look different from one person to another. Some of the things you may notice are:

Confusion

Inability to pay attention or follow directions

Having a hard time understanding what's going on around them

Acting differently, such as:

- Picking at clothes, lines or tubes
- Seeing or hearing things that aren't there
- Being afraid that they will be hurt
- Being unusually quiet
- Changes in usual sleeping patterns
- Appearing nervous or sad

WHAT WILL THE CARE TEAM DO ABOUT DELIRIUM?

Ask questions throughout the day to check for delirium

Review medications, including supplements

Help with exercise once it is safe

Advise you of goals for hydration or fluid intake

Delirium can be caused by many things. Ask the care team how they are managing delirium and how you can help.

HOW LONG CAN THE EFFECTS OF DELIRIUM LAST?

The effects of delirium can last a long time, even after someone goes home after a hospitalization or stay in a skilled nursing facility. Ask your care team for what to watch for and what to do if you notice changes.

HOW CAN YOU HELP?



SPEAK...

to your care team if the person you are caring for is not him/herself. How do they normally act? What are their usual sleep patterns? Share preferred nicknames.



REMIND...

the person you are visiting or caring for of the day, date and where they are. If they are confused or are seeing things that aren't there, avoid arguing with them.



PROVIDE...

glasses, hearing aids & dentures. This will help make communication and interaction with care and activities easier.



BRING...

in family photos & personal items. Familiar items can provide comfort and help with re-orientation.



TALK...

about family, friends and familiar topics. If you're not sure what to talk about, read a favorite book or the newspaper out loud. Staying involved and connected can be very encouraging.



HELP...

your person stay active. Ask the care team how you can help - staying active can help prevent delirium.

If you notice anything unusual or have other ideas, please talk to your care team.