

## Detect and Flag Delirium

# Delirium

is a state of mental confusion  
which develops quickly and  
usually fluctuates in intensity

## Clinical Features of Delirium

1. acute onset and fluctuating course
2. inattention
3. disorganized thinking
4. altered level of consciousness
5. memory impairment
6. perceptual disturbances
7. altered sleep-wake cycle
8. psychomotor agitation/retardation
9. disorientated

*\*Delirium should be suspected if features (1) and (2) and Either (3) or (4) are present. Further investigation should be followed.*

*S.K. Inouye et. al. (1990)*

## Minimizing Risk Factors Can Help Prevent Delirium

(Unless contradicts medical treatment:)

- Use of eyeglasses and hearing aids
- Calm and quiet environment with indirect lighting
- Position patient near window if possible
- Minimize room changes
- Promote fluid intake
- Promote mobility
- Encourage family/caregiver involvement
- Follow the Least Restraint Policy
- Treat medical illness promptly