



## 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
- 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.**