



**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.

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.

