

'SPECIAL'



A mnemonic for reducing responsive behaviours in people with delirium

S

Sleep hygiene



- Facilitate rest and a good sleeping routine.
- Ensure adequate lighting during the day, and dim lights at night.

P

Pain control and comfort



- Assess for pain and response to analgesia through verbal and behavioural cues.
- Carefully attend to personal hygiene, repositioning, and activities to minimize pain.

E

Exercise



- Ensure that mobility aids and adequate footwear are accessible.
- Make time to sit or get them out of bed, walk around the ward, and for toileting.

C

Cognitive stimulation



- Reduce noise and clutter in the environment.
- Use music, TV, sensory devices, etc to provide stimulus and distraction (with rest in between activities).

I

Introduce people, role, time and place



- Orientate the person to names, roles, time and place for reassurance and safety.
- Ask family or friends to bring familiar objects from home to hospital.

A

Assistive devices and interventions



- Ensure that glasses and hearing aids are within reach and used.
- Familiarise with the person's behavioural management plan.

L

Likes and interest



- Address the person by their preferred name.
- Get to know what they like to talk about and their interests to engage in meaningful conversation with the person.