



DELIRIUM TIPS

If your patient is delirious, here are some steps you could take to reduce distress

Familiarity



Help them to see / hear / touch their belongings, photos of loved ones, their music

Nocturnal sleep



Encourage them to stay active in day with mobilisation and entertainment, give sleep meds early enough to take effect, offer sleep aids, reduce night-time disruption by timing rolls, bloods and bathing before night

Orientation

Hi Faruq,

You are at The Royal London Hospital

Today is Tuesday 28th October 2021

You have been in an accident but we're helping you get better

Your son Mo will call later today

Your nurse is called Reena, you can call her at any time

Sensory acuity



If they normally use glasses, hearing aids, dentures, try to help them access them

