

# THINK DELIRIUM - THINK 4 Ms

## CREATING AN AGE FRIENDLY HEALTH SYSTEM

### Delirium is a Medical Emergency

Early identification and management of Delirium leads to better outcomes.  
Is your patient more confused lately?

#### Criteria Of Delirium

- Disturbance of consciousness.
- The disturbance develops over a short period of time and tends to fluctuate.
- A change in cognition or the development of a perceptual disturbance not accounted for by a pre-existing, established or evolving dementia.
- Caused by the direct physiological consequences of a general medical condition.

#### Predisposing Factors

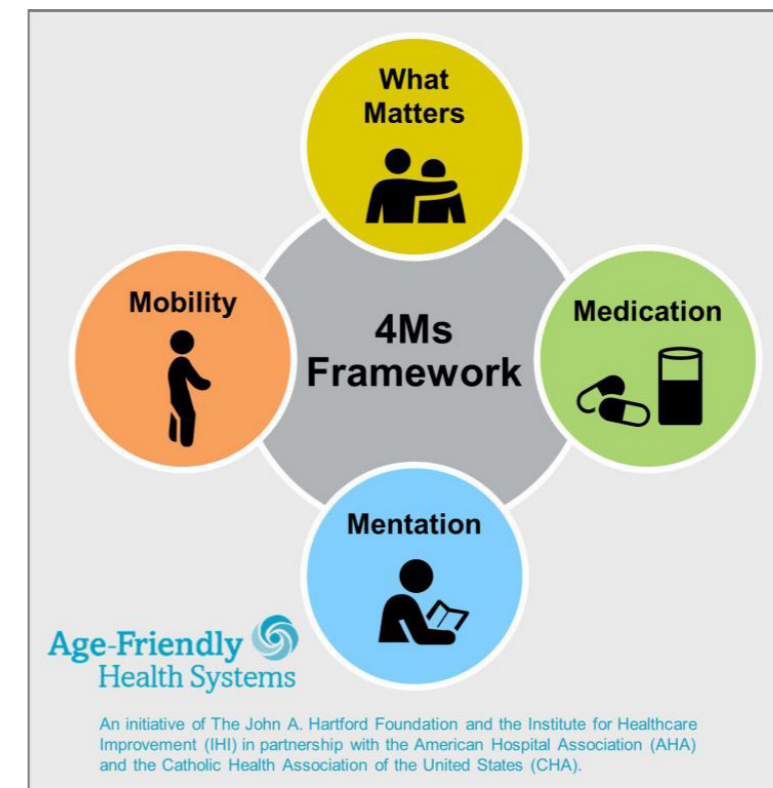
- Age above 65 years.
- Dementia or cognitive impairment.
- Sensory Impairment.
- Frailty.
- Current hip fracture.
- Polypharmacy.
- Previous history of Delirium.

### Delirium

#### Precipitating Factors

- I.** Infections -Urinary, Pneumonia etc.
- W.** Withdrawal –Alcohol, sedatives, barbiturates
- A.** Acute metabolic changes
- T.** Trauma – brain injury, subdural hematoma
- C.** CNS pathology – post-ictal, stroke, tumour
- H.** Hypoxia – CHF, anemia
- D.** Deficiencies – thiamine, niacin, B12
- E.** Endocrinopathies
- A.** Acute vascular
- T.** Toxins and Drugs –anti-cholinergics, opioids
- H.** Heavy Metals Poisoning

#### 6 PROVEN STRATEGIES TO PREVENT DELIRIUM IN OLDER ADULTS



#### What Matters

Know and align care with each older adult's specific health outcome goals and care preferences including, but not limited to, end-of-life care, and across settings of care.

#### Medication

If medication is necessary, use Age-Friendly medication that does not interfere with What Matters to the older adult, Mobility, or Mentation across settings of care.

#### Mentation

Prevent, identify, treat, and manage dementia, depression, and delirium across settings of care.

#### Mobility

Ensure that older adults move safely every day in order to maintain function and do What Matters.

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Consider the 4 Ms

Identify potential causes of Delirium

Develop appropriate treatment plans

Create an Age Friendly Health System