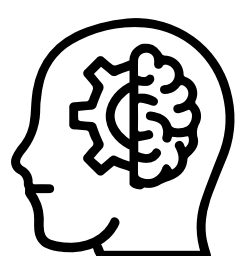


THINK DELIRIUM

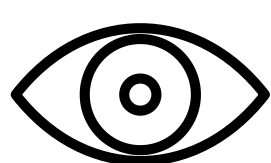
Delirium is a medical emergency and can be prevented and treated.



Things to look out for...



Changes in cognitive function; worsened concentration, slow responses, confusion.



Changes in perception; visual or auditory hallucinations.



Changes in physical function; reduced mobility, reduced movement, restlessness, agitation, changes in appetite sleep disturbance.



Changes in social behaviour; difficulty engaging with or following requests, withdrawal, or alterations in communication, mood and/or attitude.

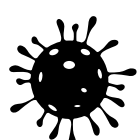
If your loved one is experiencing any of these sudden changes or fluctuations in behaviour, escalate your concerns as soon as possible to a nurse or doctor.

Common Cause(s)...



P

Pain – poorly managed or unmanaged pain, especially in people with communication difficulties



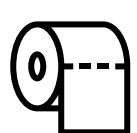
I

Infection – especially in elderly people. This may be a urine infection, sepsis or pneumonia.



N

Nutrition – poor nutritional intake, reduced appetite, lack of healthy foods.



C

Constipation – can lead to pain, discomfort, bowel obstruction or faecal impaction.



H

Hydration/Hypoxia - lack of oxygen in the blood or lack of fluid intake (can lead to constipation)



M

Medications – side effects, change in medications or taking more than five medications at a time.



E

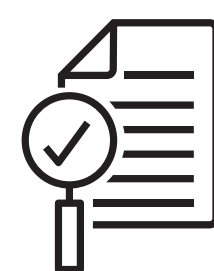
Environment – unnecessary transfers and moves, too little stimulation of the senses.

Is your loved one more confused or drowsy than normal?

Be Kind to the Mind...



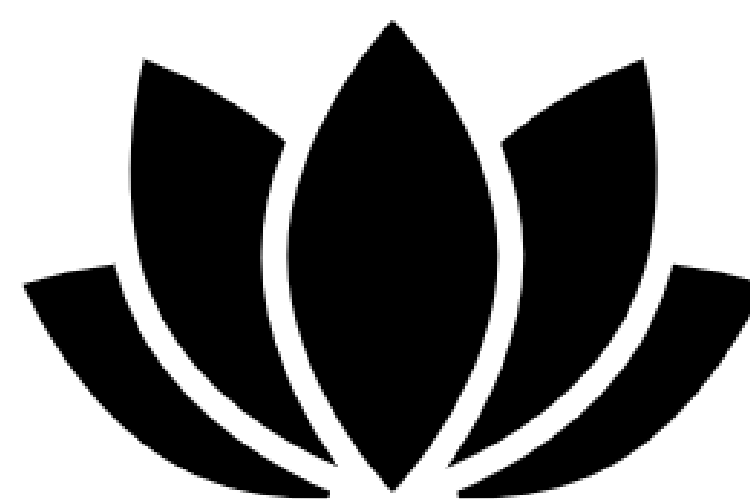
Delirium can be extremely frightening for the person experiencing it, but also for the people around them who witness it...



Evidence suggests that 86% of people who experience delirium experience fear and distress and 25% experience hallucinations (hearing, seeing, smelling, tasting or feeling things that appear to be real but only exist in your mind).



Be Kind, Calm & Reassuring



EMPOWER FLOWER

Your contribution to the person's delirium care is important. As you know the person best, you can help our staff to understand who they are and what might work for them.