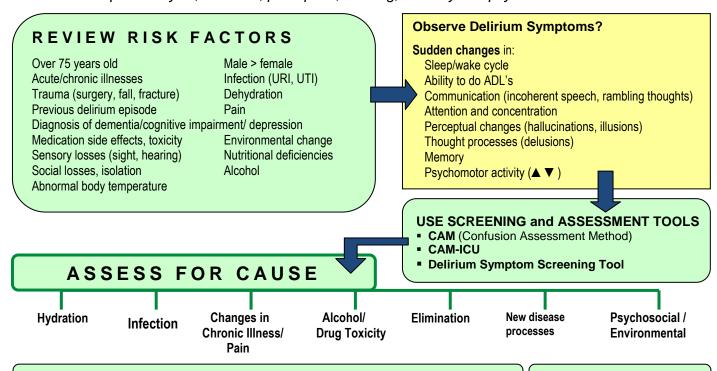
# **Delirium Decision Tree**



**Delirium** An acute, confusional state lasting from hours to a few weeks, characterized by changes in sleep-wake cycle, attention, perception, thinking, memory and psychomotor behaviour



### INTERVENTIONS

### **Treat Underlying Physiological Cause**

- Investigations with physician, e.g., lab work, electrolytes
- 1500 cc's of fluid daily (unless restricted)
- Review medication profile
- Antibiotics (if infection)
- Stabilization of disease
- Treat constipation, urinary retention
- Pain management
- Pharmacological interventions

### Sleep Hygiene

- Keep regular bedtime
- Release tryptophan with warm milk, yoghurt, salmon/turkey sandwiches on whole grain bread
- Eliminate caffeine
- Reduce light / noise stimuli
- Bedtime voiding
- Sleep stimulants: Aroma, music
- Stabilize body/room temperature

## DOCUMENT

CAM or CAM-ICU
Behaviour Monitoring Chart
Sleep/Wake chart
MMSE / 3MS
Clock drawing
BCRS

Document Interventions and Outcomes

### **DEVELOP and IMPLEMENT INDIVIDUALIZED CARE PLAN. CONSIDER:**

## **Environmental**

- Wear hearing aides, glasses, dentures
- Calm soothing atmosphere
- Provide sunlight during the day
- Regular routine, including rest periods
- Alternatives to restraint
- Promote regular toileting
- Minimize sudden changes in environment
- Cues for orientation (clocks, calendar, photos)

#### **Supportive**

- · Consistent caregiving staff
- Speak in clear, short, simple phrases
- Inform this is a short-term condition
- Validate fears and concerns
- Encourage regular visits from family, volunteers
- Familiar items
- Implement coordinated routines appropriate to functioning level
- Exercises / walking
- Consider expert consultation

#### **Pharmacological**

- Hypnotics for sleep
- Antipsychotic for delusions and agitation
- Antidepressant
- Bowel meds (softeners, stimulants, bulk producers)
- Analgesics

Consider that any of the above can also <u>adversely</u> affect delirium.

Adapted with permission. Earthy, A. (2002). Delirium CPG. Fraser South Health Authority.