



Delirium in the Older Person: A Medical Emergency

Recommended Lab Investigations

In order **to rule out medical problems** that may be causing or contributing to the delirium, the following screening blood work should be done. Tests need to have been done within 3 months; more recent results are preferable.

<u>CBC</u>	<ul style="list-style-type: none"> - anemia - blood dyscrasia - infection
<u>B₁₂</u>	<ul style="list-style-type: none"> - pernicious anemia - malabsorption - malnutrition
<u>Folate</u>	<ul style="list-style-type: none"> - Malnutrition
<u>TSH</u>	<ul style="list-style-type: none"> - hypo/hyperthyroidism
<u>FBG</u>	<ul style="list-style-type: none"> - diabetes
<u>Bun/Creatinine</u>	<ul style="list-style-type: none"> - renal failure - dehydration
<u>Electrolytes</u>	<ul style="list-style-type: none"> - dehydration - SIADH (syndrome of inappropriate anti-diuretic hormone or hyponatremia)
<u>Drug levels</u>	<ul style="list-style-type: none"> - Digoxin - anticonvulsant - Lithium - Nortriptyline
<u>Ca/PO₄</u> (calcium, phosphates)	<ul style="list-style-type: none"> - hypo/hyperparathyroidism - boney metastases

Do these tests to rule out causes of delirium

ESR	<ul style="list-style-type: none"> - temporal arteritis
Cortisol Level	<ul style="list-style-type: none"> - Cushing's
LFT (Liver Function Tests)	<ul style="list-style-type: none"> - alcohol abuse
Chest X Ray	<ul style="list-style-type: none"> - carcinoma, pneumonia
EKG	<ul style="list-style-type: none"> - atrial fibrillation
O2 sat	<ul style="list-style-type: none"> - COPD OPD
CT Scan	<ul style="list-style-type: none"> - subdural haematoma, meningiomas - normal pressure hydrocephalus
Urinalysis	<ul style="list-style-type: none"> - UTI
VDRL	<ul style="list-style-type: none"> - neurosyphilis

(Reference: Duncan, BC: Seniors Health)