



15 March 2023 #WDAD2023

# Delirium



## What is Delirium?

- Attention deficit
- Loss of memory
- Drowsiness
- Poor concentration
- Confusion
- Behavioural changes
- Agitation
- Sudden onset & fluctuations



## What causes Delirium?

- Changes to medication
- Constipation
- Dehydration
- Infection
- Pain

As well as many others...



## Symptoms of Delirium

- Change in awareness
- Agitation
- Hallucinations
- Delusions
- Disorientation
- Poor mobility
- Sleepiness
- Unsteady balance
- Paranoia
- Change in attention



## Recovering from Delirium

- The **cause** of delirium is treated
- Recovery is continued with the support of:

- Talking to familiar people
- Emotional support
- Leisure activities
- Natural light

- Hydration
- Sleep

- Being active
- Eating well
- Routine

<https://blogs.exeter.ac.uk/recovered>



# RecoveredED

Recovery after an episode of delirium