

DELIRIUM

6 Activities

for families and other caregivers to help prevent delirium

Delirium is a common complication in older adults who are in the hospital

These activities aim to:

- Reduce the number of cases of delirium
- Reduce the length of hospitalization
- Involve families in prevention activities
- Improve the experience of hospitalization for older adults and their families
- Improve the quality of life of older adults and their return home

What is Delirium?

Delirium is the **sudden onset** of confusion that come and go during the day

It causes changes in the way people think and behave.

Delirium is usually temporary, but it can complicate convalescence and delay the return home

Delirium is more common in hospitalized older adults

Project in the context of master degree studies in nursing
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What causes delirium?

- Advanced age
- Infections
- Worsening of an illness
- Side effects of medications
- Poor hydration
- Poor nutrition
- Pain
- Sensory impairment
- Withdrawal
- Hospitalization...

To learn more about delirium:

www.ccsmh.ca
www.nicheprogram.org
www.viha.ca

For family caregiver:

www.aidant.ca
www.centredesoutienentraidants.com

1 RE-ORIENT REGULARLY

- Give date, time and place
- Talk about current events
- Provide a clock and a calendar

2 BEING PRESENT MAKES ALL THE DIFFERENCE

Take the opportunity of your visits to do stimulating activities (chat, reading out loud, playing games...)

3 ENCOURAGE WEARING OF GLASSES AND HEARING AIDS

4 TAKE EVERY OPPORTUNITY TO ENCOURAGE MOVING REGULARLY

Check with the nurse what movements your relative can do.

5 OFFER FLUIDS FREQUENTLY

You can also bring home cooked meals

Check with the nurse if any restriction exists for your relative

6 ASK RAPIDLY FOR PAIN MANAGEMENT

Check with the nurse what can be done or given to relieve and control pain