

Health education Number: GER-122

Set date: 2022.11.04 Review date: 2023.10.20

How to prevent delirium in elderly

Delirium, also known as an acute confussional state, is a clinical syndrome that usually develops in the elderly. It can occur suddenly and changes quickly, and most of them are related to internal medicine diseases. The treatment method should be based on prevention. Regular cognitive evaluation should be practiced in order to facilitate early detection and early intervention of delirium in older patients. Sometimes, delirium may lead to long-term cognitive impairment. Therefore, understanding how to prevent and manage delirium is essential for improving the quality of life in older persons.

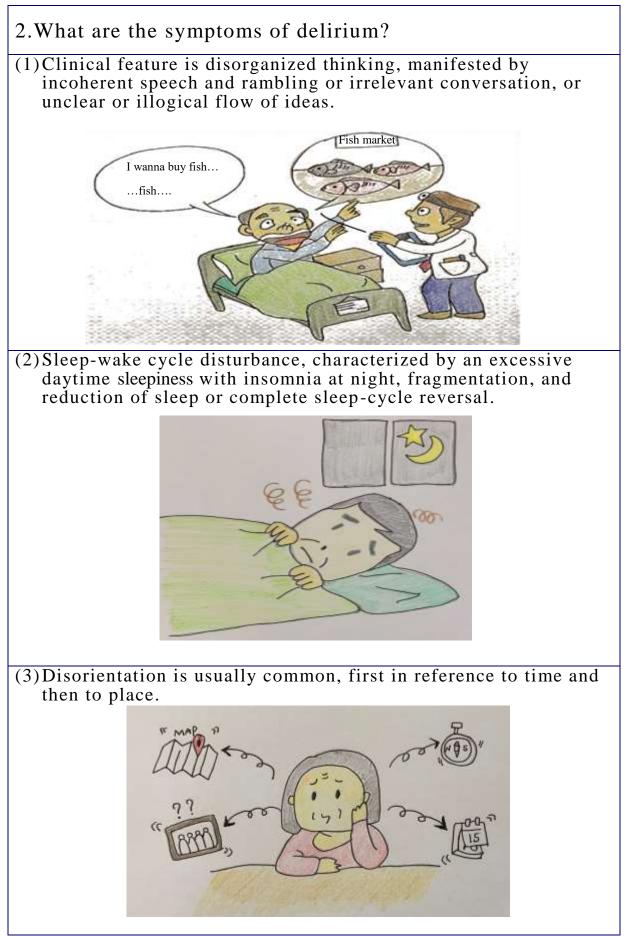
1.What is delirium?

Delirium is characterized by an acute fluctuating impairment of cognitive functions and inattention.



To deliver intelligent and holistic medicine and to provide the best healthcare Compassion Quality Innovation Accountability

All information above has been reviewed by GERI specialists Edited and published by the Department of Nursing, Taichung Veterans General Hospital



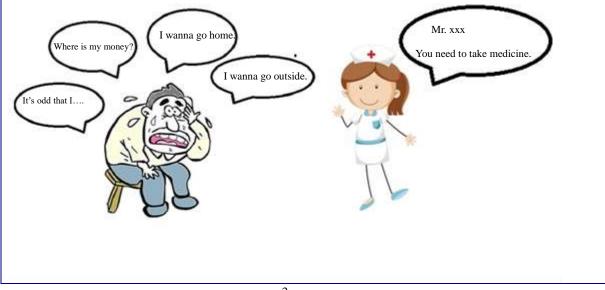
(4) Emotional disturbances, such as anxiety, fear, irritability, anger, depression, and indifference, may also be seen.

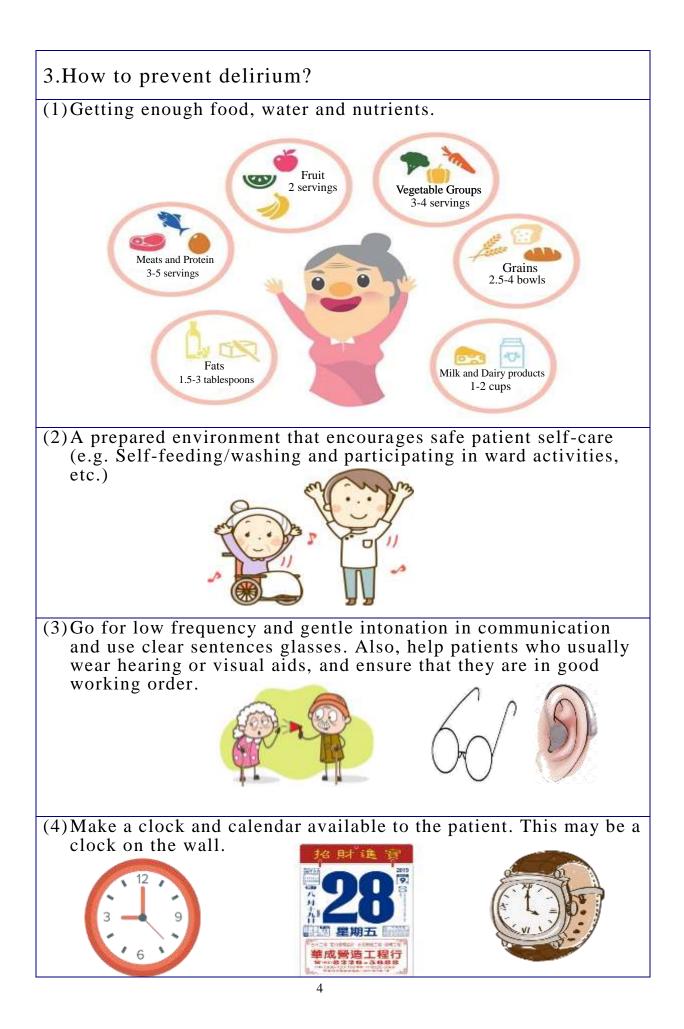


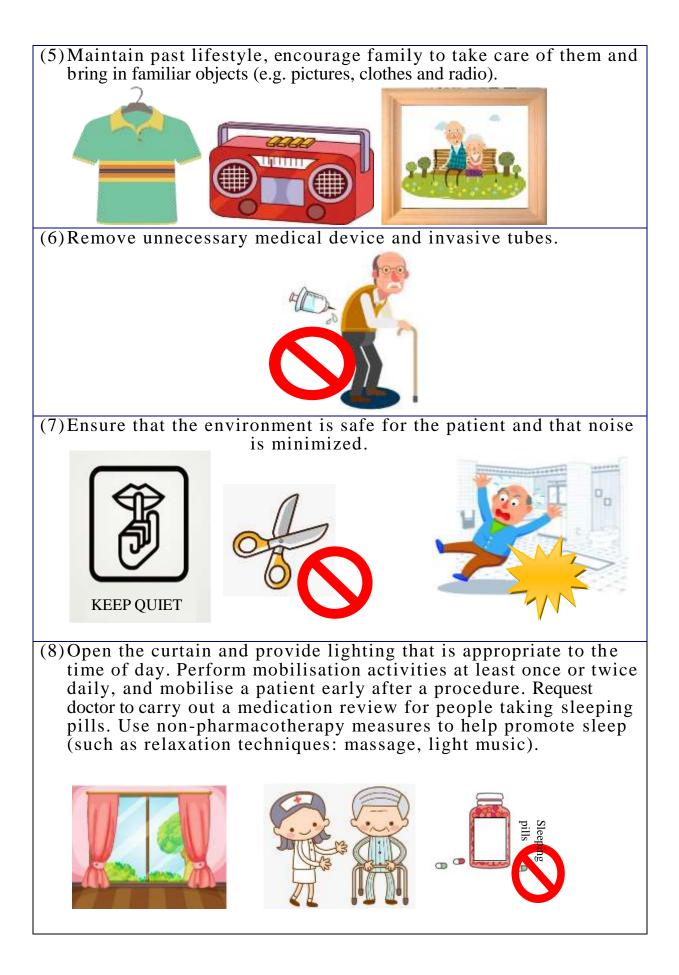
(5) Patients show features such as hyper-vigilance, restlessness, agitation, aggression, mood lability, and in some cases, hallucinations and delusions.



(6) Usually these patients are easily distractible by irrelevant stimuli and unable to follow a conversation or obey.







4.Conclusion

Delirium in the elderly often attacks suddenly. When delirium occurs, caregivers do not know what happened to the patient and how to deal with it. Once delirium happened, it can easily increase the length of hospitalization and mortality. Therefore, how to prevent the delirium is really important.

5.References

- Chen C.(2022). Diagnosis and Management of Geriatric Patients' Delirium. Show Chwan Medical Journal, 21(1), 97-102. https://doi.org/10.53106/15610497202206210 1012
- Lin L.H., Huang H.Y., Tsan Y.H., & Cheng H.C. (2021).
 Effectiveness of Preventing Delirium After Surgery for Older Adults in a Taiwanese Medical Center. VGH Nursing, 38(2), 112-119.

https://doi.org/10.6142/VGHN.202106_38(2). 0001

Chen Y.R., Chen Y.L., Chen W.Y., LIN Y.C., & Jane S.W.(2021). Evidence-Based Nursing Care of Older Adult Patient With Postoperative Delirium and Hip Fracture. *The Journal of Nursing*, 68(1), 90-96. https://doi.org/10.6224/JN.202102_68(1).12 Let's take the quiz to make sure you understand

1. "Delirium" is a process of acute confusion and fluctuating symptoms.

⊖True ⊖False ⊖Not Sure

2. Symptoms of "delirium" include: disorientation, lack of organization in thinking, and incoherent or disorganized speech.

○True ○False ○Not Sure

3. "Delirium" will not heal, so there is no need for treatment.

○True ○False ○Not Sure

4. Increase the sense of orientation and promote communication, which can reduce the occurrence of delirium.

 \bigcirc True \bigcirc False \bigcirc Not Sure

5. Keeping the curtains open during the day, maintaining bright light, and encouraging activities out of bed can reduce the occurrence of delirium.

○True ○False ○Not Sure