

## Appropriate Use of Antipsychotics (AUA) Project in Long Term Care Delirium Prevention

Delirium is a potentially life-altering problem experienced by up to 60% of residents in long term care. Those with dementia are at higher risk for delirium. Delirium results in distress, increased confusion, sometimes hospitalization and even death. Antipsychotics may be prescribed for hallucinations and delusions resulting from delirium.

### There are many possible reasons for delirium including:

- Side effects of medications
- Dehydration
- Malnutrition
- Stress
- Infection

As part of our facility's participation in the Appropriate Use of Antipsychotics Project, we will look for ways to decrease risk of delirium for our residents. Some strategies include:

- Support of sleep
- Adjusting medications
- Looking for ways to reduce the stress of noise, pain, restraints etc.
- Offering fluids frequently
- Use antibiotics only when necessary



### How Can You Help?

If you notice a change in a family member/resident, please let the care team know:

- Seems different than usual: more tired, weak, confused or drowsy
- Talks or communicates less
- Needs more help than usual
- Seems to be in pain
- Poor appetite, nausea, vomiting
- Constipation or diarrhea
- Dry mouth, cracked lips, concentrated urine