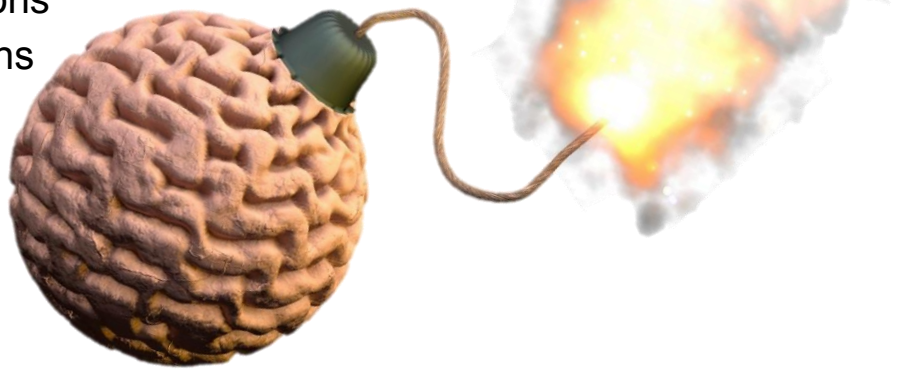


Elder Friendly Care (EFC) Project in Acute Care Delirium Prevention

Delirium is a medical emergency and a potentially life-altering problem. Those with dementia are at higher risk for delirium. Delirium results in distress, confusion, damage to the brain and even death.

There are many possible reasons for delirium including:

- Side effects of medications
- Stress, sleep interruptions
- Dehydration
- Malnutrition
- Infection
- Surgery



Strategies to decrease delirium risk for patients include:

- Supporting sleep
- Adjusting medications
- Finding ways to reduce the stress of noise, pain, restraints etc.
- Offering fluids frequently
- Using antibiotics only when necessary
- Using antipsychotics only as a last resort

If you notice a change, please let someone know:

- Seems different than usual: more tired, weak, confused or drowsy
- Talks or communicates less
- Words don't make sense
- Needs more help than usual
- Seems to be in pain
- Poor appetite, nausea, vomiting
- Constipation or diarrhea
- Dry mouth, cracked lips, concentrated urine