

## Other information

- Delirium can last from a couple of hours to several weeks
- Most people will recover but, people living with dementia may not be as well
- Delirium is frightening for the patient and their carers. People may have some memory of their symptoms

## Who to contact for information

- The nurse in charge
- The mental health team called RAID
- Dementia Nurse Specialist
- Doctor on the ward

## Other useful contacts

### Carers Contact Centre

Telford 01952 240209

### Shropshire Carers

Community Council  
Shrewsbury 01743 360641

### Alzheimer's Society

Telford 01952 250392

Shropshire 01743 341800

### PALS

#### **Patient Advise and Liaison Service**

Who will act on your behalf when handling patient and family concerns

PALS is a confidential service

#### **Royal Shrewsbury Hospital,**

Tel: 01743 261691

#### **Princess Royal Hospital,**

Tel: 01952 282888

# Delirium

## A guide for patients and carers

### What is Delirium

Delirium is a change in a person's Physical condition that makes people confused



## What are the causes of Delirium?

- Infections like chest and urine infections (UTI)
- Dehydration
- Some medications
- Alcohol or drug withdrawal
- Uncontrolled pain
- Surgery and anaesthetics
- Disease diseases lung or heart disease or a stroke
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**Often there is more than one cause**

## What happens in Delirium ?

- The patient becomes confused
- They can be sleepy
- They can be agitated and aggressive
- They may experience hallucinations (seeing or hearing things which aren't there)
- They may show changed thinking such as paranoia
- They may not be able to do simple daily activities such as washing or eating
- All these symptoms can vary during the day and or the night

## What can we do to help?

- Find the cause and treat it
- We try to ensure the patient can see and hear (using their glasses and hearing aids)
- We need to help the patient eat and drink enough
- Sedative drugs are used only when necessary