Delirium

A guide for patients and carers

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

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

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
<table>
<thead>
<tr>
<th>What are the causes of Delirium?</th>
<th>What happens in Delirium?</th>
<th>What can we do to help?</th>
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<tbody>
<tr>
<td>• Infections like chest and urine infections (UTI)</td>
<td>• The patient becomes confused</td>
<td>• Find the cause and treat it</td>
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<td>• Dehydration</td>
<td>• They can be sleepy</td>
<td>• We try to ensure the patient can see and hear (using their glasses and hearing aids)</td>
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<td>• Some medications</td>
<td>• They can be agitated and aggressive</td>
<td>• We need to help the patient eat and drink enough</td>
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<td>• Alcohol or drug withdrawal</td>
<td>• They may experience hallucinations (seeing or hearing things which aren't there)</td>
<td>• Sedative drugs are used only when necessary</td>
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<td>• Uncontrolled pain</td>
<td>• They may show changed thinking such as paranoia</td>
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<td>• Surgery and anaesthetics</td>
<td>• They may not be able to do simple daily activities such as washing or eating</td>
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<td>• Disease diseases lung or heart disease or a stroke</td>
<td>• All these symptoms can vary during the day and or the night</td>
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**Often there is more than one cause**