

WHAT SHOULD YOU LOOK FOR?

Delirium can look different from one person to another. Some of the things you may notice are:

Confusion

Inability to pay attention or follow directions

Have a hard time understanding what's going on around them

Acting differently, such as:

- Picking at clothes, lines or tubes
- Seeing or hearing things that aren't there
- Acting out
- Being afraid that they will be hurt
- Being unusually quiet
- Changes in usual sleeping patterns
- Appearing nervous or sad

WHAT WILL THE CARE TEAM DO ABOUT DELIRIUM?

Ask your loved one questions throughout the day to check for delirium

Check your loved one's medications every day

Help your loved one exercise as soon as it is safe

Delirium can be caused by many things. Ask the care team how they are managing delirium.

HOW MIGHT THIS IMPACT YOUR LOVED ONE AFTER HOSPITALIZATION?

The effects of delirium can last a long time and are unpredictable. Please ask your care team for more information.

Want more information?

Visit www.hospitaldeliriumbc.ca

HOW CAN YOU HELP?



SPEAK...

to your care team if your loved one is not him/herself. How do they normally act? What are their usual sleep patterns? Let the care team know if your loved one has a preferred nickname.



REMINDE...

your loved one of the day, date and where they are. If they are confused or are seeing things that aren't there, avoid arguing with them.



PROVIDE...

glasses, hearing aids & dentures. This will help your loved one communicate and interact with the world around them.



BRING...

in family photos & personal items. Familiar items can provide comfort and help remind your loved one of their life outside the hospital.



TALK...

about family, friends and familiar topics. If you're not sure what to talk about, read a favourite book or the newspaper out loud. This will help your loved one stay involved and connected.



HELP...

your loved one stay active. Ask the care team how to help keep your loved one active during their ICU stay – this can help prevent delirium.

You know your loved one best! If you notice anything unusual or have other ideas, please talk to your care team.



WHERE TO LEARN MORE

Ask your care team for more information,
or visit: www.hospitaldeliriumbc.ca

WHAT IS DELIRIUM?

Delirium causes a person's mind to become clouded and makes paying attention or focusing difficult.

2 in 3 patients in the ICU may develop delirium*

There are many different causes for delirium.
Examples include:

- Infections
- Dehydration
- Effects of some medicine
- Severe illness / injury
- Unmanaged pain

Delirium is different than dementia:

Delirium	Dementia
Develops over hours or days	Develops over months or years
Usually resolves as patient recovers	Is a permanent condition
Can change from day to day	Gets worse over time

*Cavallazzi, R., Saad, M., & Marik, P. E. (2012). Delirium in the ICU: an overview. *Annals of Intensive Care*, 2, 49. <http://doi.org/10.1186/2110-5820-2-49>



IS YOUR LOVED ONE CONFUSED?

*This could be a common condition
called DELIRIUM.*