

Post-Discharge Family Education

SIGNS OF POTENTIAL DELIRIUM INVOLVE CHANGES IN:

ATTENTION:

- Difficulty focusing attention
- Easily distracted
- Trouble keeping track of what you are saying

SPEECH:

- Rambling or unrelated speech
- Difficult to follow thoughts
- Words that do not make sense
- Switching from subject to subject

SLEEP:

- Excessively sleepy or drowsy during the daytime
- Change from normal sleep behavior during the day

DISORIENTATION:

- Confused about times, places and people

VISUAL OR AUDITORY:

- Seeing or hearing things not actually there

DISTURBANCE:

- Mistaking one thing for something else

BEHAVIOR:

- Inappropriate behavior such as wandering, yelling out, being combative or agitated
- Fearful that others are trying to harm them

RECOGNIZING DELIRIUM:

Possible symptoms of delirium include a sudden change in your loved one's behavior and tend to come and go throughout the day. The earlier you can spot delirium the better, so any suspected change in thinking or behavior should be reported to a medical professional right away.

WHAT TO DO:

Call your loved one's physician right away if any changes noted above occur.

Be prepared to provide the following information:

- Your loved one's name, date of birth, and date of discharge from the ED or hospital
- When you first noticed the signs or changes
- The specific signs noted and if they come and go
- Patient's current temperature
- All current medications (including over the counter) and when last taken
- Diagnoses and details of recent ED visits, hospitalizations, or procedures
- Name and phone numbers of pharmacy and primary care physician

This work was created by Dr. Sharon K. Inouye and West Health Institute and is licensed under the Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International (CC BY-NC-ND 4.0). To view a copy of this license, visit: <https://creativecommons.org/licenses/by-nc-nd/4.0/>