Evaluate whether your patient is:

- Over-medicated
- Lacking oxygen
- Not mobile
- Dehydrated
- Not warm enough
- Constipated
- Lacking food
- Lacking sleep

Recommendations:

- Conduct delirium screenings before surgery and encourage patients to "prehab" before hospitalization.
- Warn of the risks of delirium and advise on how to avoid.
- Look for infections or underlying medical conditions that may be causing delirium.
- Manage delirium through non-pharmacological methods first; antipsychotic medications should be avoided whenever possible.
- Try to manage pain with the smallest possible amount of narcotics.
- Do not discharge patients with delirium symptoms unless there is a competent caregiver at home.
- Educate others about delirium.