

DELIRIUM

HARMS
BRAIN
HEALTH

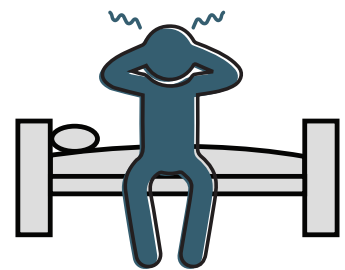


Healthcare providers can **take steps to help prevent or lessen the severity** of delirium.

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.



Preserving Your Brain Health During Illness or Surgery: GCBH Recommendations to Prevent and Treat Delirium
GlobalCouncilonBrainHealth.org • Contact: GCBH@aarp.org

For more brain health tips see StayingSharp.org • DOI: <https://doi.org/10.26419/pia.00101.003>

Global Council on
Brain Health
A COLLABORATIVE FROM AARP