Delirium can occur after anesthesia and surgery.

Anesthesiologists can take steps to help prevent and treat delirium:

- **Work in multi-disciplinary teams**
  A team with different types of skills can optimize care, for example medication review.

- **Ensure cognitive screening**
  All patients should be evaluated before surgery for risk factors.

- **Avoid anti-psychotics**
  Look for underlying causes and utilize family members for support.

- **Assess pain control options**
  Use multimodal pain management, use acetaminophen and local or regional analgesia where possible, use non-narcotic pain relief minimizing opioids. Avoid benzodiazepines.

- **Educate**
  Families and healthcare providers need to better understand how to prevent and treat delirium.

Preserving Your Brain Health During Illness or Surgery:
GCBH Recommendations to Prevent and Treat Delirium
ASA Perioperative Brain Health Initiative
Website: asahq.org/BrainHealthInitiative
GlobalCounselBrainHealth.org • Contact: GCBH@aarp.org
DOI: https://doi.org/10.26419/pia.00101.004