

Delirium
It is a syndrome of transient, severe cognitive dysfunction which manifests as neuropsychiatric abnormalities, which usually affects older age and previously compromised mental status.

Risk Factors

① Predisposing Factors

- Old age
- Dementia
- Polypharmacy
- Sensory impairment

② Precipitating factors

- Intercurrent illness, Surgery, change of ward or environment, Sensory deprivation, Sleep deprivation, Dehydration, Pain, Constipation, Fever, Alcohol Withdrawal, Hypoxia

Causes Common with Investigation

① Infection - Pneumonia, UTI, Sepsis, Cellulitis.

CBC, X-ray chest, ESR, CRP, Blood Culture, Swabs.

② Metabolic - Hyponatremia/Hyper, Hypoglycemia, Hypothyroid, Vitamin deficiency, B₁₂ deficiency.

Electrolyte, TFT, LFT, B₁₂, Folate, Urea - Creatinine.

③ Neurological - Stroke, Subdural hematoma, Meningitis, Encephalitis, Space Occupying lesion.

CT Brain, Lumbar Puncture.

④ Toxic insult - Anticholinergic, Digoxin, opiates, Antipsychotics, Glucocorticoids.

⑤ Pain, Hypoxia - Pulmonary embolism, Pneumonia, Pulmonary edema, COPD, MI.

Pulse oximetry, chest x-ray, ECG.

Clinical Pathophysiology $\Rightarrow$ Not understood.

So 3 theories -

- ① Neurotransmitters $\rightarrow$ Acetylcholine, Dopamine, Noradrenaline, Glutamate;
- ② Neuronal membrane doesn't depolarize!
- ③ Inflammatory cytokines -

Clinical features -

① Hyperactive

- Agitated or Aggressive
- Incoherent speech
- Delirious
- Hallucination
- Disorientation
- Disorganized speech.

② Hypoactive

- Sluggish or drowsy
- Less reactive or sullen
- Looks withdrawn
- afraid of having hallucination

③ Mixed

$\Rightarrow$ It happens suddenly or of off on hours-day.

Diagnosis -

① 4 AT $\Rightarrow$ Alertness, AMT4, Attention, Acute change or fluctuating course.

② Confusion Assessment method -

$\rightarrow$ To differentiate it from dementia.

(which is chronic has no hallucination)

Management

$\rightarrow$ Help them feel oriented and comfortable.

$\rightarrow$ Reduce extra noise, Glarbes, hearing aids.

$\rightarrow$ Good daily routine (Healthy meals, stay hydrated, stool, sleep)

$\rightarrow$ Make them feel in home.

$\rightarrow$ Avoid falls and bruises.