

## WHAT CAN YOU DO?

- Speak slowly and clearly
- Use short sentences
- Keep calm and friendly
- Remind them of the date, time and place
- Bring personal belongings such as glasses, hearing aids, dentures, toiletries, perfume, shaving gel
- Create familiar surroundings
- Avoid too many visitors
- Do not be too demanding or impatient
- Avoid conflict and long discussions
- Take part in a diary



**TALK TO US, SHARE YOUR OBSERVATIONS WITH US. THE ACUTE CONFUSIONAL STATE IS REVERSIBLE AND TRANSIENT. REPERCUSSIONS ARE RARE.**

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## DELIRIUM



## WHAT IS AN ACUTE CONFUSIONAL STATE ?

An acute confusional state is a sudden onset of consciousness and concentration troubles.

### WARNING SIGNS AND SYMPTOMS:

- Disorientation in time and space
- Lack of concentration
- Delayed reactions
- Hallucinations
- Anxiety
- Aggressiveness
- Apathy
- Agitation
- Lack of sleep/insomnia
- Abnormal and inappropriate stereotypical movements



### PROBABLE CAUSES :

One or more triggers such as:

- Infection
- Pain
- Withdrawal (alcohol, cigarettes, medication...)
- Medication
- Unusual surroundings
- Surgery
- State after resuscitation
- Excess of Stimuli (light, noise, catheters, monitoring...)
- Immobility
- Difficulty in communication (language, hearing aids, glasses...)
- Dehydration
- Stress

### WHO IS AT RISK OF DEVELOPING AN ACUTE CONFUSIONAL STATE?

In principle: everyone

Favourable factors : old age and dementia

### WHAT CAN WE DO?

- Prevention
- Treat the causes
- Early recognition
- Elimination of disturbances (Day/Night rhythm, noise...)
- Encourage Orientation in time and place, propose clues (clock, calendar...)
- Implement medication if necessary
- Pain treatment
- Encourage fast mobility recovery



### WHAT TO AVOID AS MUCH AS POSSIBLE?

- Selfharm and foreign injuries
- Additional medication
- Immobilization of limbs and body