**DELIRIUM Quick Reference**

**(please refer to the full leaflet for more information)**

Delirium is an episode of confusion which develops quickly, it is not the same as dementia.

For palliative patients the cause may be a combination of many factors, combined with the fact that they are becoming increasingly unwell.

**SYMPTOMS:**

These fluctuate but they are often worse late in the day / at night

Anxiety Agitation/Restlessness Hallucinations Poor concentration Sleeping more during the day

Delusions (false beliefs) Altered personality

**DELIRIUM Quick Reference. MANAGEMENT (in brief):**

Measures to reduce a patient’s distress:

* Regular contact with familiar people.
* Glasses and hearing aids (present & working?)
* Encourage/ assist with activities the patient enjoys (eg TV or music / puzzles / craft).
* A suitably lit environment to encourage normal sleep at the right times.
* Calming reassurance, avoiding contradicting them, the professional team will support you.

Medications may be considered if needed in addition