

# Delirium Side-Effect



Delirium is also known as an '**acute confusional state**' that is associated with dehydration and UTIs. Older people and people with dementia, severe illness or a hip fracture are more at risk of delirium and therefore at a higher risk of falls.

It can be difficult to distinguish between delirium and people living with dementia as some people may be living with both conditions. If uncertainty exists over the diagnosis, the person should be managed initially for delirium.

Here are some indicators of delirium:

- Recent changes in behaviour
- Worsened concentration
- Slow responses
- Confusion
- Hallucinations
- Reduced mobility
- Reduced movement
- Restlessness
- Agitation
- Changes in appetite
- Sleep disturbance
- Lack of cooperation with reasonable requests
- Withdrawal
- Alterations in communication
- Mood and/or attitude.

If any of these behaviour changes are present, a healthcare professional who is trained and competent in diagnosing delirium should carry out a clinical assessment to confirm the diagnosis.

Please check our online delirium checklist for more information:  
**[www.hcpastopfalls.info/delirium-checklist](http://www.hcpastopfalls.info/delirium-checklist)**