CLÍNICA VIVALDI · FREE SHEET · NEUROCOGNITIVE

Delirium (acute confusional state)

Sudden and fluctuating alteration of attention and awareness, with disorientation, caused by a medical condition, infection, drugs or substances. It's a medical emergency.

COMMON SIGNS

- Confusion that comes on over hours or days
- Worse in the afternoon or at night
- Drowsiness or agitation

TIPS FOR YOU

1. Seek urgent medical attention
2. Reorient calmly: date, place, people
3. Daylight during the day and rest at night

FOR FAMILY AND FRIENDS

1. Speak slowly and reorient them: date, place, who you are
2. Glasses, hearing aids and daylight during the day

WHEN TO ASK FOR HELP

1. It always needs urgent medical attention
2. Especially in older people or after an operation

CHECKLIST OF WARNING SIGNS

☐ Is suddenly confused

☐ Doesn't really know where they are or what day it is

☐ Finds it hard to pay attention

☐ Their state changes during the day

☐ Is more agitated at night

☐ Sees or hears things that aren't there

☐ Has a fever, an infection or has changed medication

☐ Is very drowsy or very restless

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/delirium-sindrome-confusional-agudo
- CEAFA: Spanish Alzheimer's Confederation: https://www.ceafa.es/
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112