THINK DELIRIUM
PREVENTION & MANAGEMENT

PAIN
No pain, lots of gain

INFECTION
Suspect it, spot it, stop it

HYDRATION
Don’t wait, hydrate

SLEEP
Don’t get delirious, sleep is serious

ENVIRONMENT
Be HOUSE proud
Help
Orientate,
Use
Sensory aids,
Engage

NUTRITION & CONSTITUTION
Remember fluid, fibre, and footwork

EXERCISE
Make the move to prevent delirium

MEDICATION
Don’t prescribe delirium

Kindly
Be calm, patient and mindful of emotional needs

One third to one half of delirium that occurs while older people are in our care can be prevented by addressing these risk factors

Think PINCHES ME kindly

For more information and resources see the THINKdelirium project site on the CDHB intranet
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