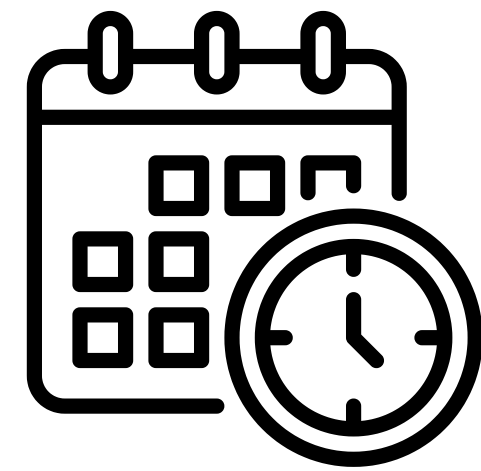


TREATING AND PREVENTING DELIRIUM

1. Modify Environment

- Orient often - time, date, place
- Provide calendar/clock in room
- Surround with familiar faces



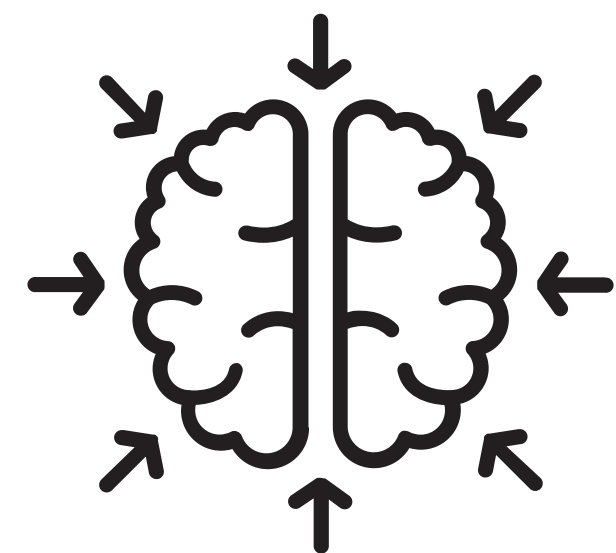
2. Promote Normal Sleep

- Reduce noise, dim lights
- Promote sleep at night and activity during the day



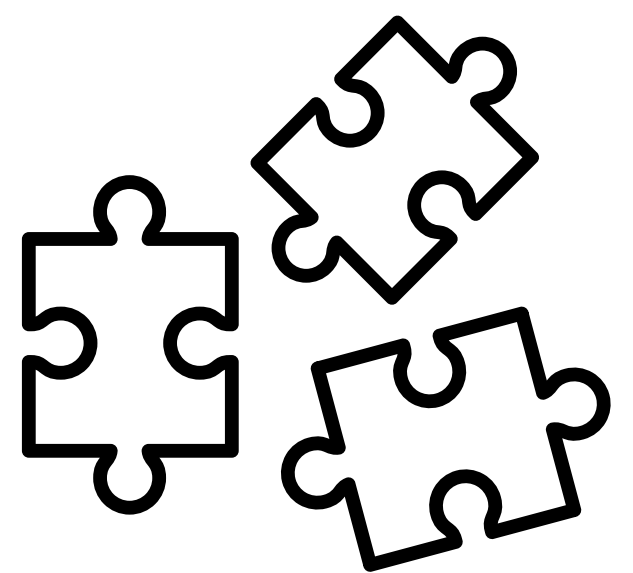
3. Correct Sensory Deficits

- Eyeglasses
- Hearing aids
- Pain management
- Good lighting



4. Enhance Daytime Activities

- Cognitive stimulation - word games, crossword puzzles, current events discussion
- Encourage physical/occupational therapy
- Active while awake; only sleep at night
- Mobilize



5. Prevent Dehydration

- Small sips of water throughout the day
- Encourage good nutrition - supplement if necessary with smoothies or protein drinks
- Address constipation

