

Delirium

(Easy Read Leaflet)

What Is Delirium?









An intense confusion, which starts suddenly. Usually lasts between 1 week to 3 weeks.



How common is it?

1 in 10 people in hospital have delirium.

How can it affect me?

| | |
|---|--|
|  | <p>You may not know where you are or what you are doing.</p> |
|  | <p>You may hear noises or voices.</p> |
|  | <p>You may feel anxious.</p> |
|  | <p>You may want to sleep during the day.</p> |
|  | <p>You may be awake at night.</p> |
|  | <p>You may shout or become angry.</p> |

What are the common causes?

| | |
|---|---------------------------------------|
|  | <p>An infection – chest or urine.</p> |
|  | <p>A high body temperature.</p> |
|  | <p>Not drinking enough.</p> |
|  | <p>Major surgery.</p> |
|  | <p>Not going to the toilet.</p> |
|  | <p>Pain.</p> |

What can I do to help myself?



Have people you know come to visit.



Use your glasses, if you need them.



Use your hearing aids, if you need them.

How can others help?



Remind people where they are.



Tell them what day and time it is.



Get them to drink plenty of fluids.



Offer reassurance.

What will we do?

| | |
|---|--|
|  | <p>We will treat the cause of infection and pain.</p> |
|  | <p>Provide fluids if required.</p> |
|  | <p>Offer reassurance.</p> |
|  | <p>We are supporting carers rights to stay with a patient living with dementia in our hospitals.</p> |
|  | <p>Talk to you and your family.</p> |






Tell your doctor when
you leave the hospital.



Please use this space for your notes



Further information and advice can be obtained from:

NHS 111
NHS Choices online

 **111**
www.nhs.uk

MTW NHS Trust is committed to making its patient information accessible in a range of languages and formats. If you need this leaflet in another language or format please ask one of your clinical care team or the Patient Advice and Liaison Service (PALS). We will do our best to arrange this.

Maidstone and Tunbridge Wells NHS Trust welcomes all forms of feedback from our service users. If the standard of service you have received from the Trust does not meet your expectations, we want to hear from you. Please speak with the ward manager or the nurse in charge in the first instance, or you can contact the **Patient Advice and Liaison Service (PALS)** on:

Telephone:  01622 224960 or  01892 632953

Email: mtw-tr.palsoffice@nhs.net

or visit their office at either Maidstone or Tunbridge Wells Hospital between 9.00am and 5.00pm, Monday to Friday.

You can be confident that your care will not be affected by highlighting any areas of concern or making a complaint. The Trust will retain a record of your contact, which is held separately to any medical records. If you are acting on behalf of a patient, we may need to obtain the patient's consent in order to protect patient confidentiality. More information on PALS or making a complaint can be found on the Trust's website: www.mtw.nhs.uk or pick up a leaflet from main reception.

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