

**Taking Charge: Good Medical Care for the Elderly
and How to Get It**

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APPENDIX D

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Appendix D Risk Factors for Delirium

The following are risk factors predisposing the elderly to delirium. Check each of the following factors that applies to your loved one and update this form often. If your loved one has a sudden change in cognition, review this appendix with her nurse and physician to help diagnose delirium.

Medications: The following kinds of medications can cause delirium. How many of them are prescribed for your loved one?

- | | |
|---------------------------------------------------|---------------------------------------------------------------|
| <input type="checkbox"/> Antipsychotics | <input type="checkbox"/> Beta blockers |
| <input type="checkbox"/> Anxiolytics | <input type="checkbox"/> H2 antagonists |
| <input type="checkbox"/> Antidepressants | <input type="checkbox"/> Narcotics |
| <input type="checkbox"/> Digitalis glycosides | <input type="checkbox"/> Corticosteroids NSAIDs |
| <input type="checkbox"/> Antiarrhythmics | <input type="checkbox"/> OTCs with anticholinergic properties |
| <input type="checkbox"/> Calcium channel blockers | |

Conditions or Diseases: The following conditions or diseases can predispose your loved one to delirium. Does your loved one have any of these?

- Intoxication** (alcohol or medications)

Infection

- Urinary tract infection
 Pneumonia
 Sepsis

Fluid or electrolyte disturbance

- Dehydration
 Acid/base disturbance
 Derangements of calcium, potassium, sodium, or magnesium

Metabolic derangement

- | | |
|---------------------------------------------------------|-------------------------------------------------------------|
| <input type="checkbox"/> Hypoxia | <input type="checkbox"/> Vitamin deficiencies |
| <input type="checkbox"/> Hypoglycemia | <input type="checkbox"/> Thyroid or parathyroid dysfunction |
| <input type="checkbox"/> Hyperglycemia | <input type="checkbox"/> Hypercortisolism |
| <input type="checkbox"/> Hepatic or renal insufficiency | <input type="checkbox"/> Hypocortisolism |

Appendices

Cardiopulmonary disease

- Myocardial infarction
- Congestive heart failure
- Cardiac arrhythmias
- Hypertensive encephalopathy
- Severe hypotension
- Pulmonary embolism
- Chronic obstructive pulmonary disease
- Anemia or acute blood loss

Cerebral disease or event

- Stroke or recurrent temporary ischemic event
- Infection: meningitis, encephalitis, abscess, or encephalopathy occurring in acquired immunodeficiency syndrome
- Hematoma: subdural, epidural, or intracerebral
- Inflammatory disease: temporal arteritis or cerebral vasculitis
- Primary or secondary subarachnoid hemorrhage following trauma
- Nonconvulsive generalized status epilepticus

Miscellaneous events

- Fecal impaction
- Urinary retention
- Hypothermia or hyperthermia
- Environmental change, especially hospitalization
- Trauma
- Burns
- Fractures
- Surgery