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Dementia/Delirium

Patient name: _____ Admission: _____

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- I. **The caregiver can define dementia and delirium.**
 - A. Dementia is any condition that creates a decline in memory and other mental functions that is severe enough to affect the daily life.
 - B. Dementia shows as a gradual, irreversible loss of intellectual abilities.
 - C. Delirium has similar symptoms but
 - Has sudden onset
 - Is temporary
 - Is curable after specific cause is treated
 - D. Various conditions are characterized by dementia, such as
 - Alzheimer's disease
 - Parkinson's disease
 - Cerebrovascular disorders
 - E. Delirium can be caused by
 - Drugs or alcohol abuse
 - Infection (usually urinary or respiratory infections)
 - Medication changes or new combinations
 - Sleep deprivation
 - Electrolyte imbalances (such as severe dehydration)
 - Cardiac or respiratory problems
 - Urinary or fecal problems
 - Complications of medical illness, recovery, or surgery

- II. **The caregiver can list signs and symptoms of dementia.**
 - A. Loss of memory
 - B. Loss of intellect
 - C. Loss of judgment
 - D. Disorientation
 - E. Anger, agitation, anxiety, and depression
 - F. Sundowning syndrome (confusion increases at night)
 - G. Decreased attention span
 - H. Limited speech

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- III. **The caregiver can list measures to decrease confusion.**
 - A. Follow a routine.
 - B. Do not rearrange furniture.
 - C. Label objects.
 - D. Clarify misperceptions.
 - E. Reorient as needed.
 - F. Use clocks, calendars, etc.
 - G. Remind client to wear glasses/hearing aids.
 - H. Write reminder notes.
 - I. Provide adequate lighting.

- IV. **The caregiver can list measures to decrease verbal and physical aggression.**
 - A. Reduce sensory stimulation.
 - B. Redirect to another room or activity.
 - C. Praise good behavior.
 - D. Encourage timeout.
 - E. Reduce stimuli (lights, noise, etc.).

- V. **The caregiver can state measures to increase independence in activities of daily living.**
 - A. Keep choices of clothing to a minimum.
 - B. Give verbal cues as needed.
 - C. Give finger foods.
 - D. Give one bowl at a time at mealtime.
 - E. Give assistance only as needed.
 - F. Use clothing that has elastic waists or Velcro for closures.

- VI. **The caregiver can state measures to promote safety.**
 - A. Precautions while eating
 1. Use unbreakable dishes.
 - B. Poison prevention
 1. Keep medications out of reach.
 2. Do not keep poisonous plants in the house.
 3. Keep poison control number within reach.

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- C. Prevention of burns
 1. Keep water temperature 120°F or less to prevent burns.
 2. Watch closely with hot beverages—may use thermal cup with a lid.
 3. Watch closely if smoking.
- D. Prevention of falls
 1. Avoid throw rugs.
 2. Assist with walking as needed.
 3. Place gate in front of stairs.
 4. Use low-heeled, nonskid shoes.
- E. Prevention of cuts or injuries
 1. Keep sharp objects out of reach.
- F. Prevention of client getting lost
 1. Use alarms on doors.
 2. Use identification bracelet.
 3. Place pictures on doors of each room to identify.
- G. Prevention of medication errors
 1. Use pill box for early stages.
 2. Keep medications in locked cupboard.

RESOURCES

National Association of Adult Day Care
www.nadsa.org/adsfacts

National Institute on Aging
www.nia.nih.gov

Alzheimer's Disease and Related Disorders Association
800-621-0379

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