

# Delirium - A guide for patients, family members, and caregivers

## 譫妄症 – 患者，家人和照顧者的指南

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### What is delirium?

Delirium is a temporary state of confusion. It causes a person's mind to become clouded and makes paying attention and focusing thoughts difficult. It develops quickly over hours or days. It usually only lasts for a few hours or a few days, but may last longer. Delirium is a common, serious, and often preventable problem in hospitalized older adults. Delirium can slow the healing and recovery process and requires immediate treatment.

### 什麼是譫妄症？

譫妄症是一種暫時的混亂狀態。它使人的思想變得混濁，並使注意力和集中思想困難。它會在數小時或數天內迅速發展。它通常只持續幾個小時或幾天，但可能持續較長時間。譫妄症在住院的老年人中是一個常見、嚴重且通常可以預防的問題。譫妄症可以減緩康癒和復原過程，需要立即治療。

### Who is at risk for delirium?

People who:

- Are 65 or older
- Have dementia or depression
- Are not functionally independent
- Have impaired vision or hearing
- Are dehydrated/malnourished
- Take multiple medications
- Have multiple medical conditions
- Are having surgery

### 誰有譫妄症的風險？

以下這些患者有患譫妄症的風險：

- 65 歲或以上
- 患有癡呆症或抑鬱症
- 在日常生活中不能獨立活動
- 視力或聽力受損
- 脫水/營養不良
- 服用多種藥物
- 患有多種疾病
- 正在接受手術

## What are the symptoms of delirium?

Symptoms of delirium are different for different people. Symptoms may come and go throughout the day. People with delirium may have some of the following symptoms:

- Difficulty understanding what is happening around them
- Confusion about daily events, daily routines, and who people are
- Saying things that do not make sense
- Changes in personality
- Seeing or hearing things that are not really there
- Thinking that people are trying to harm them
- Becoming quiet and withdrawn
- Becoming stressed, anxious, or hyper
- Changes in sleeping habits
- Changes in eating habits

## 妄患者可能有以下症狀：

譫妄的症狀因人而異。症狀可能整天來來去去。譫妄患者可能有一些症狀：

- 不理解他們周圍發生的事情
- 對日常事件、日常生活和人的身份感到困惑
- 說無意義的話
- 性格變化
- 看到或聽到不存在的事物
- 認為人們試圖傷害他們
- 變得安靜和孤僻
- 變得有壓力、焦慮或過度
- 改變睡眠習慣
- 改變飲食習慣

## How can I help care for a loved one who is delirious?

Have a family member, caregiver, or friend stay with the delirious patient as much as possible. This is especially important when their confusion is severe. This will help reduce some of the anxiety caused by being in an unfamiliar place.

- Help maintain a quiet and peaceful setting.
- Bring in familiar objects from home.
- Make sure the lighting is good but not too bright.
- Play soothing music.
- If your loved one wears glasses, make sure they are clean and fit well. If your loved one wears hearing aids, make sure the batteries are fully charged.
- Keep your loved one mobile as much as possible.
- Talk to the nurse or doctor about appropriate options.
- If your loved one is in physical restraints, ask if they can be removed.
- Make sure your loved one is eating and drinking enough.
- Talk to your loved one about the delirious episode. This can help lessen the anxiety, fear, frustration, or anger that might otherwise develop.

## 我如何幫助照顧神志不清的親人？

當患者感到很嚴重地受困惑時，尤其重要的是讓家人、護理員或朋友盡可能多些陪伴精神錯亂的他們。這有助於減少因在陌生地方而引起的一些焦慮。

- 幫助保持安靜祥和的環境
- 從家裡帶來患者熟悉的物品
- 確保環境的光度足夠但不要太光
- 播放舒緩的音樂
- 如果您的親人戴眼鏡，請確保眼鏡乾淨且合戴。如果您的親人佩戴助聽器，請確保電池充滿電
- 盡可能令您的親人保持做活動
- 與護士或醫生討論適當的治療選擇
- 如果您的親人的身體受到束縛，請詢問是否可以將其移除
- 確保您的親人吃飽喝足
- 與您的親人談論精神錯亂的情節。這可以幫助減輕否則可能產生的焦慮、恐懼、沮喪或憤怒

# Ten tips for reducing the risk of delirium in the hospital

1. Bring a complete list of all medications [include supplements and Traditional Chinese Medicine (TCM)] to the hospital. It may help to bring the medication bottles or take pictures of all medication bottle labels.
2. Prepare a “medical information sheet” that lists all allergies, names and phone numbers of physicians, the name of the patient’s usual pharmacy, and all known medical conditions.
3. Bring glasses, hearing aids, and dentures to the hospital.
4. Bring in familiar objects from home.
5. Help orient the patient throughout the day. Speak in a calm and reassuring tone of voice. Tell the patient where he is and why he is there.
6. When giving instructions, state one simple task at a time.
7. Massage can be soothing for some patients.
8. Stay with your loved one in the hospital as much as possible.
9. Tell the nurse or doctor immediately if you notice any symptoms of delirium. Family members are often the first to notice subtle changes.
10. Learn more about delirium.

# 降低在住院期間發生譫妄症的風險的十個技巧

1. 將所有的藥物（包括補充劑和中藥）列表帶到醫院。或者攜帶所有藥物瓶，又或者用手機將所有藥瓶標籤拍照留下
2. 準備一份“醫療信息表”。列出所有過敏症、姓名、電話號碼和醫生姓名、患者常用的藥房名稱和所有知道的疾病
3. 將眼鏡、助聽器和假牙帶到醫院
4. 從家裡帶來一些患者熟悉的物品
5. 整天幫助患者知道日期、時間和地點。用平靜和令人放心的語氣說話。告訴病人他在那裡以及他為什麼在那裡
6. 每次教導病人時，只說一個簡單的任務
7. 按摩對一些病人有舒緩作用
8. 盡可能在醫院允許的情況下陪伴親人
9. 如果注意到患者有任何譫妄的症狀，請立即告知護士或醫生。家人往往是第一個注意到患者有細微變化之處的人
10. 了解有關譫妄症的更多信息

## Important things to remember

- Delirium is common and usually temporary.
- Family members and caregivers can play an important role in caring for a person with delirium.
- Tell a health care provider immediately if you notice any sudden changes in behavior or other symptoms of delirium.
- Delirium can be a scary experience. If you or your loved one experience delirium, talking to a health care provider can help you understand what happened.
- Talk to your health care provider if you have any questions or concerns about delirium.

## 要牢記的重要事項

- 病人有譫妄症很常見，通常是暫時性的
- 家庭成員和照顧者在照顧有譫妄症的病人時可以擔任一個重要的角色
- 如果你突然發現病人行為有異或譫妄的其他症狀有變化，立即告知醫護
- 有譫妄可能是一種可怕的經歷。如果您或您所愛的人有譫妄症狀，要與醫護交談去了解是什麼一回事
- 如果您有任何關於譫妄的問題或疑慮，請諮詢您的醫護