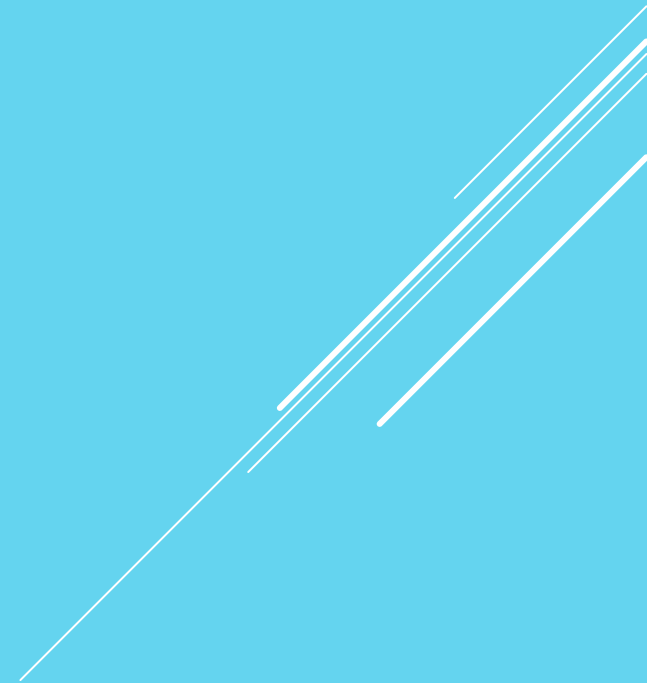


AGITATION & DELIRIUM AT END OF LIFE



OBJECTIVES

1. Overview
2. Assessment
3. Treatment



“

***THE HOSPICE PATIENT IN ROOM 5
IS CONFUSED. WHAT WOULD YOU
LIKE TO DO?***

”



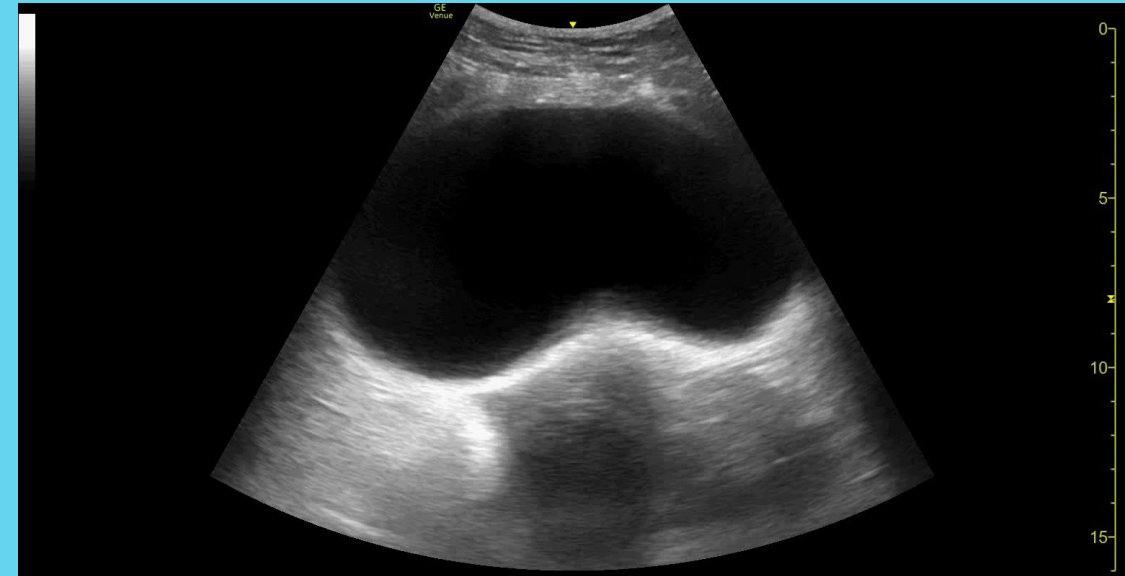
OVERVIEW

- Common DDx: delirium, dementia, psychosis, or encephalopathy
- Delirium categories: hyperactive, hypoactive, or a combination
 - Hallmark of delirium: **acute change in mentation** and attention with either disorganized thinking, easy distractibility, or a fluctuating level of consciousness



ASSESSMENT

- Evaluate the patient
 - Orientation to person, place, time, medical situation, and treatment options to better characterize confusion
- Cause – usually multifactorial
- Clinical workup – depends on patient's goals of care
- Reversible?
 - Urinary retention - ultrasound
 - Constipation
 - Pain



TREATMENT: NON-PHARMACOLOGIC

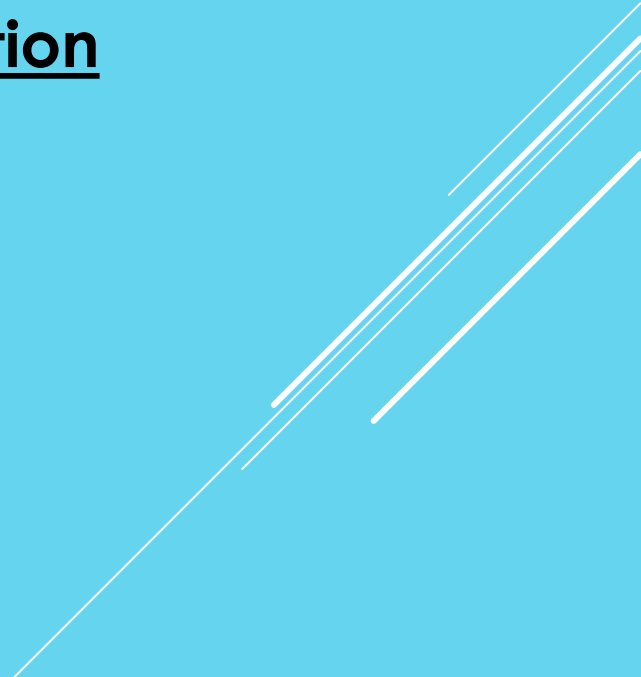
- Environment
 - Quiet area, decrease stimulation
- Friends/family
 - Help with frequent orientation
- Frequent reminders of time/place/medical setting



TREATMENT: PHARMACOLOGIC

- Antipsychotics
 - Haloperidol (Haldol) is most commonly used for delirium
 - Haloperidol 2 mg PO/IV/SQ every 2 hours PRN agitation
- Anxiolytics
 - Lorazepam (Ativan) 1-2 mg PO/IV/SQ every 3 hours PRN anxiety
 - Midazolam (Versed)
 - Initial bolus of 2-5 mg
 - Start continuous infusion between 1-5 mg/hr. Titrate until RASS 0 to -1. Titrate infusion rate by 1 mg/hr every 30 minutes until symptoms controlled

SUMMARY

- Delirium: acute change in mentation and attention
 - First consider if **pain**, **constipation**, and/or **urinary retention** is properly controlled
 - Non-pharmacologic treatments include altering the environment and having friends/family visit if possible
 - Other pharmacologic treatments include haloperidol, lorazepam, etc.
- 

REFERENCES

1. Quijada E, Billings J, Bukowy E. Fast Facts and Concepts #60. Pharmacologic Management of Delirium: Update on Newer Agents. March 2019. Available at: <https://www.mypcnow.org>.
2. Weissman D, Rosielle D, Bukowy E. Fast Facts and Concepts #1. Diagnosis and Treatment of Terminal Delirium. May 2015. Available at: <https://www.mypcnow.org>.

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The logo consists of the word "PalliEM.org" in a blue, cursive font. The letters "EM" are rendered in a bold, red, sans-serif font. A green ECG (heart rate) line is superimposed over the "EM" and extends slightly to the left and right, passing through the center of the letters.