

## Delirium

### RFQs

- How is your health now?
- Have you had a fever recently?
- How are your water works? And your bowels?
- Do you have any chest symptoms: breathlessness, or cough for example?
- Have you had any falls? Or felt disorientated?
- Can I ask you about your use of alcohol, and check what medications you are using?

### Provide

I'm calling to see how you are getting on after your hospital stay. It looks as if you had a tough time. What do you remember about your illness? What did the doctors say to you about the underlying problem? What changes were made to your medications? They told me that you were a bit disorientated at times. Would it be OK for us to see you again, to check that your brain is working properly again? How shall we arrange that? Could someone bring you in to see me and my nurse in the next few days?

My nurse has tested your orientation and memory. Your brain seems to be working well. Let's see if we can minimise the risk of you becoming disorientated again. Can we stop any of your medication, do you think? I wonder if we could stop your antihistamines? They are quite prone to making your thinking fuzzy. What about halving the amitryptiline tablets (with a pill cutter, or getting the pharmacy to put half tablets in to you nomad boxes) and giving you just 5mg at night?

We really ought to stop the codeine (or tramadol). The evidence that they work for long term pain is poor. Perhaps we could try you with a rub on pain killer (eg algesal cream) or we could half the dose of codeine? What do you think?

You're also on a medicine to try to make your bladder less trigger happy. How helpful is it? Should we try reducing the dose, or stopping it, to see if you feel better off it?

Would you mind me talking about your drinking? You mentioned that you tend to drink to help with your sleep. My experience is that alcohol causes people to have poor quality sleep. Perhaps you would be willing to keep a sleep diary, and fill in one of our insomnia questionnaires? Try 2 alcohol free days a week for now, and we could see, together, if you are better off cutting back.

### Safety net:

I need to see you again if you are having falls or feeling disorientated. Or if you are not feeling any better within the next couple of weeks. I'm happy for you to see the duty doctor urgently if you are more poorly. Or if you are unable to come into the surgery: please let us know, we might even need to see you at home. Bring a urine sample unless it's obvious what is making you poorly.