

Syllabus	
Topic	Delirium in critically ill patients

a)

What is delirium? (2 marks)

.....

.....

b)

What are the main risk factors for a patient developing delirium in the critical care setting?
(11 marks)

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.
11.

c)

List tools available to help predict / aid the diagnosis of delirium in the critical care setting
(2 marks)

1.
2.

d)

List 5 non-pharmacological and pharmacological interventions that have been shown to be effective in helping to prevent or treat delirium in the critical care setting (5 marks)

1.

2.

3.

4.

5.

Syllabus	
Topic	Delirium in critically ill patients

Q	Answer	Mark	Guidance
a)	<p>An acute disorder of:</p> <ul style="list-style-type: none"> • attention • awareness <p>Disturbance in:</p> <ul style="list-style-type: none"> • cognition • consciousness 	<p>1</p> <p>1</p>	
b)	<p>Predisposing risk factors that increase a patients vulnerability:</p> <ul style="list-style-type: none"> • Increased age • Cognitive impairment • Pre-existing hypertension <p>Precipitating risk factors that trigger the onset (modifiable):</p> <p><u>Acute illness-related factors:</u></p> <ul style="list-style-type: none"> • Previous coma • ↑severity of illness (APACHE) • Multiple trauma • Sepsis • Need for ventilator support • Pain • Systemic hypoperfusion with metabolic acidosis <p><u>Medication-related factors:</u></p> <ul style="list-style-type: none"> • Benzodiazepines • Anticholinergic drugs • Opioids <p><u>Environmental factors:</u></p> <ul style="list-style-type: none"> • Increased noise • Lack of daylight • Admission to a ward 	<p>2</p> <p>5</p> <p>2</p> <p>2</p>	
c	<p><u>Tools to help predicting onset:</u></p> <ul style="list-style-type: none"> • Early Prediction of Delirium ICU (E-PRE-DELIRIC) – completed at time of ICU admission • Prediction of Delirium ICU (PRE-DELIRIC) – completed after 24 hours on ICU 	<p>1</p>	<p>Accept inattention test (part of CAM-ICU): patient squeezes hand/closes eyes when they hear letter 'A' in a series of 10 letters. >2 errors</p>

