

# Dehydration can be a key trigger for delirium

## What is delirium?

Delirium causes a short term confused state, which can affect memory, concentration, personality, and is a sign of an underlying illness.

It can develop over hours or days. It is a common condition that can affect anybody, the risk is higher in older age.

1/3 of delirium cases are preventable, you can make a huge difference by focusing on hydration.

To find out more about delirium visit:

[www.dementia-united.org.uk/delirium](http://www.dementia-united.org.uk/delirium)

## Steps to better hydration and prevention of delirium #ButFirstADrink

**1** At the start and end of every conversation, encourage your patient, friend, family member to have a drink.

**2** Offer a choice of drink and find a suitable cup, glass, mug or bottle.



**Aim for 6-8 drinks throughout the day\***

\*unless advised otherwise by your GP

**3** **Assist and support them.**  
Take a moment to share a drink together. Return and give gentle reminders.

**4** Talk about the importance of drinking, and what staying hydrated can prevent.

## Staying hydrated can prevent;

Falls // Dizziness // Irritability // Headaches // Toxicity of medication // Infections // A&E Admissions // Dry mouth // Constipation // Cramps // Confusion // Feeling weak // Tiredness // **Delirium**

**Find out more about nutrition & hydration:**

[www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration](http://www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration)

We'd like to acknowledge these partners:

GM Nutrition and Hydration, Northern Care Alliance, NWAS, Stockport NHS Foundation Trust