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RISKS OF DELIRIUM IN POLYMEDICATED ELDERLY PATIENTS

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Delirium is a frequent condition and affects 20-60% of the elderly during hospital stay. It is associated with a worse functional outcome, increased length of hospital stay and mortality. Risk factors have been identified like age, dementia, sensory inhibition, infections, dehydration and polymedication. Prevention programs with multi-faceted interventions are in development.

In the German speaking area at least two models deserve further interest because they got a high rate of acceptance in the staffs and were meanwhile implemented into routine care of the respective hospitals. Both models will be presented. One focuses on the continuous individual care through the perioperative process, the other consists of an algorithm with standard assessments of risk-patients by the nurses to identify a beginning delirium just at onset for early interventions.