


## Texas Tech MedCast Podcast Episode Fact Sheet

Podcast Series	<b>Reynolds Geriatrics Series</b>
Episode Title	<i>Delirium in the Elderly Patient</i> <i>MS3 Spring 2009 Series</i>
Personnel	 Andrew Dentino, MD, Family Medicine & Internal Medicine, TTUHSC Lubbock
Recording Date	December 2008
Episode Description	Dr. Lambert, a 77-year-old retired professor, has been admitted to a general medical floor, where he is flailing.
Learning Objectives <i>The listener should be able to:</i>	<ol style="list-style-type: none"> <li>1. Recognize delirium in the elderly</li> <li>2. Distinguish delirium from dementia</li> <li>3. Use the mnemonic CIVIC to formulate a diagnosis of delirium</li> <li>4. List typical medications used to manage delirium</li> <li>5. List non-pharmacologic interventions effective in managing delirium</li> </ol>
Key Teaching Points	Delirium may be considered an acute brain failure. It is not uncommon, but may be very subtle. Delirium requires an emergent assessment because of the high risk of mortality in the elderly. Stabilization of the patient via environmental and pharmacologic means can help support the patient while the clinical process runs its course.
Podcast Pearl	Apathetic Delirium
References	<ol style="list-style-type: none"> <li>1. Delirium in older people. Young J, Inouye SK. <i>BMJ</i>. 2007 Apr 21;334(7598):842-6.</li> <li>2. Characteristics associated with delirium in older patients in a medical intensive care unit. Pisani MA, Murphy TE, Van Ness PH, Araujo KL et.al. <i>Arch Intern Med</i>. 2007 Aug 13-27;167(15):1629-34.</li> <li>3. Recoverable cognitive dysfunction at hospital admission in older persons during acute illness. Inouye SK, Zhang Y, Han L et.al. <i>J Gen Intern Med</i>. 2006 Dec;21(12):1276-81.</li> <li>4. One-year health care costs associated with delirium in the elderly population. Leslie DL, Marcantonio ER, Zhang Y et.al. <i>Arch Intern Med</i>. 2008 Jan 14;168(1):27-32.</li> </ol>