

## MDS Alert

### Clip "N" Save ~ Resident Showing Signs Of Delirium? Check Out These Meds And MDS Items

Here's what the RAP suggests you review.

Anytime a resident develops new or worsening confusion and behavioral changes, take a close look at his medications and the following MDS items.

#### Drugs That Cause Delirium:

##### 1. PSYCHOTROPIC

- Antipsychotics
- Antianxiety/hypnotics
- Antidepressants

##### 2. CARDIAC

- Digitalis glycosides (Digoxin)
- Antiarrhythmics, such as quinidine, procainamide (Pronestyl), and disopyramide (Norpace)
- Calcium channel blockers, such as verapamil (Isoptin), nifedipine (Procardia), and diltiazem (Cardizem)
- Antihypertensives, such as methyldopa (Aldomet), and propranolol (Inderal)

##### 3. GASTROINTESTINAL

- H2 antagonists, such as cimetidine (Tagamet) and ranitidine (Zantac)

##### 4. ANALGESICS such as Darvon, narcotics (e.g., morphine, dilaudid)

##### 5. ANTI-INFLAMMATORY

- Corticosteroids, such as prednisone
- Nonsteroidal anti-inflammatory agents, such as ibuprofen (Motrin)

##### 6. OVER-THE-COUNTER DRUGS, especially those with anticholinergic properties

- Cold remedies (antihistamines, pseudoephedrine)
- Sedatives (antihistamines, e.g., Benadryl)
- Stay-awakes (caffeine)

- Antinauseants

- Alcohol

**Factors That May Be Associated With Signs And Symptoms Of Delirium:**

**Diagnoses and Conditions:**

Diabetes [I1a], Hyperthyroidism [I1b], Hypothyroidism [I1c], Cardiac Dysrhythmias [I1e], CHF [I1f], CVA [I1t], TIA [I1bb], Asthma [I1hh], Emphysema/COPD [I1ii], Anemia [I1oo], Cancer [I1pp], Dehydration [J1c] or Fever [J1h], Myocardial Infarction [I3], any Viral or Bacterial Infection [I2], Surgical Abdomen [I3], Head Trauma [I3], Hypothermia [I3], Hypoglycemia [I3].

**Medications:**

Number of Meds [O1]

New Meds [O2]

Antipsychotics [O4a], Antianxiety [O4b], Hypnotics [O4d]

Analgesics (Pain Meds), Cardiac Meds, GI Meds, Anti-inflammatory, Anticholinergics [from med charts].

**Psychosocial:**

Sad or Anxious Mood [E1, E2, E3]

Isolation [F2e; from record]

Recent Loss [F2f]

Depression [I1ee]

Restraints [P4c,d,e]

Recent Relocation [AB1; A4a].

**Sensory Impairment:**

Hearing [C1], Vision [D1].

**Consider this clarifying information in establishing a diagnosis:**

Sleep disturbance [E1k]

Alzheimer's [I1q]

Other Dementia [I1u]

Time of symptom onset within hours to days [from record or observation];

**Environment Conducive To Reducing Symptoms:**

Quiet, well-lit, calm, familiar objects [from observation]; Task segmentation [G7].

Source: RAI manual, Chapter 6.