

Can You Spot a **DELIRIUM?**

THINK **SQID** TO KEEP THEM SAFE



SQID
SINGLE QUESTION to
IDENTIFY DELIRIUM

- Delirium is a state of mental confusion that can happen if you become medically unwell.
- SQiD is a single question to identify delirium.
- Delirium can be a sign of a serious underlying medical problem.
- Ask carers, friends and family of the patient the question.



“Has there been a sudden change in behaviour or confusion?”



If yes. Think delirium and treat the underlying cause.

Staff Checklist

Infection	e.g. urine/chest infections/flu/pressure ulcers
Metabolic	e.g. acidosis/electrolyte imbalance/vitamin deficiencies
Acute vascular	e.g. hypertensive crisis/arrhythmias
Substances	e.g. alcohol/street drugs/prescribed/OTC meds
Endocrine	e.g. thyroid/diabetes/adrenal
Anything else?	20% no cause found - Is there pain, immobility or an anaesthetic in the last 5 days?
Constipation	check last time bowels open
Anoxia	ANOXIA/HYPOXIA cardio/respiratory insufficiency or arrest
Trauma	e.g. falls/head injury/assault/haematomas
CNS pathology	e.g. stroke/TIA/tumours/hydrocephalus/seizures
Hydration	check for AKI dehydration

Those at high risk
Over 75 years and/or living with dementia



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