

Encounter Form for Assessing Delirium Risk in Hospitalized Older Patients

Patient's name: _____ Medical record #: _____ Age: _____

I. RISK OF DELIRIUM DURING THIS HOSPITALIZATION

Risk factors (check, if present)

- Visual impairment (20/70 or worse)
- Blood urea nitrogen/creatinine ratio more than 17
- Severe illness*
- Cognitive impairment†

Total risk factors present: _____

| Score (assign one point for each risk factor present) | Percentage of patients diagnosed with delirium during the hospitalization | |
|---|---|--|
| | Original cohort of hospitalized patients | Validation cohort of hospitalized hip surgery patients |
| 0 points (low risk) | 3 | 4 |
| 1 or 2 points (moderate risk) | 16 | 11 |
| 3 or 4 points (high risk) | 32 | 37 |

*—APACHE II (Acute Physiology and Chronic Health Evaluation) score⁴ of more than 16 or severe illness by nurse assessment.

†—MMSE (Mini-Mental State Evaluation) score⁶ of less than 24 points (maximum score, 30 points).

Information from references 4 through 6.

II. RISK OF PERSISTENT DELIRIUM AT HOSPITAL DISCHARGE

Risk factors (check, if present)

- Visual impairment (20/70 or worse)
- Dementia‡
- Restraints used during delirium
- Impairment in at least one activity of daily living
- Charlson comorbidity score of 4 or more§

Total risk factors present: _____

| Score (assign one point for each risk factor present) | Number of patients with persistent dementia at discharge/total number of patients with this score (%) |
|---|---|
| 0 or 1 points (low risk) | 9/338 (3) |
| 2 or 3 points (moderate risk) | 16/112 (14) |
| 4 or 5 points (high risk) | 3/11 (27) |

‡—Dementia diagnosis or mBDRS (modified Blessed Dementia Rating Scale) score of 4 or more.

§—Assign one point each for acute myocardial infarction, peripheral arterial disease, chronic obstructive pulmonary disease, dementia, heart failure, collagen vascular disease, cerebrovascular disease, and peptic ulcer disease; two points each for hemiplegia and moderate or severe renal disease; six points for autoimmune deficiency syndrome; one point for diabetes without end-organ damage; two points for diabetes with end-organ damage; one point for mild liver disease; three points for moderate or severe liver disease; six points for metastatic solid malignancy; and two points each for leukemia, lymphoma, and other malignancy.⁷

Information from references 7 and 8.

ASSESSMENT/PLAN

- Avoid sleep deprivation
- Assess cognition; if impaired, provide cues regarding orientation
- Assess hearing; correct impairment, if possible
- Encourage and assist with mobility
- Assess hydration, maintain adequate hydration during hospitalization
- Assess vision; correct impairment, if possible
- Other: _____

Physician/nurse signature: _____ Date: _____