

## DELIRIUM RESOURCES

### National Institute for Health and Clinical Excellence (NICE) Clinical Guideline 103 – Delirium: diagnosis, prevention and management

#### OVERVIEW:

The National Institute for Health and Clinical Excellence (NICE) Clinical Guideline 103 – *Delirium: diagnosis, prevention and management*, was developed by the National Clinical Guideline Centre in the UK. It was developed to guide improved methods in the identification, diagnosis, prevention, and management of delirium.

#### AUTHORS/PRIMARY REFERENCE:

National Institute for Health and Clinical Excellence (2010). *Delirium: diagnosis, prevention and management*. London (UK): National Institute for Health and Clinical Excellence, 29p.

#### STRUCTURE OF THE RESOURCE:

The full clinical guideline is a 447-page document developed by an inter-professional group including health professionals, researchers, educators, economic and policy leaders, and patients. It provides a comprehensive summary of the literature and details the methodology and rationale employed in the development of guideline recommendations. The 29-page NICE guideline presents the recommendations from the full document in a format tailored for use by health professionals and health bodies. It describes methods to prevent, identify, diagnose, and treat delirium, with an emphasis on multi-component prevention interventions for patients identified to be at highest risk of delirium.

#### BASE OF EVIDENCE/PSYCHOMETRIC PROPERTIES:

Recommendations within the clinical practice guideline are based evidence derived from a clinical literature search for articles dating from 1987 to 2009, all appraised for their methodological rigour. Detailed descriptions of the types of studies and the criteria for their methodological appraisal are described in the full version of the clinical guideline.

#### TARGET POPULATION AND SETTING:

- The clinical guideline is intended to support the care of adult patients in hospital and residential care settings

#### INTENDED USER(S):

- Medical, nursing, allied health professionals, and other care providers
- Information within the clinical practice guideline focuses on hospital and long term care settings in the UK

#### NOTES ON USING THE NICE CLINICAL PRACTICE GUIDELINES FOR DELIRIUM:

- While most of the content is broadly applicable, some of the recommendations and guidelines in this document reflect practice in the UK and therefore may not be directly applicable to Canadian practice
- As with all practice guidelines, recommendations are provided for information purposes only and the most appropriate care for each individual patient must be determined by the health care team or professional based on available clinical data and clinical rationale

#### WHERE TO GET THE NICE CLINICAL PRACTICE GUIDELINES FOR THE MANAGEMENT OF DELIRIUM IN OLDER PEOPLE:

- There is no cost for the guideline, which is available on-line at the following direct link:  
<http://www.nice.org.uk/nicemedia/live/13060/49909/49909.pdf>
- Other versions of the guideline, including the full document, quick reference guide, and patient brochure, are available at:  
<http://guidance.nice.org.uk/CG103>
- It is a copyrighted resource – the authors have granted permission for it to be used freely for educational or non-profit uses