



EPA COURSE TITLE	How to manage delirium in the general hospital
COURSE DIRECTOR	Albert Diefenbacher, Germany
COURSE CO-DIRECTORS	Dan Georgescu, Switzerland António Barbosa, Portugal
COURSE LEVEL	Basic
EDUCATIONAL INTENTIONS/ COURSE OUTCOMES	Participants shall learn how to diagnose and treat delirious states in the general hospital. At the end of the course they will be able to develop simple interventions and know how to advise staff on medical-surgical wards on how to manage patients with behavioural disturbances due to delirium.
COURSE DESCRIPTION	<p>Delirium presents frequently in general hospital inpatients and nursing home residents. It has biological aspects that lead to psychological and/or behavioral consequences and is influenced by and may exert (negative) influence on a given social environment including e.g. hospital staff and patient families.</p> <p>This workshop will deal with each of these aspects, thus reminding us of George Engel who developed the “bio-psychosocial approach” and who in the 1950s performed EEG studies demonstrating disturbances of brain electric activity in delirious patients. Recent guidelines, e.g. by NICE (2011) and by AGS (American Geriatrics Society, 2015), on delirium will be presented, and perspectives for the management of delirious patients will be developed. We will present a simple rooster for training, in order to conceptualize vulnerability in elderly frail patients prone to delirium, thus helping hospital staff to improve prevention of this potentially devastating condition.</p> <p>The clinical picture of delirium will be outlined, with emphasis on the differential diagnosis of hypoactive deliria. Screening methods, like the Confusion Assessment Method (CAM), to be used by nurses in order to improve early detection of delirious patients, will be demonstrated. Non-pharmacological interventions by nursing staff will be presented, as well as the necessity to educate hospital staff in detection and management. Psychopharmacological interventions for acute treatment, as well as a possibility of preventing, postoperative deliria by the administration of neuroleptics preoperatively will be discussed critically. Psychosocial interventions towards family members, as well as perspectives of development of hospital structures will complete our biopsychosocial approach towards delirious patients.</p>
PREREQUISITE KNOWLEDGE	Basic knowledge in psychopathology and psychiatric nosology and drug treatment, as should have been learnt by the end of a 1-2 year residency program.
COURSE METHODS AND MATERIAL	Small group discussions - Case studies - Slides - Handouts
TARGET AUDIENCE	N/A
RECOMMENDED READINGS	Caplan Jason P. et al.: Delirium. In: Stern Theodore A. et al.: Comprehensive Clinical Psychiatry. Massachusetts General Hosiptal. 2016, Second Edition, Elsevier, S. 173-184 (ISBN 978-0-323-29507-9)
LANGUAGE(S)	English, German