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"DELIRIUM IN ELDERLY PEOPLES ADMITTED IN SEECTED TERTIARY CARE HOSPITAL BELAGAVI."

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ABSTRACT

Background: delirium in elderly is very essential part of research. The most prevalent acute cognitive dysfunction problem among old age people is delirium. It is the sudden changes in thinking and behaviour; this is perilous, debilitating condition that occasionally remains undetected. The primary warning signs for the complex causes include aging and cognitive issues.

Methods: The study was carried out by descriptive survey style. Data was gathered from 60 old age clients who were delirious by Purposive sampling technique. Confusion Assessment Method (CAM) tool used for data collection.

Results: Majority individual belongs to 60 to 70 years of 42 patients (70%) and male patients are more than female patients there is 39 (60%) male patients, 34 patients were from Hindu caste (56%). 20 sample were studied primarily, 42 participants were married, 47 were come from joint family, only 20 patients were having knowledge regarding delirium. In this study majority of the patients were suffering from severe level (66.7%) of delirium, nearly 32% of the patients were suffering from moderate level of delirium.

Key Words: effectiveness, CAM, elderly, tertiary care, delirium.

INTRODUCTION

Ageing is inevitable phenomenon of universe; old age is not a disease itself but a basic normal part of human being. During this phase there will be physiological and psychological changes occur.[1]

Aging is generally defined as a process of deterioration in the functional capacity of an individual that results from structural changes, with advancement of age.[2]

India has around 100 million elderly at present and the number is expected to increase to 323 million, constituting 20% of total population by 2050. The report jointly brought out by United Nations Population Fund (UNFPA) and Help Age International said.[3]

Delirare is a latin word which explains" to go out of the furrow" rather" to deviate from a straight line," which in source of the English word "delirium." Delirium is a neuropsychological condition that is more prevalent in older persons and is usually associated with acute medical issues. Its characteristics include acute onset and unpredictable course awareness, memory, reasoning, orientation, and behavioral abnormalities. Up to 50% of senior hospital visits may have hyperactive, hypoactive, or mixed forms of it.[4]

Delirium in elderly patients admitted to a tertiary care hospital is a critical topic due to its significant impact on patient outcomes and healthcare resources. Delirium, characterized by acute and fluctuating changes in mental status, affects a substantial proportion of elderly hospitalized individuals, with rates varying depending on the setting and population studied.[5]

In the context of a tertiary care hospital, where patients often have complex medical conditions requiring specialized care, delirium poses several challenges. These include prolonged hospital stays, increased risk of complications such as falls and pressure ulcers, and higher mortality rates compared to non-delirious patients. Furthermore, delirium can lead to functional decline and cognitive impairment, which may persist beyond the acute phase of illness.[6]

Methods

A descriptive study was carried out in selected tertiary care hospital of Belagavi, South India from September 2023 to June 2024. A total of 60 Elderly were assessed for the Level of delirium. Focusing on the following variables

- *The dependent variable*: Elderly Admitted in selected tertiary care hospital.
- *Independent variable* : Delirium
- *The extraneous variable*: socio-demographic and clinical parameters.

Eligibility Criteria: In this Study consideration of sample done who are above 60 years old and excluded who are confirmed with any chronic disease condition. Ethical consideration was approved by the institutional ethical committee. Prior to collect the data, Consent from the clients has been taken to be part of study and also instructed them about confidentiality will be maintained during and after study. The sample are given permission to walk out of study if don't feel to continue to be part of it.

Study Objectives

1. To identify the level of delirium among elderly.
2. To find out the association between the delirium of elderly with selected socio-demographic and clinical variables.

Hypothesis

H_0 : There will be no statistical significant between level of delirium scores with selected demographic variables.

Results

A total of 60 participant's data was gathered for the study. Socio demographic data reveals about the category of sample based on their baseline data. In accordance with Majority individual belongs to 60 to 70 years of 42 patients (70%) and male patients are more than female patients there is 39 (60%) male patients, 34 patients were from Hindu caste (56%). 20 sample were studied primarily, 42 participants were married, 47 were come from joint family, only 20 patients were having knowledge regarding delirium. In this study majority of the patients were suffering from severe level (66.7%) of delirium, nearly 32% of the patients were suffering from moderate level of delirium.

Association between Deliriums by demographic characteristics

Demographic variables		**Level of delirium**						**Chi-square p-value**
		Mild		**Moderate**		**Severe**		
		n	%	n	%	n	%	
Age (Years)	60-70	0	0.0	15	78.9	27	67.5	0.379
	71-80	1	100.0	4	21.1	11	27.5	
	81 & above	0	0.0	0	0.0	2	5.0	
Gender	Male	0	0.0	15	78.9	24	60.0	0.141
	Female	1	100.0	4	21.1	16	40.0	
Religion	Hindu	0	0.0	9	47.4	25	62.5	0.402
	Muslim	1	100.0	7	36.8	9	22.5	
	Christian	0	0.0	3	15.8	6	15.0	
Meal Custom	vegan	0	0.0	3	15.8	10	25.0	0.63
	Mixed	1	100.0	16	84.2	30	75.0	
Marital Status	Married	0	0.0	16	84.2	26	65.0	0.087
	Divorced	0	0.0	1	5.3	0	0.0	
	Widowed	1	100.0	2	10.5	14	35.0	
Classification of family	Atomic family	0	0.0	3	15.8	10	25.0	0.561
	Big family	1	100.0	16	84.2	30	75.0	
Family Income (Monthly)	10,001 - 20,000	1	100.0	2	10.5	4	10.0	<0.05*
	>20,000	0	0.0	17	89.5	36	90.0	
Education	Illiterate	1	100.0	7	36.8	13	32.5	0.585

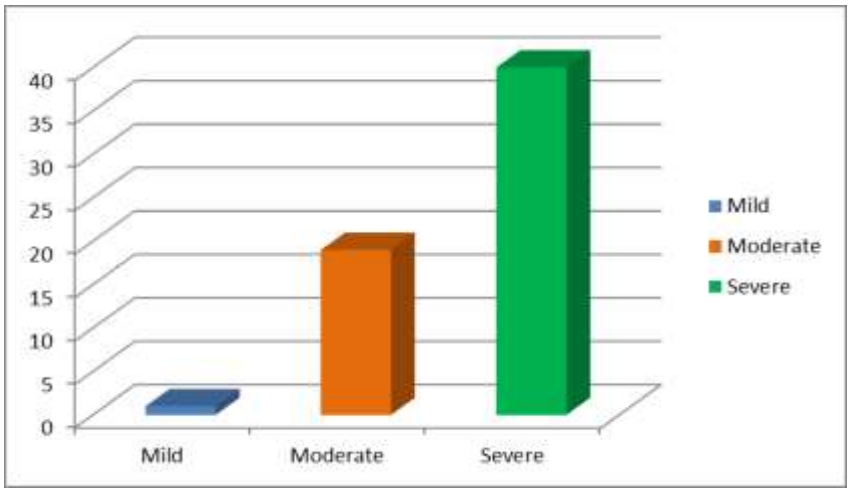
Qualification	Elementary studies	0	0.0	7	36.8	20	50.0	
	Secondary education	0	0.0	4	21.1	7	17.5	
	Degree	0	0.0	1	5.3	0	0.0	
Knowledge regarding Delirium	Yes	0	0.0	5	26.3	7	17.5	0.644
	No	1	100.0	14	73.7	33	82.5	

p-value is obatined by applying chi-square test

*Significant p-value

*p<0.05

Distributions of scores of Delirium among elderly: In this study majority of the patients were suffering from severe level (66.7%) of delirium, nearly 32% of the patients were suffering from moderate level of delirium.



level of delirium

Discussion:

This section compares the results of different researchers and discusses the study's findings. The investigation Aim Were to be assessing the level of delirium in Aged peoples admitted in tertiary care hospital, belagavi.

The study revels about the delirium problem associated with aging is very common in South India. Explorative study conducted to assess the delirium level which is a common problem in late life. The study reveals that 50% of elderly have delirium.[7]

In this present study reveal that among 60 elderly client admitted in selected tertiary care hospital belagavi. Majority of the patients were suffering from severe

level (66.7%) of delirium, nearly 32% of the patients were suffering from moderate level of delirium.

Conclusion:

The present study findings focus on the identification of elderly which are associated with Delirium. The aging is process is a phenomenal progress in every individual aspect along with change in physiological functioning of the body. The rise in the population of elderly seen worldwide and are particularly risk for delirium. Delirium is a significant problem which also affects the quality of life of individual. Hence it is important to focus on identifying the need of elderly and also to concentrate on identifying delirium.

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