Delirium

What is delirium?
Delirium is a condition that causes a person to become confused. It is a physical problem that can cause a temporary change in a person’s thinking. It can be a risk to patient safety.

What is the risk of delirium?
About 20 out of 100 patients admitted to the hospital will experience delirium.

What are the signs and symptoms of delirium?
- Disorganized thinking
- Difficulty concentrating
- Not able to remember names, places, dates, times or other important information
- Seeing, hearing or thinking things which are not real or true
- Feeling restless
- Changes from being restless to being drowsy or sleepier than usual

How can family and friends help?
Watch your loved one for the signs and symptoms of delirium. Tell the health care team right away if you see any new signs.

Help prevent delirium by helping your loved one:
- eat and drink what is right for them
- keep track of medications
- do activities that help with mental stimulation
- get rest and sleep

Who can I talk to if I have more questions or any concerns?
Talk with your doctor, nurse or any member of the health care team.

Adapted from the ‘Delirium’ brochure by UHN Delirium Committee

Patient’s Corner

Giving Back
By Adam – TW Learning Centre Volunteer

On April 2016 I had a sudden onset of pain in my back and groin at the Ryerson Student Center while waiting to pick up my brother. The pain steadily grew worse and I started to shake uncontrollably. After the ambulance arrived it took me to the Toronto Western Hospital.

Continues
When the doctor in the Emergency Room learned that I have lymphatic malformation in my left leg and groin, she told me that I had an infection and that I was exhibiting signs of septic shock.

While I was in the Emergency Room, staff would regularly check up on me and it gave me and my family comfort and hope that everything would turn out okay.

After a while I was transferred to the inpatient unit. Although I had a hard time trying to get rest in a shared room, where every patient had different needs and problems, the support staff helped me stay positive and hopeful. The doctors who attended to me patiently explained what was happening, were very supportive and even gave me large pillows to help keep my leg elevated to relieve the swelling.

My hospital stay lasted five days and was followed by appointments with an infectious disease specialist at Toronto Western Hospital. It was very important for me that the doctor took her time to explain my condition to me, teach me how to take medications and give practical tips for everyday life with my condition.

I feel enormous gratitude to all the TWH staff who took such good care of me and literally saved my life. Their genuine interest in helping me, their clear-cut explanations regarding my condition and being available when I really needed them played a crucial part in my recovery and overall wellbeing.

I thought that giving back to the hospital as a volunteer would be the best way for me to help other patients at the hospital. This is why I take a day every week (outside of my full-time job at the bank) to volunteer at TWH Patient & Family Learning Centre/Library. Here, I help patients find relevant, up-to-date health information and even more importantly, greet them with a smile, listen to them and make their day brighter.

Here are some lessons I’ve learned during my hospital stay that I would like to share with other patients:

Know your insurance benefits. For example: it might cover a stay in a private room vs. shared room that will make your hospital stay less stressful.

Always ask questions as you are responsible for your own health. Speak up for your safety if something doesn’t feel right.

Fully disclose all your health conditions so that it’s easier for your doctor to diagnose and treat you.

Visit the patient Library to get information related to your condition. Understanding what is happening to you will help you gain more control and potentially prevent the problem from happening again.

Their genuine interest in helping me, their clear-cut explanations regarding my condition and being available when I really needed them played a crucial part in my recovery and overall wellbeing.
Fort York Food Bank Drive
The outpouring of generosity from all our donors to help the Fort York Food Bank was incredible. On behalf of the Patient & Family Learning Centres, thank you for your support!

Health Talks
Note: There will not be a Health Talk in January, 2020

February Health Talk: Heart Disease

Date:
Friday February 28, 2020

Time:
1:00 – 2:30 pm

Location:
Toronto Western Hospital, Auditorium, West Wing, 2nd Floor, 399 Bathurst Street

To register, call 416 340 4800 ext. 5647 or email Evangeline.Roldan@uhn.ca

Progress Place kiosk now at Toronto Western Hospital
Progress Place is a community organization that provides services and support to people living with mental illness. Their services help members reach their personal goals and be active in their community by helping with employment, education, recreation, and housing.

Visit the kiosk to learn more about Progress Place and their services
• Location: Toronto Western, Main Atrium across from the Security office (behind the Tim Horton’s)
• Hours: Thursdays, 9:00 am – 1:00 pm

Contact Patient & Family Learning Centres

Princess Margaret
416 946 4501 ext. 5383
patienteducation@uhn.ca
2nd Floor, Northwest Atrium

Toronto General
416 340 4800 ext. 5951
tgpen@uhn.ca
Level 1 of the Norman Urquhart (NU) Building

Toronto Western
416 603 6277
twpfl@uhn.ca
1st floor of the West Wing

Food drive in support of
Until December 21
Patient Education
Check that items are not expired before donating

For more information, visit www.fyfb.com
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▸ Home Health Care
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