UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Delirium: a Marker of Clinical Complexity

2223-3-H4101D365

Aims

Improvement of the knowledge about delirium, including its association with negative outcomes. Definition of pharmacological and nonpharmacological

Contents

Delirium is very frequent among elderly patients, with a prevalence ranging from 10% to 35%, according to different studies. It’s burdened by an high rate of negative outcomes, including medical adverse events, increased length of stay, increased rate of rehospitalization and death in the short- and long-term. Delirium may be distinguished in hyperactive, hypoactive or mixed. Prevention of delirium includes a non-pharmacologic approach, according to the evidence from several systematic reviews and meta-analysis. Similarly, there is not a pharmacological agent which has shown to be effective in resolving delirium. However, a non-pharmacologic multicompenent and multidisciplinary intervention has shown to be effective. A pharmacological drug should be reserved only to serious forms after failure of non-pharmacological treatment, in accordance with well-established protocols and international guidelines.

Detailed program

Didactic program:

- epidemiology
- pathophysiology

- clinical features
- diagnosis
- non-pharmacological and pharmacological approaches

Prerequisites

Teaching form

Lessons in attendance, according to any ministerial changes following the COVID pandemic

Textbook and teaching resource

1. Wong CL, Holroyd-Leduc J, Simel DL, Straus SE. Does this patient have delirium?: value of bedside instruments. JAMA. 2010 Aug 18;304(7):779-86.
2. Witlox J, Eurelings LS, de Jonghe JF, Kalisvaart KJ, Eikelenboom P, van Gool WA. Delirium in elderly patients and the risk of postdischarge mortality, institutionalization, and dementia: a meta-analysis. JAMA. 2010 Jul 28;304(4):443-51.
3. Bellelli G, Brathwaite JS, Mazzola P. Front. Aging Neurosci., 30 April 2021 |

Semester

February

Assessment method

Interactive discussion at the end of the course

Office hours

By appointment

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING