

V Update en Geriatria- #GeriCat19

Vic, 5 de març de 2019

*“La millor evidència
en geriatria i gerontologia
de Catalunya i internacional de l’any 2018”*

**Delirium subtypes and associated characteristics in older patients
with exacerbation of chronic conditions.**

Autors: Gual N, Inzitari M, Carrizo G, Calle A, Udina C, Yuste A, Morandi A

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Delirium Subtypes and Associated Characteristics in Older Patients With Exacerbation of Chronic Conditions.

Gual N¹, Inzitari M², Carrizo G³, Calle A², Udina C², Yuste A⁴, Morandi A⁵.

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Abstract

OBJECTIVE: The prevalence and prognosis of delirium motor subtypes are not yet well established. We analyzed the prevalence of motor subtypes of delirium, as well as their risk factors and outcomes, among older vulnerable patients admitted for short-term management of exacerbated chronic conditions.

METHODS: Cohort study of patients aged 65 and older who developed delirium while admitted to a subacute care unit for 12 months (N = 352). Confusion Assessment Method was used to determine the presence of delirium and the Delirium Motor Subtype Scale was used to define the motor subtype. Outcomes included discharge destination, mortality, readmission, and functional trajectories.

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Objectius i metodologia

Objectius:

- **Anàlisi de la prevalença** dels subtipus motors de delirium a subaguts.
- **Factors de risc i resultats** associats per a cada subtipus.

Mètodes:

- ✓ Subaguts \geq 65 anys, durant 12 mesos, que presentin delirium.
- ✓ CAM per delirium; Delirium Motor Subtype Scale per subtipus.
- ✓ **Outcomes:** destí a l'alta, mortalitat, evolució funcional.

Anàlisi estadístic:

- Anàlisi descriptiu
- Exclusió no motor
- Anàlisi univariat 2x2 (χ^2 o ANOVA)
- Anàlisi multivariat de factors de risc i resultats per cada subtipus (3 regressions logístiques múltiples, ajustades per variables rellevants).
- Trajectòria funcional: 3 regressions linears múltiples ajustades per variables rellevants.

Resultats. N=352

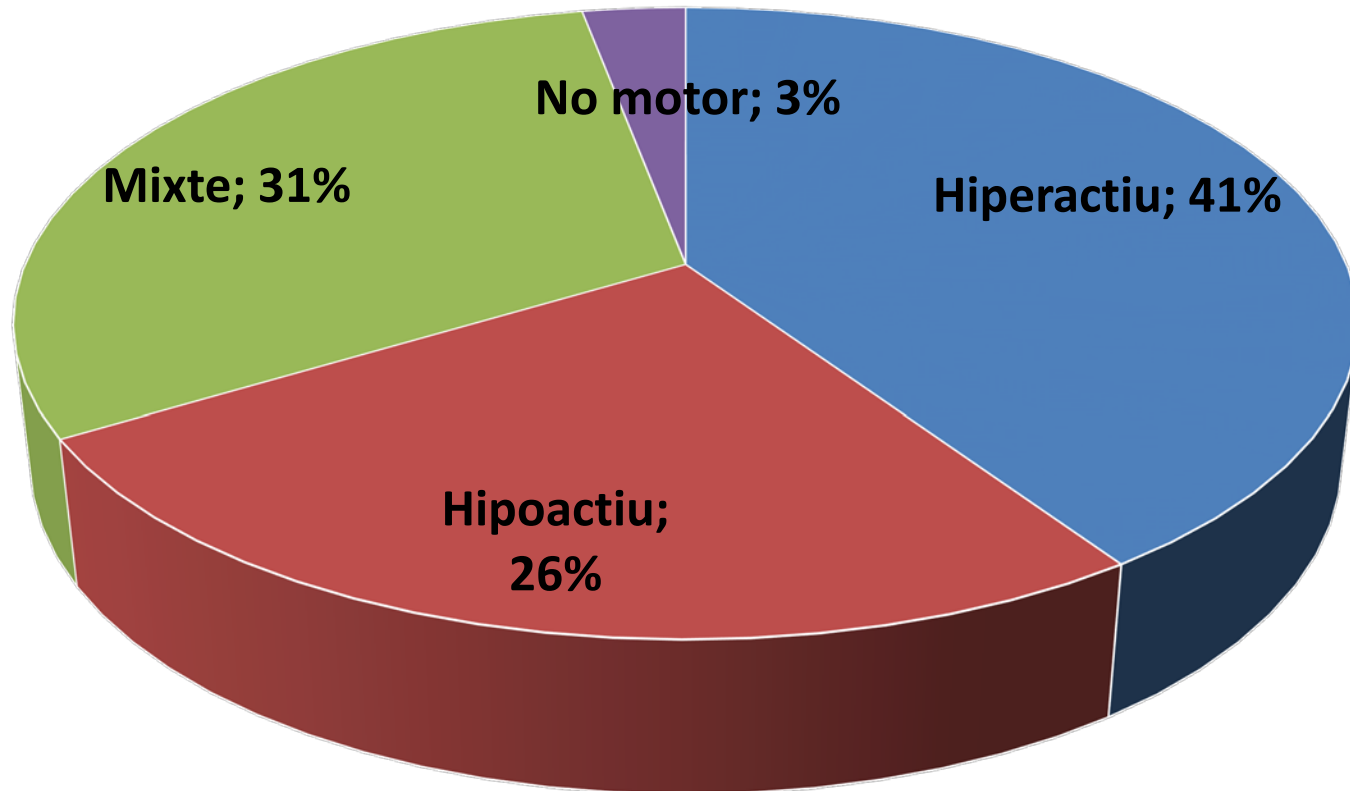


TABLE 1. Characteristics of 343 Patients According to Delirium Subtypes

	Subtype of Delirium			p ^{a,b}
	Hyperactive N = 143 (40.6)	Mixed N = 109 (31)	Hypoactive N = 91 (25.9)	
Age	87.5 ± 6.2	87.8 ± 5.4	86.8 ± 6.3	0.44
Gender (women) ^c	75 (52.4)	67 (61.5)	61 (67)	0.07
Nursing home residents ^{c,c}	44 (31)	38 (34.9)	48 (52.7)	0.003
Prior Barthel ^{c,c}	52.4 ± 30.3	46 ± 29.2	24.9 ± 26.5	<0.001
Barthel at admission ^{c,c}	32.9 ± 23.2	29.8 ± 23.1	14.9 ± 18.7	<0.001
Malnutrition (MNA <8) ^d	62 (43.4)	66 (60.6)	50 (54.9)	0.08
Charlson index ^c	2.6 ± 1.6	2.7 ± 1.5	3.1 ± 1.7	0.06
Number of usual drugs	8.0 ± 3.5	7.7 ± 3.6	8.3 ± 4.0	0.53
Previous hospitalization	55 (44)	54 (53.3)	42 (53.8)	0.26
Main diagnosis				
- Respiratory Infection	70 (49)	49 (45)	44 (48.4)	
- Heart failure	20 (14)	10 (9.2)	6 (6.6)	
- Urinary tract	26 (18.2)	21 (19.3)	19 (20.9)	0.50
Comorbidities				
Dementia ^{c,c}	101 (70.6)	74 (67.9)	79 (86.8)	0.01
Diabetes mellitus	39 (27.3)	30 (27.5)	31 (34.1)	0.49
Heart failure	58 (40.6)	43 (39.4)	27 (29.7)	0.21
Ischemic cardiomyopathy	28 (19.6)	20 (18.3)	15 (16.5)	0.84
Renal chronic disease	36 (25.2)	30 (27.5)	23 (25.3)	0.90
COPD	42 (29.4)	27 (24.8)	17 (18.7)	0.18
Cerebrovascular disease	36 (25.2)	32 (29.4)	31 (34.1)	0.34

TABLE 2. Multivariate Analyses of Delirium Subtype Risk Factors

	p value	Wald χ^2 ^a	OR (95% CI)
<i>a. Hypoactive delirium (versus hyperactive)</i>			
Dementia	0.72	0.1	0.9 (0.4–2.0)
Nursing home resident	0.54	0.4	1.2 (0.6–2.3)
Prior Barthel ^b	<0.001	25.0	0.97 (0.96–0.98)
Women	0.28	1.2	1.4 (0.8–2.7)
Charlson index	0.02	5.6	1.3 (1.04–1.5)
<i>b. Hypoactive delirium (versus mixed)</i>			
Dementia	0.40	0.7	0.7 (0.3–1.6)
Nursing home resident	0.76	0.1	0.9 (0.5–1.8)
Prior Barthel ^b	<0.001	12.7	1.02 (1.01–1.04)
<i>c. Mixed delirium (versus hyperactive)</i>			
Age	0.90	0.02	1.0 (0.95–1.04)
Women	0.22	1.5	1.4 (0.8–2.4)
Malnutrition ^c	0.01	6.8	2.0 (1.2–3.3)

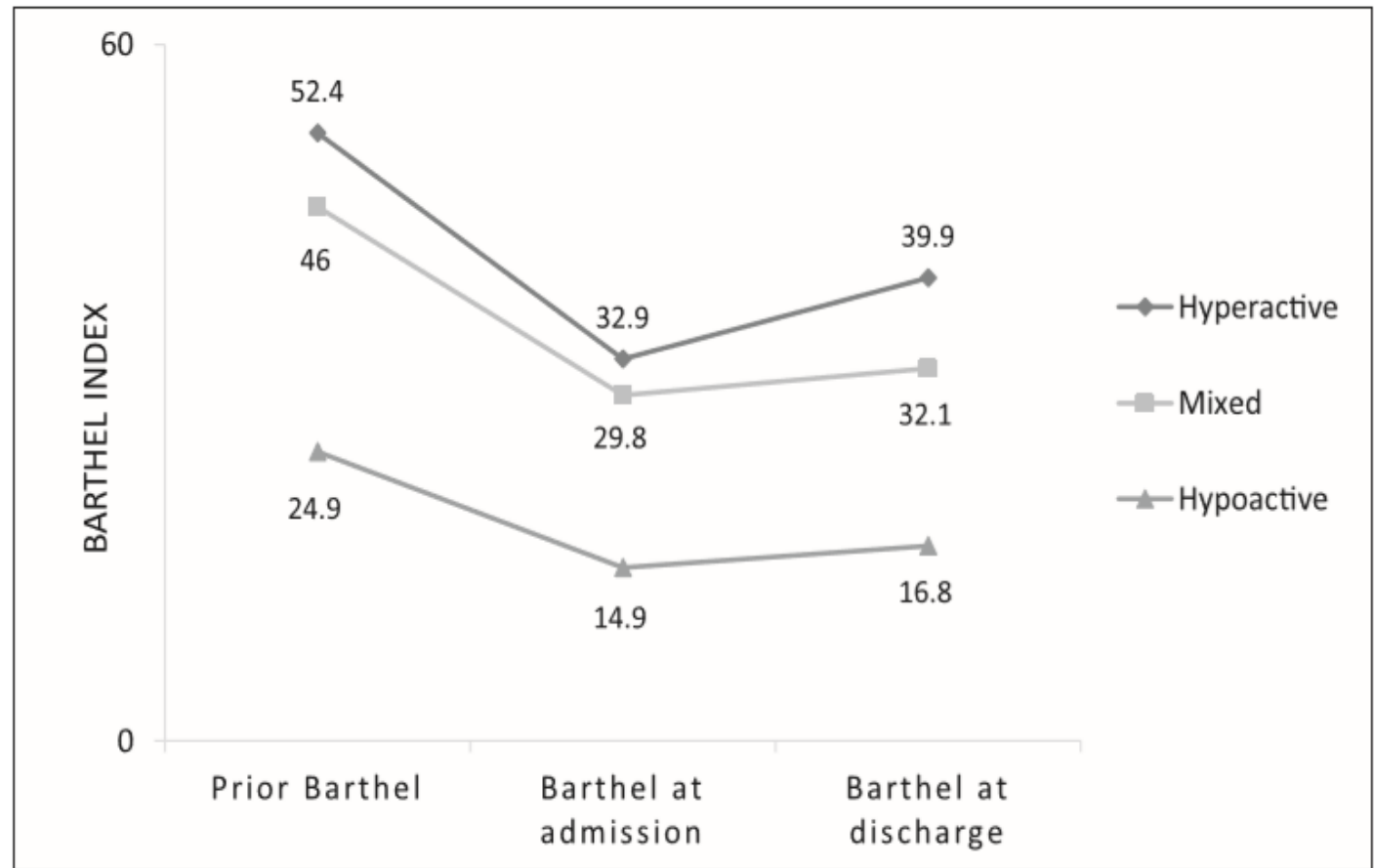
	Subtype of Delirium			p ^{a,b}
	Hyperactive N = 143 (40.6)	Mixed N = 109 (31)	Hypoactive N = 91 (25.9)	
Outcomes at discharge and within the next 30 days				
Return to the usual living situation ^{c,f}	109 (76.2)	73 (67)	50 (54.9)	0.003
Death ^{c,d}	6 (4.2)	14 (12.8)	17 (18.7)	0.002
Length of stay ^f	9.6 ± 4.0	9.4 ± 3.8	9.3 ± 4.1	0.46
Barthel at discharge ^{c,d,e,f}	39.9 ± 24.9	32.1 ± 24.7	16.8 ± 20.5	<0.001
Readmission ≤30 days ^f	26 (19.0)	12 (12.6)	12 (16.2)	0.25

Resultats

TABLE 3. Multivariate Analysis of Mortality, Return to Usual Living Situation, and Functional Trajectory Related to the Different Subtypes of Delirium

	Mortality ^a		Return to Usual Living Situation ^{a,c}		Delta Barthel Index ^{b,c}	
	OR (95% CI)	p value ^c	OR (95% CI)	p value ^c	β (95% CI)	p value ^d
<i>a. Hypoactive delirium (versus hyperactive)</i>						
Age	1.1 (1.0–1.2)	0.05	1.0 (0.98–1.1)	0.28	–0.2 (–0.95–[–0.14])	0.01
Women	0.4 (0.2–1.1)	0.07	1.4 (0.7–3.0)	0.33	0.001 (–5.3–5.3)	0.99
Prior Barthel	1.0 (1.0–1.01)	0.14	1.0 (0.99–1.0)	0.91	–0.04 (–0.1–0.7)	0.67
Hypoactive delirium	4.7 (1.6–14.0)	0.01	0.4 (0.2–0.9)	0.04	–0.2 (–12.0–[–0.4])	0.04
Charlson	1.0 (0.7–1.3)	0.78	1.0 (0.8–1.2)	0.94	0.12 (–0.4–2.4)	0.14
Dementia	0.6 (0.2–2.4)	0.47	1.0 (0.4–2.4)	0.91	–0.13 (–11.1–1.6)	0.14
<i>b. Hypoactive delirium (versus mixed)</i>						
Age	1.1 (1.03–1.1)	0.001	1.0 (0.96–1.1)	0.54	0.06 (–0.3–0.6)	0.54
Women	0.6 (0.4–1.2)	0.13	1.4 (0.7–2.9)	0.54	0.10 (–2.5–8.9)	0.27
Prior Barthel	0.98 (0.97–0.99)	0.003	1.0 (0.98–1.003)	0.13	–0.006 (–0.1–0.1)	0.96
Hypoactive delirium	2.0 (1.02–3.9)	0.04	1.8 (0.8–3.9)	0.13	–0.04 (–6.7–4.4)	0.69
Charlson	1.0 (0.9–1.2)	0.80	0.9 (0.8–1.2)	0.54	0.19 (0.23–3.2)	0.05
Dementia	1.8 (0.8–3.8)	0.14	0.7 (0.3–1.8)	0.43	–0.20 (–13.5–0.3)	0.06
<i>c. Mixed delirium (versus hyperactive)</i>						
Age	1.0 (0.97–1.1)	0.97	1.0 (0.96–1.1)	0.450	–0.15 (–0.8–0.02)	0.06
Women	0.9 (0.3–2.4)	0.79	0.8 (0.4–1.7)	0.62	0.03 (–4.0–6.0)	0.71
Prior Barthel	1.0 (0.98–1.01)	0.45	1.0 (0.98–1.003)	0.12	–0.12 (–0.2–0.03)	0.17
Mixed delirium	3.2 (1.2–8.7)	0.02	0.7 (0.4–1.3)	0.26	–0.15 (–9.4–[–0.01])	0.05
Charlson	1.2 (0.9–1.6)	0.26	1.0 (0.8–1.2)	0.87	0.18 (0.2–3.1)	0.02
Dementia	1.2 (0.4–3.9)	0.80	1.0 (0.4–2.1)	0.93	–0.24 (–14.2–[–2.5])	0.01

FIGURE 1. Functional trajectories of different subtypes of delirium.



Limitacions i fortaleeses

Limitacions:

- Incidència vs prevalença delirium (urgències)
- Presència de diferents professionals avaluadors

Fortaleeses:

- Delirium a subaguts (pacients difícil d'estudiar)
- Amplia mostra, VGI, escales validades
- Estudi prospectiu i informació a 30 dies

Discussió

- Delirium hiperactiu i mixte, els més freqüents
- El delirium hipoactiu es presenta en persones més vulnerables (funcional, clínicament).
- El delirium hipoactiu (i mixte) és un factor de risc independent associat a pitjors resultats clínics i funcionals.

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