Confusion Assessment Method (CAM)

**Delirium requires: Presence of 1 & 2 and either 3 or 4**

**Abrupt onset**
1) Is there evidence of an acute change in mental status from baseline?

**Inattention**
2) a. Did the client have difficulty focusing attention? Easily distractable? Can’t keep track of what was said?
   - □ not present at time of interview
   - □ present during interview but mild
   - □ present and marked
   - □ uncertain

   b. (if present or abnormal) did this fluctuate during the interview? ie. Tend to come and go?

   c. (if present or abnormal) Please describe behaviour.

**Disorganized Thinking**
3) Was the client’s thinking disorganized or incoherent, such as rambling, irrelevant, unclear or illogical flow of ideas, unpredictable switching of topics?

**Altered Level of Consciousness**
4) Overall how would you rate the level of consciousness?
   - □ alert
   - □ vigilant (hyperalert) overly sensitive to stimuli? Startles easily?
   - □ lethargic (drowsy, easily aroused)
   - □ stupor
   - □ coma
   - □ uncertain

**Also Features:**

**Disorientation**
1) Was the client disoriented? Thinks he/she is in the wrong bed? Wrong place?

**Memory Impairment**
2) Demonstration of memory problems: can’t remember instructions, events since admission etc

**Perceptual Disturbances**
3) Evidence of disturbances: hallucinations? illusions? misinterpretations?

**Psychomotor**
8) **Part 1**  Agitation: restlessness? picking @ clothes? tapping fingers?

   **Part 2**  Retardation: ↓ motor activity? sluggishness? staring into space? moving slowly?

**Altered sleep-wake cycle**
9) disturbance of routines? Excessive daytime sleepiness with insomnia @ night?