Hypoactive delirium can be more difficult to recognise than hyperactive delirium, and is associated with worse outcomes. This infographic summarises the main differences between the two forms of delirium.

### Delirium

According to the DSM-5* classification, to be diagnosed with delirium a patient must display all of the following:

- **Disturbance in attention**
  - Ask patient to name the months of the year backwards

- **Disturbance in awareness**
  - Ask patient their age, date of birth, place and current year

- **An additional disturbance**
  - Such as defcit in: Memory, Visuospatial ability, Language, Perception

- **Acute change**
  - Develops over a short period of time
  - Sudden change from baseline
  - Fluctuates during the course of a day
  - May require information from other staff, carers, or case notes

- **Evidence of cause**
  - Evidence that disturbance is a consequence of one or more of:
    - Another medical condition
    - Substance intoxication
    - Substance withdrawal
    - Exposure to a toxin

- **No better explanation**
  - These disturbances are not better explained by a pre-existing, established or evolving neurocognitive disorder or coma state

### Hyperactive delirium

- Predominantly restless and agitated
  - Increased motor activity
  - Loss of control of activity
  - Restlessness
  - Wandering

### Hypoactive delirium

- Predominantly drowsy and inactive
  - Decreased activity
  - Decreased action speed
  - Decreased speed of speech
  - Decreased amount of speech
  - Reduced awareness of surroundings
  - Listlessness
  - Withdrawal

### Mixed motor type

- Evidence of both subtypes in the previous 24 hours

### Adverse consequences

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<th>Hypoactive delirium</th>
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<td>+ Greater mortality</td>
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<tr>
<td>Onset of dementia</td>
<td>Less reversibility</td>
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<td>Increased mortality</td>
<td>+ Greater length of stay</td>
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<tr>
<td>Admission to long term care</td>
<td>+ Worse quality of life</td>
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<tr>
<td>Distress</td>
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* DSM-5 = Diagnostic and Statistical Manual of Mental Disorders (fifth edition)