

# Post Traumatic Stress Disorder in Older Adults After Delirium: A Systematic Review

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## Introduction

Post-traumatic stress disorder (PTSD) is an anxiety disorder caused by frightening or traumatic events. Delirium is a state of acute confusion associated with acute illness, surgery, and hospitalisation. Delirium is known to be associated with a risk of PTSD in patients in the Intensive Care (ICU) setting. However, there is limited information on the prevalence of delirium in older adults outside of Intensive Care. Therefore, we undertook a systematic review to ascertain the prevalence of PTSD in elderly patients after an episode of delirium in a general ward.

## Methods

- Prospero ID: 499306
- The systematic review was conducted using MEDLINE (1946-10/01/2024), Embase (1974-10/01/2024), and PsycINFO (1806- 10/01/2024) to identify studies.
- Two researchers (SN, NM) independently reviewed all studies with any disparities resolved through a 3rd researcher (AM)

- Inclusion**
- Adults aged ≥ 65 years, admitted to an acute hospital.
  - Diagnosed with delirium using a validated screening tool, (e.g. 4AT, CAM-ICU).
  - Subsequently screened for PTSD following discharge with a validated screening tool (e.g. the PTSS-14).

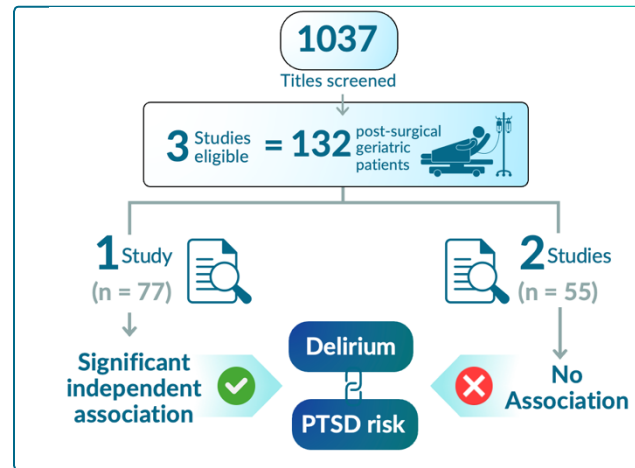
- Exclusion**
- ICU cohorts.
  - Terminal illness with <3 months life expectancy.

## References

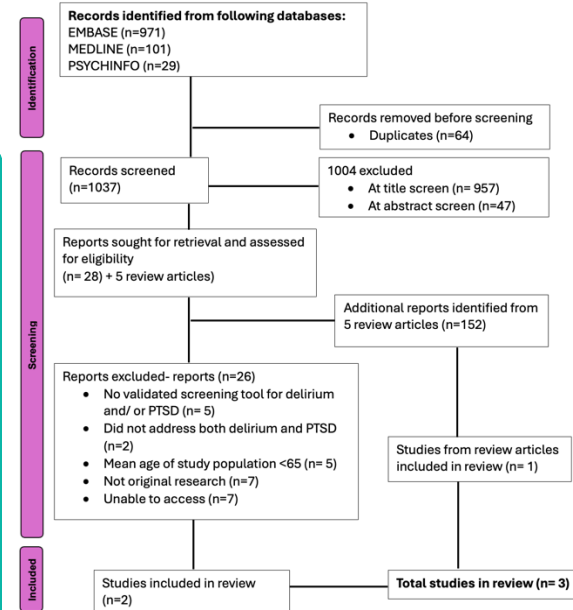
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## Results



### Identification of studies via databases



Authors	Country	Age (mean)	Result
de Mul et al (2002) <sup>1</sup>	Netherlands	73	<ul style="list-style-type: none"> <li>32 of 230 surgical patients developed delirium</li> <li>19 patients found to have PTSD at 3 months and 21 patients at 1 year after surgery</li> <li>Outcome- there is no association between surgery in older patients with or without delirium and development of psychopathology.</li> </ul>
Drews et al (2015) <sup>2</sup>	Germany	67	<ul style="list-style-type: none"> <li>77 of 559 patients developed with postoperative delirium</li> <li>66 patients identified with PTSD 3 months after surgery</li> <li>Outcome – post-operative delirium is a risk factor for PTSD 3 months after surgery.</li> </ul>
Slor et al (2012) <sup>3</sup>	Netherlands	84	<ul style="list-style-type: none"> <li>23 of 53 surgical patients undergoing hip surgery developed delirium</li> <li>Outcome – no association between delirium and PTSD symptoms at 3 months</li> </ul>

## Conclusions

The current body of research on the prevalence of PTSD following episodes of in-patient delirium in older adults is limited. The findings of this review highlight the need for further research. A prospective cohort study on Geriatric Medicine wards is being planned.