

# 10. BÖLÜM

## ONKOLOJİ HASTALARINDA DELİRYUM VE TEDAVİSİ

*Hatice LİMONCU<sup>1</sup>*

### **GİRİŞ**

Deliryum bireyin kognitif durumunda değişikliğin eşlik ettiği, dikkati ilgisiz uyarılarla kolaylıkla dağıldığı için dikkati yönlendirme, odaklanma, sürdürme ve kaydırma becerisinin azaldığı dikkat veya farkındalık bozukluğudur (Bárbara Rocha ve ark. ,2019). Akut başlangıçlı, potansiyel olarak geri dönüşümlü, bir uçta koma-stupor, diğer uçta normal uyanık bir zihinsel durumla seyredebilmektedir (Mattoo, Grover & Gupta,2010). Deliryum tablosunun en önemli özelliği; semptomların ani başlangıçlı olması, dış uyarıların azaldığı alacakaranlık ve gece vakitlerinde artarak dalgali seyir göstermesidir (Yudofsky & Hales,2002). Deliryum, genellikle yaşlı popülasyonda, kanser hastalarında, ağır medikal hastalığı olan ve yaşamının son saatlerinde veya günlerinde olan insanlarda görülür (Bush & ark. ,2018). Deliryum ölüm riskinde artma ve ciddi fiziksel morbiditeye neden olabilmekte, sadece hastalar için değil bakımverenler ve aileler için de çoğunlukla ciddi derecede üzücü bir deneyim olabilmektedir(Lawlor & Bush,2015). Onkoloji hastalarında deliryum gelişimine kanser ve komplikasyonları zemin hazırlamakta, kullanılan tedavilerin çoğu deliryum riskini arttırmaktadır (Lawlor & Bush,2015). Deliryum yönetimi onkoloji hastalarında özelliğidir ve klinik bulgularının çok çeşitlilik gösterebileceği akılda tutulmalı tarama testleri her hastaya uygulanmalıdır.

### **DELİRYUM EPİDEMİYOLOJİSİ**

Hastanede kalım süresinde ve mortalitede artışa neden olan deliryum görülme sıklığı ile ilgili yapılan bir çalışmada deliryum oranının acile gelen yaşlı

<sup>1</sup> Uzm. Dr. İnegöl Devlet Hastanesi, Nöroloji Kliniği, h\_baser89@hotmail.com

tedavisinde kullanımı onaylanmış bir ilaç bulunmamaktadır, eldeki en güçlü veriler deliryumun önlenmesi ile ilgili olanlardır. Bu nedenle özellikle yatknlığı fazla olan kanser hastalarında deliryumun tarama testleriyle de değerlendirilmesi deliryum gelişimini önlemek için gereken önlemlerin alınması önem arz etmektedir.

## KAYNAKLAR

- Agar MR, Lawlor PG, Quinn S, et al. Efficacy of Oral Risperidone, Haloperidol, or Placebo for Symptoms of Delirium Among Patients in Palliative Care: A Randomized Clinical Trial. *JAMA Intern Med* 2017;177:34-42
- Al-Aama T, Brymer C, Gutmanis I, et al: Melatonin decreases delirium in elderly patients: A randomized, placebo-controlled trial. *Int J Geriatr Psychiatry* 26:687-694, 2011
- Alici-Evcimen Y, Breitbart W. An update on the use of antipsychotics in the treatment of delirium. *Palliat Support Care* 2008; 6:177-82
- Aliev G, Obrenovich ME, Smith MA, et al. Hypoperfusion, Mitochondria Failure, Oxidative Stress, and Alzheimer Disease. *J Biomed Biotechnol* 2003;2003:162-3
- American Psychiatric Association. Diagnostic and statistical manual of mental disorders, Fifth Edition. Arlington: American Psychiatric Association; 2013
- Angel C, Brooks K, Fourie J. Standardizing Management of Adults with Delirium Hospitalized on Medical-Surgical Units. *Perm J*. 2016;20(4):16-002
- Bárbara Rocha Gouveia, Rafael Tavares Jomar, Tania Cristina de Oliveira Valente+Delirium in cancer patients admitted to the intensive care unit: a retrospective study. *Rev Bras Ter Intensiva*, 2019;31(4):536-540
- Benitez-Rosario MA, Ferial M, Salinas-Martin A et al. Opioid switching from transdermal fentanyl to oral methadone in patients with cancer pain. *Cancer* 2004;101:2866-73
- Benjamin J. Sadock, Samoon Ahmad, Virginia A. Sadock (2020). *Klinik psikiyatri el kitabı* (altıncı baskı) Ankara: Güneş Tıp Kitabevi
- Bergeron N, Dubois JM, Dumont M, Dial S, Skrobic Y. Intensive care delirium screening checklist: evaluation of a new screening tool. *Intensive Care Med*. 2001;27:859-64
- Braillon A. Delirium in patients with advanced cancer: Screening to cure or caring to prevent? *Cancer* 2017;123:704
- Bush SH, Lawlor PG, Ryan K et al. Delirium in adult cancer patients: ESMO clinical practice guidelines. *Ann Oncol* 2018;29:iv143-iv65
- Canan Karadaş, Leyla Özdemir, 2019. Deliryumun yönetiminde farmakolojik olmayan yaklaşımlar ve hemşirenin sorumlulukları. *J Psychiatric Nurs*;10(2):137-142 DOI: 10.14744/phd.2019.81994
- Caraceni A. Drug-associated delirium in cancer patients. *EJC Suppl* 2013;11:233-40
- Cerejeira J, Mukaetova-Ladinska EB. A clinical update on delirium: from early recognition to effective management. *Nurs Res Pract*. 2011;2011:875196
- Chudasama Y, Dalley JW, Nathwani F, et al. Cholinergic modulation of visual attention and working memory: dissociable effects of basal forebrain 192-IgG-saporin lesions and intraprefrontal infusions of scopolamine. *Learn Mem* 2004;11:78-86
- Colombo R, Corona A, Praga F, Minari C et al. A reorientation strategy for reducing delirium in the critically ill. Results of an interventional study. *Minerva Anestesiol* 2012;78:1026-33
- de la Cruz M, Fan J, Yennu S et al. The frequency of missed delirium in patients referred to palliative care in a comprehensive cancer center. *Support Care Cancer* 2015; 23: 2427-2433
- Delirium: diagnosis, prevention and management. NICE clinical guideline. [cited 2015 Feb 13] Available from: <http://www.nice.org.uk/guidance/cg103>

- Edelstein A,Alici Y. Diagnosing and Managing Delirium in Cancer Patients. *Oncology (Williston Park)* 2017;31:686-92
- Elisabeth C. W. Neeffjes,Maurice J. D. L. van der Vorst ,Manon S. A. Boddaert,Bea A. T. T. Verdegaal,Aart Beeker,Saskia C. C. Teunissen,Aartjan T. F. Beekman,Wouter W. A. Zuurmond, Johannes Berkhof and Henk M. W. Verheul. Accuracy of the Delirium Observational Screening Scale (DOS) as a screening tool for delirium in patients with advanced cancer.*BMC Cancer* (2019) 19:160
- Ender Kaya, Sinan Sönmez, Fatma Barlas, 2013. Deliryum Okmeydanı Tıp Dergisi 29(Ek sayı 2):70-74
- Engel GL,Romano J. Delirium, a syndrome of cerebral insufficiency. 1959. *J Neuropsychiatry Clin Neurosci* 2004;16:526-38
- Fang CK,Chen HW,Liu SI et al. Prevalence, detection and treatment of delirium in terminal cancer inpatients: a prospective survey. *Jpn J Clin Oncol* 2008; 38: 56-63
- Flacker JM,Wei JY. Endogenous anticholinergic substances may exist during acute illness in elderly medical patients. *J Gerontol A Biol Sci Med Sci* 2001;56:M353-5
- Gagnon B,Low G,Schreier G. Methylphenidate hydrochloride improves cognitive function in patients with advanced cancer and hypoactive delirium: a prospective clinical study. *J Psychiatry Neurosci* 2005;30:100-7
- Gamberini M,Bolliger D,Lurati Buse GA, et al: Rivastigmine for the prevention of postoperative delirium in elderly patients undergoing elective cardiac surgery: A randomized controlled trial. *Crit Care Med* 37:1762-1768, 2009
- Gaudreau JD,Gagnon P,Harel F et al. Psychoactive medications and risk of delirium in hospitalized cancer patients. *J Clin Oncol* 2005a;23: 6712-8
- Gaudreau JD,Gagnon P,Harel F,Tremblay A,Roy MA. Fast, systematic and continuous delirium assessment in hospitalized patients: the nursing delirium screening scale. *J Pain Symptom Manag.* 2005b;29:368-75
- Grover S, Kate N. Assessment scales for delirium: A review. *World J Psychiatry.* 2012;2(4):58-70
- Han JH,Zimmerman EE,Cutler N et al. Delirium in older emergency department patients: recognition, risk factors, and psychomotor subtypes. *Acad Emerg Med* 2009;16:193-200
- Hosie A,Lobb E,Agar M et al. Measuring delirium point-prevalence in two Australian palliative care inpatient units. *Int J Palliat Nurs* 2016; 22: 13-21
- Imad El Majzoub ,Hussna Abunafeesa ,Rola Cheaito,Mohamad Ali Cheaito,Ahmed F. Elsayem,2019. Management of altered mental status and delirium in cancer patients. *Ann Palliat Med* 2019;8(5):728-739
- Inouye SK, van Dyck CH, Alessi CA, Balkin S, Siegal AP, Horwitz RI. Clarifying confusion: the confusion assessment method. A new method for detection of delirium. *Ann Intern Med.* 1990;113:941-8
- Inouye SK, Westendorp RG, Saczynski JS. Delirium in elderly people. *Lancet .* 2014 March 8; 383(9920): 911-922.
- Inouye SK. Predisposing and precipitating factors for delirium in hospitalized older patients. *Dement Geriatr Cogn Disord* 1999;10:393-400
- Irwin SA,Pirrello RD,Hirst JM, Buckholz GT, et al. Clarifying delirium management: practical, evidenced-based, expert recommendations for clinical practice. *J Palliat Med* 2013;16:423-35
- Jeejeebhoy NK. Malnutrition, fatigue, frailty, vulnerability, sarcopenia and cachexia: overlap of clinical features. *Curr Opin Clin Nutr Metab Care* 2012; 15: 213-219
- Johnson MH. Assessing confused patients. *Journal of neurology, neurosurgery, and psychiatry* 2001;71 Suppl 1:i7-i12
- Kress JP, Pohlman AS, O'Connor MF, et al: Daily interruption of sedative infusions in critically ill patients undergoing mechanical ventilation. *N Engl J Med* 2000; 342:1471-1477
- Kukreja D,Günther U, Popp J1 . *Indian J Med Res.* 2015 Dec;142(6):655-62

- Kuriyama A, Tabata H. Suvorexant for the treatment of primary insomnia: a systematic review and meta-analysis. *Sleep Med Rev* 2016;35:1–7
- Laird BJ, McMillan DC, Fayers P et al. The systemic inflammatory response and its relationship to pain and other symptoms in advanced cancer. *Oncologist* 2013; 18: 1050–1055
- Lawlor PG, Bush SH. Delirium in patients with cancer: assessment, impact, mechanisms and management. *Nat Rev Clin Oncol* 2015; 12: 77–92
- Lawlor PG, Gagnon B, Mancini IL, Pereira JL, Hanson J, Suarez-Almazor ME, et al. Occurrence, causes, and outcome of delirium in patients with advanced cancer: a prospective study. *Arch Intern Med.* 2000;160:786–94
- Leonard M, Raju B, Conroy M et al. Reversibility of delirium in terminally ill patients and predictors of mortality. *Palliat Med* 2008; 22: 848–854
- Lexicomp: Version 3.0.1. Wolters Kluwer Clinical Drug Information, Inc., 2017, . World Health Organization
- Liptzin B, Laki A, Garb JL, et al: Donepezil in the prevention and treatment of post-surgical delirium. *Am J Geriatr Psychiatry* 13:1100-1106, 2005.
- Ljubisavljevic V, Kelly B. Risk factors for development of delirium among oncology patients. *Gen Hosp Psychiatry* 2003; 25: 345–352
- Maddocks I, Somogyi A, Abbott F et al. Attenuation of morphine-induced delirium in palliative care by substitution with infusion of oxycodone. *J Pain Symptom Manag* 1996;12:182–9
- Maldonado JR. Neuropathogenesis of delirium: review of current etiologic theories and common pathways. *Am J Geriatr Psychiatry* 2013;21:1190-222
- Maldonado JR. Pathoetiological model of delirium: a comprehensive understanding of the neurobiology of delirium and an evidence-based approach to prevention and treatment. *Crit Care Clin* 2008;24:789-856, ix
- Martins S, Fernandes L. Delirium in elderly people: a review. *Front Neurol.* 2012;3:101
- Matsuoka H, Yoshiuchi K, Koyama A et al. Chemotherapeutic drugs that penetrate the blood–brain barrier affect the development of hyperactive delirium in cancer patients. *Pall Supp Care* 2015; 13: 859–864
- Mattoo SK, Grover S, Gupta N. Delirium in general practice. *Indian J Med Res.* 2010;131:387-98
- Morita T, Tei Y, Tsunoda J et al. Underlying pathologies and their associations with clinical features in terminal delirium of cancer patients. *J Pain Symptom Manage* 2001; 22: 997–1006
- Moryl N, Kogan M, Comfort C et al. Methadone in the treatment of pain and terminal delirium in advanced cancer patients. *Palliat Support Care* 2005;3:311–7
- Mulsant BH, Pollock BG, Kirshner M, et al. Serum anticholinergic activity in a community-based sample of older adults: relationship with cognitive performance. *Arch Gen Psychiatry* 2003;60:198-203
- Neeffes ECW, van der Vorst MJDL, Verdegaal BATT et al. Identification of patients with cancer with a high risk to develop delirium. *Cancer Med* 2017; 6: 1861–1870
- Neelon VJ, Champagne MT, Carlson JR, Funk SG. The NEECHAM confusion scale: construction, validation, and clinical testing. *Nurs Res.* 1996;45:324–30
- Patel J, Baldwin J, Bunting P, et al: The effect of a multicomponent multidisciplinary bundle of interventions on sleep and delirium in medical and surgical intensive care patients. *Anaesthesia* 2014; 69: 540–549
- Pereira J, Hanson J, Bruera E. The frequency and clinical course of cognitive impairment in patients with terminal cancer. *Cancer* 1997; 79: 835–842
- Perry E, Walker M, Grace J, et al. Acetylcholine in mind: a neurotransmitter correlate of consciousness? *Trends Neurosci* 1999;22:273
- Practice guideline for the treatment of patients with delirium: American Psychiatric Association. *Am J Psychiatry.* 1999;156(5 Suppl):1-20
- Procyshyn RM, Bezchlibnyk-Butler KZ, Jeffries JJ (eds). *Clinical Handbook of Psychotropic Drugs*, 21st edition. Boston: Hogrefe Publishing 2015.

- Rada P, Barson JR, Leibowitz SF, et al. Opioids in the hypothalamus control dopamine and acetylcholine levels in the nucleus accumbens. *Brain Res* 2010;1312:1-9
- Raju K, Coombe-Jones M. An overview of delirium for the community and hospital clinician. *Progress in Neurology and Psychiatry* 2015;19:23-7
- Sampson EL, Raven PR, Ndhlovu PN, et al: A randomized, double-blind, placebo-controlled trial of donepezil hydrochloride (Aricept) for reducing the incidence of postoperative delirium after elective total hip replacement. *Int J Geriatr Psychiatry* 22:343-349, 2007
- Schuurmans MJ, Donders RT, Shortridge-Baggett LM, Duursma SA. Delirium case finding: pilot testing of a new screening scale for nurses. *J Am Geriatr Soc.* 2002;50(suppl A8):S3;
- Schuurmans MJ, Duursma SA, Shortridge-Baggett LM. Early recognition of delirium: Review of the literature. *J Clin Nurs* 2001;10:721-9
- Schuurmans MJ, Shortridge-Baggett LM, Duursma SA. The delirium observation screening scale: a screening instrument for delirium. *Res Theory Nurs Pract.* 2003;17:31 -50
- Shu Xu Yuanyuan Cui, Jinhua Shen, Peili Wang. Suvorexant for the prevention of delirium A meta-analysis. *Xu et al. Medicine (2020) 99:30*
- Sickich N, Lerman J. Development and psychometric evaluation of the pediatric anesthesia emergence delirium scale. *Anesthesiology.* 2004;100: 1138 -45
- Siddiqi N, Harrison JK, Clegg A et al. Interventions for preventing delirium in hospitalised non-ICU patients. *Cochrane Database Syst Rev* 2016; 3: CD005563
- Spiller JA, Keen JC. Hypoaffective delirium: assessing the extent of the problem for inpatient specialist palliative care. *Palliat Med* 2006;20:17-23
- Tatematsu N, Hayashi A, Narita K et al. The effects of exercise therapy on delirium in cancer patients: a retrospective study. *Support Care Cancer* 2011;19:765-70
- The DSM-5 criteria, level of arousal and delirium diagnosis: inclusiveness is safer. *BMC Med* 2014;12:141
- The ICD-10 classification of mental and behavioural disorders: diagnostic criteria for research, 1993. [http:// www.who.int/classifications/icd/en/GRNBOOK.pdf](http://www.who.int/classifications/icd/en/GRNBOOK.pdf) (17 April 2018, date last accessed)
- Tieges Z, Evans JJ, Neufeld KJ, MacLulich AMJ. The neuropsychology of delirium: advancing the science of delirium assessment. *Int J Geriatr Psychiatry.* 2018;33(11):1501-1511
- Trzepacz PT. Update on neuropathogenesis of delirium. *Dement Geriatr Cogn Disord* 1999; 10: 330-334. <http://dx.doi.org/10.1159/000017164> PMID:10473933
- Tuma R, DeAngelis LM. Altered mental status in patients with cancer. *Arch Neurol* 2000; 57: 1727-1731
- Twycross R, Wilcock A, Howard P (eds). PCF5: Palliative Care Formulary, 5th edition. Nottingham: Palliativedrugs.com 2014.
- Van Rompaey B, Elseviers MM, Van Drom W, Fromont V, et al. The effect of earplugs during the night on the onset of delirium and sleep perception: a randomized controlled trial in intensive care patients. *Crit Care* 2012;16:R73
- William Breitbart, Yesne Alici. Evidence-Based Treatment of Delirium in Patients With Cancer. 2012 by American Society of Clinical Oncology 0732-183X/12/3011-1206/\$20.00 DOI: 10.1200/JCO.2011.39.8784
- Winrow CJ, Gotter AL, Cox CD, et al. Promotion of sleep by suvorexant —a novel dual orexin receptor antagonist. *J Neurogenet* 2011;25:52-61
- Yamaguchi T, Morita T, Shinjo T et al. Effect of parenteral hydration therapy based on the Japanese national clinical guideline on quality of life, discomfort, and symptom intensity in patients with advanced cancer. *J Pain Symptom Manage* 2012; 43: 1001-1012
- Yoshinobu Matsuda, Hitoshi Tanimukai, Shinichiro Inoue Shuji Inada, Koji Sugano, Hideaki Hasuo, Masafumi Yoshimura, Saho Wada, Chikako Dotani, Hiroyoshi Adachi, Yoshiaki Okamoto, Mari Takeuchi, Daisuke Fujisawa, Jun Kako, Chiyuki Sasaki, Yasuhiro Kishi, Nobuya Akizuki, Masatoshi Inagaki, Yosuke Uchitomi, Eisuke Matsushima, and Toru Okuyama, 2020. JPOS/JASCC clinical guidelines for delirium in adult cancer patients: a summary of recommendation statements *Japanese Journal of Clinical Oncology*, 50(5)586-593 doi: 10.1093/jjco/hyaa003
- Yudofsky S. C., Hales R. E., Textbook of neuropsychiatry. 4th ed. American Psychiatric Press, Washington (DC), s. 525-