

famCAM

family Confusion Assessment Method for caregiver

Purpose : Test for delirium

Admin time : 5-10 min

User Friendly : High

Administered by : Healthcare professional carer assisted

Content : The Family Confusion Assessment Method (FAM-CAM) is an informant-based variation of the CAM in which a family member or caregiver assesses the patient's mental and cognitive status using a series of questions.

Clinicians ask family members or caregivers these questions in person, by telephone, or electronically. They will ask about the patient's recent mental and cognitive status, sleeping patterns, and abnormal actions or dialogue.

The FAM-CAM can be used in both clinical and research settings, where it can be useful for facilitating and educating caregivers about possible acute changes in mental status, and early signs of cognitive changes in older individuals.

It also may be used in clinical settings where delirium cannot be readily assessed by health care professionals (e.g., hospitals, ICUs, presurgery or postsurgery, postdischarge, or extended care settings).

Author : Inouye SK, 1999

Copyright : Hospital Elder Life Program

Free to use for clinical purposes.

Any replication of the CAM or publication must include the following copyright acknowledgment.

"Confusion Assessment Method. © 1988, 2003, Hospital Elder Life Program. All rights reserved. Adapted from: Inouye SK et al. *Ann Intern Med.* 1990; 113:941-8."



<https://www.cgakit.com/p-2-cam>

Family Confusion Assessment Method

FAM-CAM

For Caregivers

Thank you for participating in this research study. Please fill out the following questionnaire regarding your friend or relative's thinking and concentration. Think about his or her behavior in the past few days and circle the answer to each question.

Caregiver's Name:

Date:

Patient's name:

Time:

Circle the answer to each question

- | | | | |
|--|-----|----|------------|
| 1. During the past few days, have you noticed any changes in your friend or relative's thinking or concentration, such as being less attentive, appearing confused or disoriented (not knowing where he/she was), behaving inappropriately, or being extremely sleepy all day? | Yes | No | Don't Know |
| 2. Did he/she have difficulty focusing attention, for example, being easily distracted or having trouble keeping track of what you were saying at any time? | Yes | No | Don't Know |
| 3. Was his/her speech disorganized, incoherent, rambling, unclear, or illogical at any time? | Yes | No | Don't Know |
| 4. Did he/she seem excessively drowsy or sleepy during the daytime at any time? | Yes | No | Don't Know |
| 5. Was he/she disoriented, for example, thinking he/she was somewhere other than where he/she was, or misjudging the time of day at any time? | Yes | No | Don't Know |

Training Instructions for Caregivers

If you are not sure of how to answer the questions, please refer to this sheet for guidance.

Question 1

During the past few days, have you noticed any changes in your friend or relative's thinking or concentration, such as being less attentive, appearing confused or disoriented (not knowing where he/she was), behaving inappropriately, or being extremely sleepy all day?

- This question is asking about a new change in behavior. Is your friend or relative confused? Do they not know what time of day it is? Have they started acting out or fighting? Are they sleeping during the day when they did not do that before?
- An example would be if your friend or relative suddenly does not make sense at times when talking to you.
- Answer 'yes' if you have seen these changes mainly in the past few hours to days. These problems should be NEW (within the past few days). If they have been problems for many months, answer NO.

Question 2

2. Did he/she have difficulty focusing attention, for example, being easily distracted or having trouble keeping track of what you were saying at any time?

- The answer to this question is 'YES' if your friend or relative cannot pay attention to you. Is he or she out of touch with the environment?
- An example of this would be needing to repeat questions several times.
- Again, these problems should be NEW behavior.

Question 3

3. Was his/her speech disorganized, incoherent, rambling, unclear, or illogical at any time?

- Answer this question with a 'YES' if your friend or relative's thoughts are confused and hard to follow. This might include rambling or unrelated speech, words that do not make sense, illogical ideas, and unpredictable switching from subject to subject. It might be very difficult to follow his or her thoughts.
- For example, you ask your friend or relative if they need help with eating, and the response is: "Let's go get the sailor suits!"
- Again, this behavior must be NEW for the answer to be 'yes'.
- The answer would be NO if the unclear speech is due to mumbling or a physical problem.

Question 4

4. Did he/she seem excessively drowsy or sleepy during the daytime at any time?

- Many older people are sleepy in the daytime. This question should only be answered 'yes' if this sleepiness is excessive or too much for your friend or relative. This question asks if there has been a new change.
- If it is normal for your friend or relative to sleep during the daytime, then answer NO.

Question 5

5. Was he/she disoriented, for example, thinking he/she was somewhere other than where he/she was, or misjudging the time of day at any time?

- Disorientation means being confused about times, places, and people.
- An example of being confused about time is if they think it is day when it is night.
- An example of being confused about places is if they think they are in a hospital when they are really at home.
- An example of being confused about people would be seeing their sister and thinking she is their mother.

Question 6

6. Did he/she seem to see or hear things which weren't actually present, or seem to mistake what he/she saw or heard for something else at any time?

- This question asks about making mistakes about what you see and hear. You should answer yes if your friend or relative sees or hears things that are not there, or makes mistakes about what they see or hear.
- For example, if someone sees a pile of laundry and thinks it is a person. Another example could be hearing church bells ringing when there is no sound or hearing voices when no one is there.

Question 7

7. Did he/she behave inappropriately, such as wandering, yelling out, or being combative or agitated at any time?

- This question asks about behavior that breaks normal rules.
- Only answer 'YES' if there are new behaviors. Behaviors that started a long time ago do not count.

- Some examples include loud yelling, swearing, or violent behavior. Other examples include wandering and getting lost, inappropriate sexual behavior, urinating in trash cans, and taking clothes off in public.

Question 8

8. Please tell me more about the changes you noticed in Questions 1-7.

- Please describe any changes you noticed. Be specific. For example, if your friend or relative thought that spiders were crawling on the ceiling when they were not, write down "thought spiders were crawling on the ceiling", not just "saw things that were not there".
- Be sure to include changes you have noticed; many people will be better for short periods of time but get worse again. These changes are important to note.

Question 9.

9. Were these changes (from Questions 1-7) present all the time, or did they come and go from day to day?

For any behaviors reported in Questions 1-7, are they present all the time? Or are they worse at some days and times?

Question 10

10. When did these changes first begin? Would you say they began:

What is the earliest time you first noticed the new behaviors?

Question 11

11. Overall, have these changes been getting better, worse, or staying about the same?

Many of these behaviors may change over time. For this question, answer whether or not your friend or relative has been MOSTLY getting better, worse, or staying about the same.