

PALTmed Texas Geriatrics Annual Conference 2026: *Houston: We Have Geriatrics!*
Session Objectives and Speaker Bio(s)

Speaker(s): Kathryn Agarwal, MD

Title: *Delirium in Hospitalized Older Adults*

Date: Friday, July 31, 2026

Time: 11:30 am to 12:30 pm

Objectives:

1. Learner will be able to identify delirium and state key elements in diagnosis.
2. Learner will be able to list risk factors and contributors to delirium.
3. Learner will be able to name at least three potentially inappropriate medications for older adults that increase risk of delirium.
4. Learner will be familiar with an approach to management of delirium.

Kathryn Agarwal, MD

Dr. Agarwal has pursued an academic career in developing hospital programs to improve the care of hospitalized older adults since completion of geriatrics fellowship in 2003 at Harvard Medical School. Clinically, she has led two Acute Care for Elderly programs as well as geriatrics consultation services at four hospitals. Most of her time is spent in administrative work on quality efforts for care for older adults across the 9 hospitals in Houston Methodist System in leading programs to address all the aspects of Age-Friendly Health Systems focused on prevention and management of delirium. She is also the medical director for Post-Acute Care in a Medicare Shared Savings program in which she works with skilled nursing facilities and also with primary care practices on issues of dementia and falls. She is co-investigator on a 5-year study across 4 hospitals through Patient Centered Outcomes Research Institute to study if increased sleep can be accomplished in the hospital and if so, can this reduce the impact of delirium for older adults.