

## **Delirium - raising awareness resources for support staff September 2022**

Delirium causes a short term confused state and can develop over hours or days. It is a common condition. 20% of adults in hospital experience delirium, 50% of people who have a hip fracture will experience delirium.

People can develop delirium anywhere such as in hospital, care homes and living at home. Delirium can affect memory, concentration and personality. It is a sign of an underlying illness. Delirium will usually improve, once the underlying illness is treated, but sometimes it can last for a while.

Raising awareness about delirium is important in order to ensure that the person at risk or who goes on to develop delirium, gets the right care and treatment.

Dementia United have collated the resources below, to enable you to find out more and raise awareness about delirium in order for you to take forward supporting people who are at risk of developing delirium as well as supporting people who go on to develop delirium to access the support they need.

### **Who are these resources for?**

Our intended audience for these resources is health care assistants, support workers, dementia advisors, housing support and extra care housing staff, domiciliary and home care staff, reception and call centre staff.

### **What have we included in this resource?**

- We have included the long and short versions of our public facing delirium leaflet (along with a link to the translated resources).
- We provide links to the Dementia United website, where we hear from people with lived experience of delirium.
- We have also included links to training and raising awareness films and resources from other areas in the UK, which we hope will be of value.

## Greater Manchester delirium leaflets

Dementia United have produced public facing leaflets, that are useful resources for staff to raise awareness about delirium. The print screen image on the next page, is from the long leaflet and outlines what it covers.

**This leaflet is designed to explain the following questions:**

|   | Page |
|---|------|
| • What is delirium?   | 3    |
| • How can you prevent delirium?                                 | 4    |
| • How can you spot the signs of delirium?                       | 6    |
| • How does the health and care team assess and manage delirium? | 7    |
| • How can you help someone to recover from delirium?            | 8    |
| • Further support and follow up                                 | 10   |
| • Person-centred delirium plan                                  | 11   |

**Long delirium leaflet** can be accessed via the link here [Greater-Manchester-delirium-Leaflet-long-version.pdf \(dementia-united.org.uk\)](#)



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**Short delirium leaflet** can be accessed via the link here [Greater-Manchester-delirium-Leaflet-short-version.pdf \(dementia-united.org.uk\)](#)



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**Translated versions of the shorter leaflet** accessed via the link here [Translated delirium resources - Dementia United \(dementia-united.org.uk\)](#)

## Hearing from people with lived experience of delirium

We have provided several resources which you can access via the link here where we hear from people with lived experience of delirium. This includes a link to a YouTube film, where we hear from Liz and Mike, as well as an audio recording from John of his hospital experience. We have provided a link to an animation that Plymouth University made of someone's hospital experience of delirium. [Delirium - Dementia United \(dementia-united.org.uk\)](#)

## Awareness raising films

Dementia United have collated the resources that have been developed by other services that are very useful as training resources. You will see from the list below, that there are two very short animations, followed by a longer e-learning package that would need an hour to be able to complete.

1. Delirium Awareness Animated video, suitable for staff (clinical and non-clinical) working in a variety of settings, including care homes and family carers.
  - a. Highlights the symptoms of delirium, identifying underlying cause(s) and strategies that can help. Key message: Suspect it, Spot it, Stop it. [4.5 mins]  
[icanpreventDELIRIUM Delirium Awareness Video HD - YouTube](#)
2. Delirium superimposed on dementia Animated video highlighting that people living with dementia are at increased risk of delirium.
  - a. Targeted at staff in wards or care homes. Uses animated case studies to show hyperactive, hypoactive and mixed delirium.  
[#DeliriumReady – Delirium Awareness and management Delirium Superimposed on Dementia - YouTube](#)

## E-learning module

On the e-learning for health platform. **With thanks to West Yorkshire and Harrogate Health and Care Partnership NHS I&E for allowing us to share their training resource with relevant colleagues in Greater Manchester**

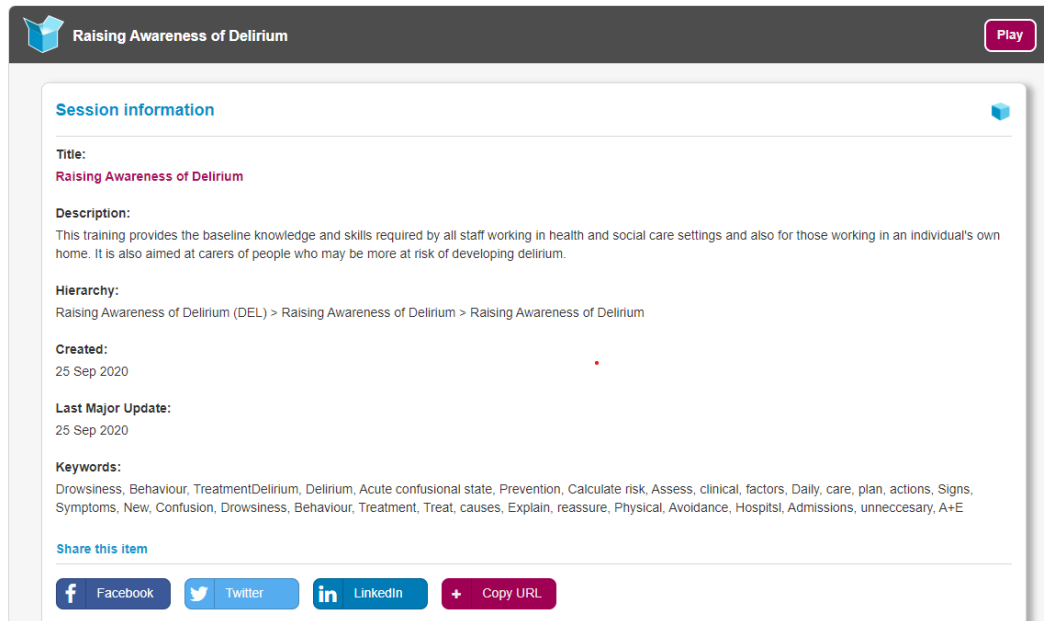
This e-learning provides the baseline knowledge and skills required by all staff working in health and social care settings and also for those working in an individual's own home (as well as family carers).

It takes approximately 50 minutes to complete and anyone can access it, you do not need to sign up for an account but you can if you wish to. Everyone receives a certificate at the end of the e-learning. Click on the link here [e-LfH Hub](#) to access the e-learning. You may need to try different web browsers if it does not work.

## How to access the e-learning

We have provided some quick tips here. For more detailed guidance on working your way through the module please refer to the slides via the link here [PowerPoint Presentation \(yhscn.nhs.uk\)](#)

When you click on the link [e-LfH Hub](#), it takes you to this page as per the print screen below. Click on **Play** in the top right-hand corner



**Raising Awareness of Delirium** Play

### Session information

**Title:**  
Raising Awareness of Delirium

**Description:**  
This training provides the baseline knowledge and skills required by all staff working in health and social care settings and also for those working in an individual's own home. It is also aimed at carers of people who may be more at risk of developing delirium.

**Hierarchy:**  
Raising Awareness of Delirium (DEL) > Raising Awareness of Delirium > Raising Awareness of Delirium

**Created:**  
25 Sep 2020

**Last Major Update:**  
25 Sep 2020

**Keywords:**  
Drowsiness, Behaviour, Treatment, Delirium, Acute confusional state, Prevention, Calculate risk, Assess, clinical, factors, Daily, care, plan, actions, Signs, Symptoms, New, Confusion, Drowsiness, Behaviour, Treatment, Treat, causes, Explain, reassure, Physical, Avoidance, Hospital, Admissions, unnecessary, A+E

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A text box as below will come up. Click **Continue** and you will be taken straight into the module.

## Play Content - Raising Awareness of Delirium ×

You are not currently logged in. If you want your learning activity recorded against your user account, please log in or register. Otherwise continuing to the learning content from here will not record any learning activity on your account.

Cancel Login/Register Continue

A box appears as below and you use the buttons at the bottom of the slide clicking **Back** **Next** to proceed through the training.

# Raising Awareness of Delirium

## Tier 1 Online Learning



There are other training resources on the Dementia United website available via the link here [Delirium toolkit training resources - Dementia United \(dementia-united.org.uk\)](https://dementia-united.org.uk) eg resources from SCIE for Care Home Managers [Why think delirium? \(scie.org.uk\)](https://scie.org.uk)

**Any questions about any of the resources, or if you want to find out more then please contact [helen.pratt5@nhs.net](mailto:helen.pratt5@nhs.net)**