

## **Resources for primary care, community local care organisations, Mental Health and Learning Disability Providers, Intermediate Care Services, Palliative Care, Care Homes, Housing Services and Hospitals - Sept 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 and is a medical emergency.

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 which include leaflets, training and Toolkits to enable you to be taking forward using these to support people at risk of developing delirium and people who go on to develop delirium, including supporting family care partners and carers. The resources collated below are for practitioners, qualified health and care staff and managers.

### **Dementia United collated resources**

- A. We have included the Greater Manchester long and short versions of our public facing delirium leaflet, along with a link to the translated resources. Please print these off and provide them for your staff team to gain a wider understanding and also to provide these to people who are at risk of developing delirium.
- B. Hearing from people with lived experience –please share these links to enable your practice, team or staff to hear from people with lived experience of delirium.
- C. We have included training resources that we have developed such as a GP Podcast, webinars we have recorded/reports following a webinar.
- D. We have included links to the Greater Manchester Delirium Toolkits which have been co-produced and based on national evidence and piloted (Community Toolkit); they are designed for health and care practitioners from primary care, community local care organisations, mental health, Intermediate and secondary/acute care.

- E. We have also included links to training and **raising awareness films** and e-learning resources from other areas in the UK, which we think would be of value to share.

## A. Greater Manchester Delirium leaflet

Dementia United have co-produced Greater Manchester public facing delirium leaflets, that are useful resources for staff to raise awareness. They are intended to be provided to people who have experienced delirium as well as for family members and can also be used as a resource to explore how to prevent delirium for people at higher risk and their family members.

The print screen image here, is from the long leaflet and outlines what it covers.

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

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

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



Greater-Manchester  
-delirium-Leaflet-lor

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



Greater-Manchester  
-delirium-Leaflet-shc

3. **Translated versions of the shorter leaflet in to 10 languages** accessed via the link here [Translated delirium resources - Dementia United \(dementia-united.org.uk\)](https://www.dementia-united.org.uk/Translated-delirium-resources)

## B. Hearing from people with lived experience of delirium

We have provided resources which you can access via the link below 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. These resources are really powerful and would be of value to be sharing with your practice, team and staff as they highlight the impact delirium has on people and why it is so important to be supporting someone during and after they have experienced delirium [Delirium - Dementia United \(dementia-united.org.uk\)](https://dementia-united.org.uk)

## C. Training resources: podcast, webinars

Dementia United have collated resources that we have developed in Greater Manchester that can be used for training and raising awareness with a range of staff in a number of settings.

- **Greater Manchester GP Podcast** Knowledge boost GP excellence podcast; with Dr Helen Martin GP, Dementia United Clinical Lead and Dr Emma Vardy, Delirium Clinical Lead talking about the assessment and management of delirium in the community and the value of using the GM Delirium Toolkits can be accessed via the link here [Delirium \(pckb.org\)](https://pckb.org) Please scroll down the page when you have clicked on the link to access the podcast itself. Our wider resources are also available to access via this link.
- North West Ambulance Service webinar via the link here [Delirium Presented By Dr Emma Vardy - YouTube](#) that Dr Emma Vardy recorded for World Delirium Awareness Day 2021
- **Delirium in Care Homes webinar** for the North West Association of Directors of Social Services & CQC series presentation which has been collated in to a report for care home managers and clinicians



Delirium in Care  
Homes #6 Webinar |

## D. Greater Manchester delirium toolkits

- The toolkits are designed for practitioners to be using in their day to day practice as the resources support screening, assessing and diagnosing delirium. They include a standardised approach to detecting the causes of delirium and provide a proactive holistic approach to managing and supporting someone presenting with delirium as well as engaging with family care partners and other care staff.

- The toolkits are designed for practitioners from primary care, community local care organisations, mental health, intermediate and secondary/acute care
- The Community Delirium toolkit documents and further training resources can be accessed via the link here [Greater Manchester Community Delirium Toolkit - Dementia United \(dementia-united.org.uk\)](https://www.dementia-united.org.uk/greater-manchester-community-delirium-toolkit-dementia-united)
  - i. We have piloted the Toolkit and here is a link to the publication as we were able to keep 70% of people safely managed at home [Delirium can be safely managed in the community through implementation of a community toolkit: a proof-of-concept pilot study | RCP Journals](https://www.rcpjournals.org/doi/10.1136/2018.02.001)
- The Hospital Delirium toolkit documents and further training resources can be accessed via the link here [Greater Manchester Hospital Delirium Toolkit - Dementia United \(dementia-united.org.uk\)](https://www.dementia-united.org.uk/greater-manchester-hospital-delirium-toolkit-dementia-united)

## E. Training resources from outside of Greater Manchester

1. Delirium Awareness Animated video, suitable for all staff (clinical and non-clinical) working in a variety of settings, including care homes and family carers produced by Tee, Esk and Wear Valleys NHS Foundation Trust
  - 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](https://www.youtube.com/watch?v=icanpreventDELIRIUM)
2. Delirium superimposed on dementia Animated video highlighting that people living with dementia are at increased risk of delirium produced by Tee, Esk and Wear Valleys NHS Foundation Trust
  - 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](https://www.youtube.com/watch?v=#DeliriumReady)
4. Resources from Social Care Institute for Excellence for **Care Home Managers** [Why think delirium? \(scie.org.uk\)](https://www.scie.org.uk/why-think-delirium/)
5. Delirium. The link here [11 minute hospital simulation training film \(YouTube\)](https://www.youtube.com/watch?v=11-minute-hospital-simulation-training-film) with actors, developed by Homerton University Hospital NHS Foundation Trust. It walks clinicians through assessing delirium (using the 4AT) and using a systematic approach to identifying causes of delirium (PINCH ME) and the management of delirium; it includes two scenarios with patients presenting with hyperactive and hypoactive delirium. There is also a lived experience account
6. E-Learning 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**

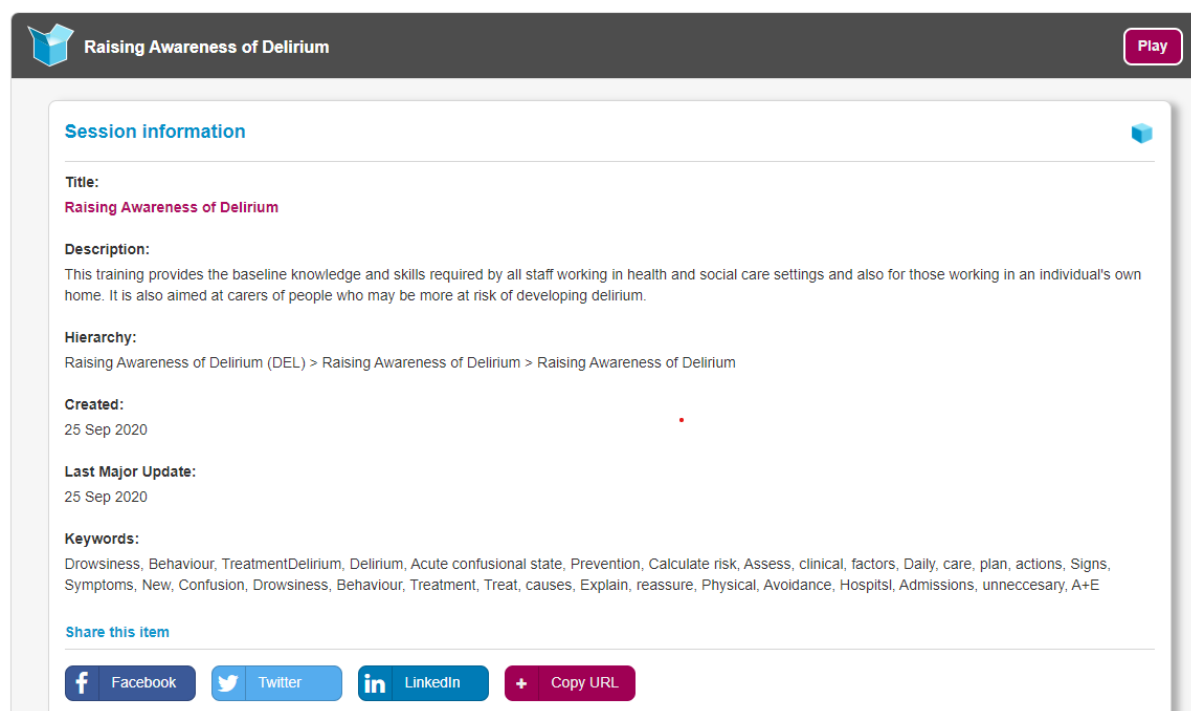
This includes a film with actors produced by West Yorkshire and Harrogate ICS. This e-learning provides the baseline knowledge and skills required by all staff working in health and social care settings and also for those working in an individual's own home (as well as family carers).

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, TreatmentDelirium, 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, Hospitals, Admissions, unnecessary, A+E

Share this item

Facebook Twitter LinkedIn Copy URL

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

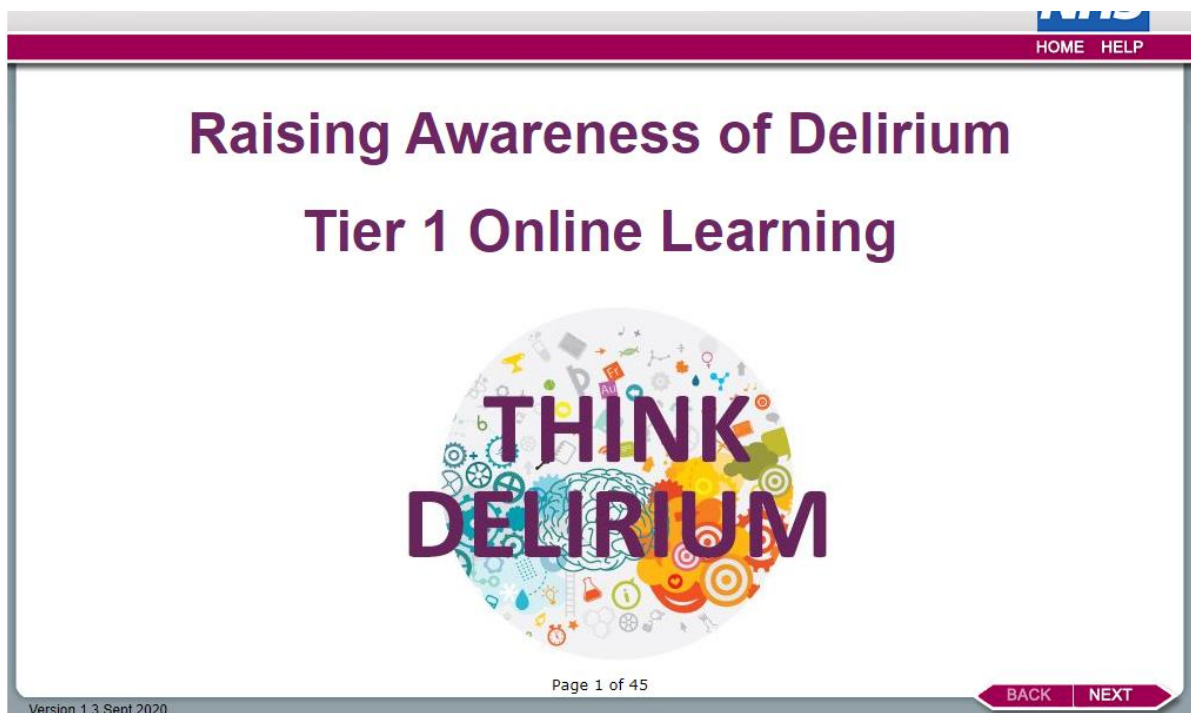
You are not currently logged in. If you want your learning activity recorded against your user account, please log in or register. Otherwise continuing to the learning content from here will not record any learning activity on your account.

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.



The screenshot shows a training slide with a white background and a dark blue header. The header contains the NHS logo and the text 'HOME HELP'. The main title is 'Raising Awareness of Delirium' in a large, bold, dark blue font, followed by 'Tier 1 Online Learning' in a slightly smaller, bold, dark blue font. In the center is a circular graphic with a brain outline and the words 'THINK DELIRIUM' in large, bold, dark blue letters. The background of the graphic is filled with various colorful icons representing different aspects of health and learning. At the bottom of the slide, there is a dark blue footer with the text 'Page 1 of 45' and two buttons labeled 'BACK' and 'NEXT'.

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://www.dementia-united.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)