

# Delirium: adoption of the Greater Manchester Community Toolkit in Stockport

**September 2022**

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The Greater Manchester integrated care partnership is helping organisations work better together with people and communities. We want people across all our boroughs to stay well, whatever their age, and whatever issues or conditions they might be managing. We're bringing together all the different organisations that support people's health and social care, so that services can join up and act faster when people need support.



## What is delirium – why is important to detect?

Delirium causes a **short term confused state**, that can **develop over hours or days**. It is a disturbance in someone's attention and awareness with an additional disturbance in cognition.

It is classified; **Hyperactive** (restlessness, agitation, non-purposeful walking, insomnia)  
**Hypoactive** (drowsiness, withdrawn). Often the person presents with **fluctuations between hyperactive and hypoactive** states over the day/or days.

### Who is at high risk of developing delirium?

People who have one or more of the following; Aged 65+, sight and/or hearing loss, dementia diagnosis, had delirium before, more than one illness, or recent surgery e.g for hip fracture.

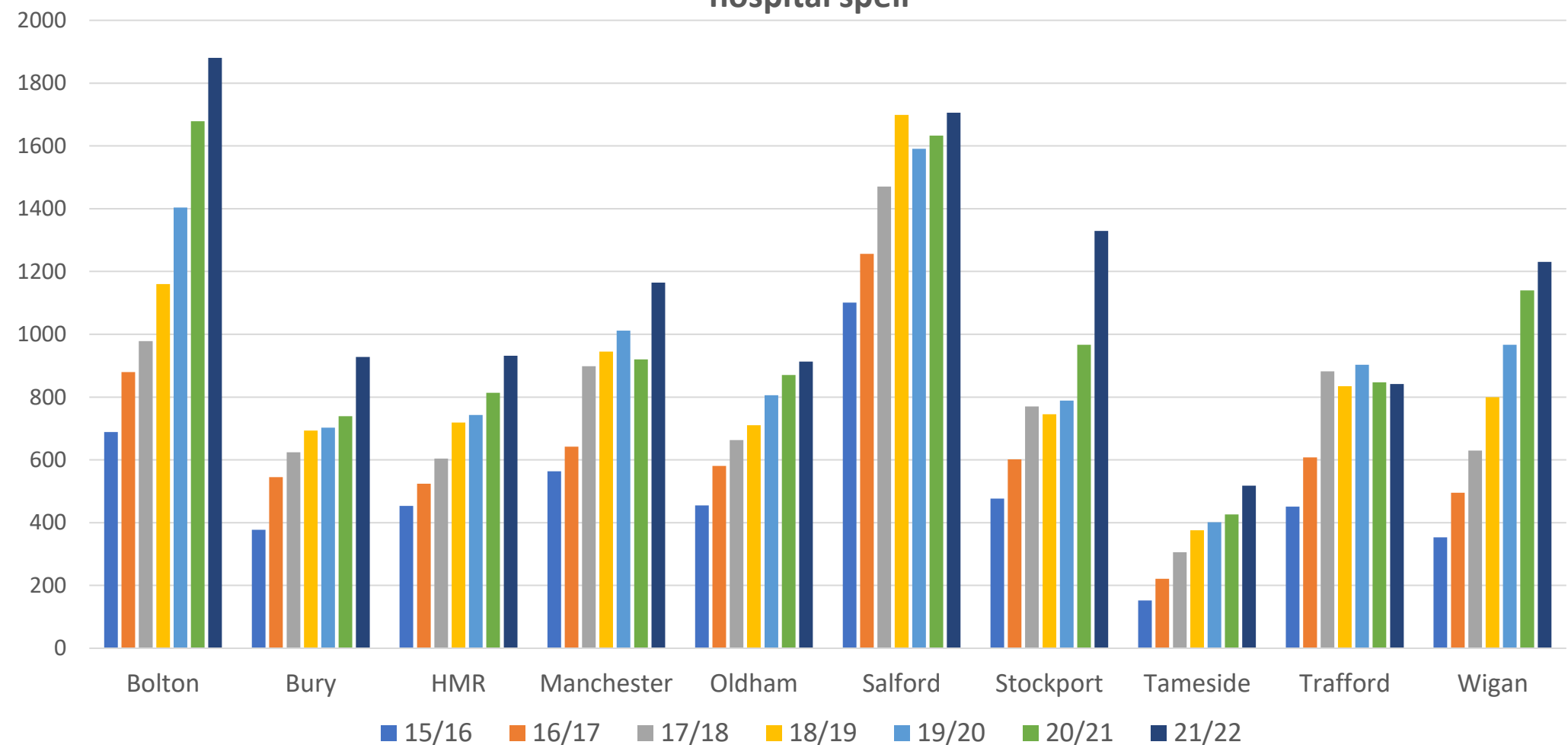
### Why is it important to detect?

Managing delirium well will **reduce hospital admissions, re-admissions to hospital, reduce morbidity and mortality, reduce distress for the person and family** and limit the impact on an existing dementia.

It is **preventable**; early detection **prevents complications** such as falls, dehydration, malnourishment and the person becoming more unwell as a result of these.

# Impetus for change

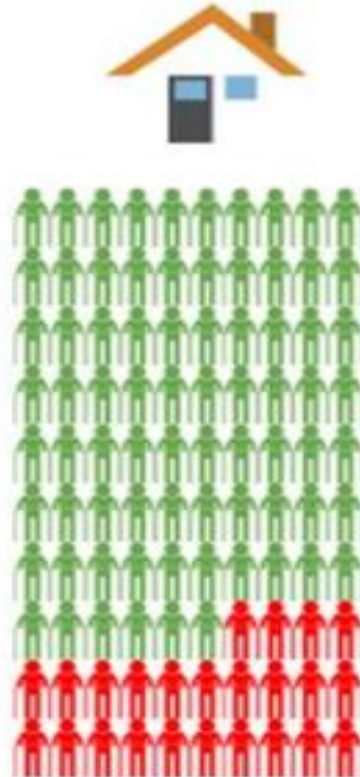
Over 65ys, hospital emergency admissions where delirium coded during their hospital spell



Source: NCDR  
SUS+ Live 2015 –  
31/03/22

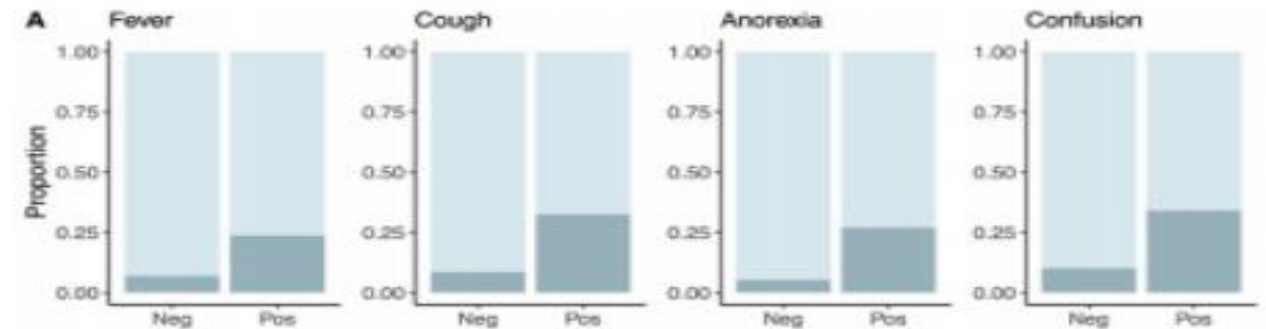
# Impetus for change

60% of Covid-19 positive residents were either asymptomatic or only had atypical symptoms two weeks prior to testing e.g 34% had new confusion from a study in 2020



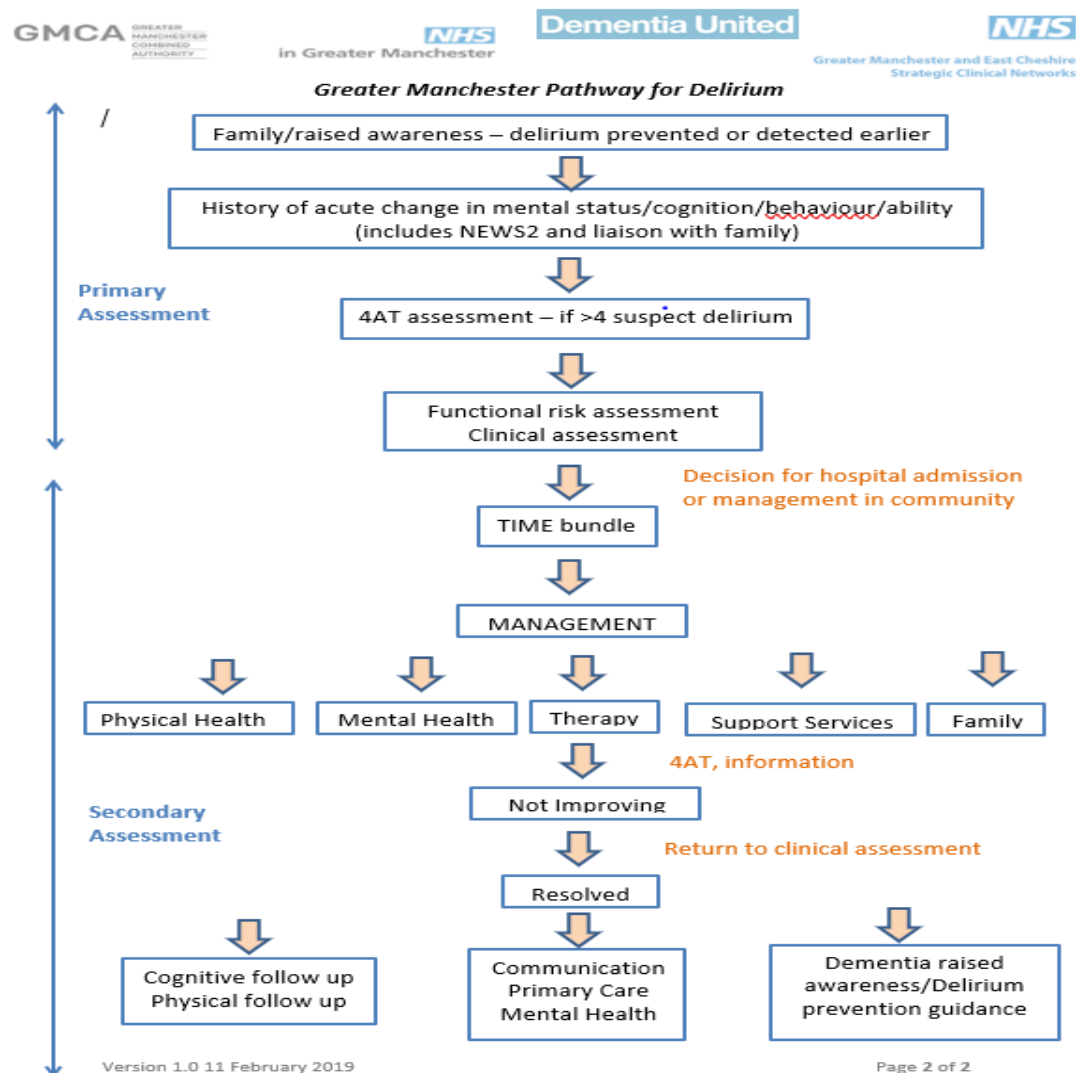
## Confusion in older people with COVID-19 in UK care homes

**Prevalence – 34%**



N.S.N. Graham, C. Junghans and R. Downes et al., SARS-CoV-2 infection, clinical features and outcome of COVID-19 in United Kingdom nursing homes, *Journal of Infection*, <https://doi.org/10.1016/j.jinf.2020.05.073>

# Greater Manchester Pathway



[Greater Manchester Community Delirium Toolkit - Dementia United \(dementia-united.org.uk\)](https://dementia-united.org.uk)

## Aims:

1. Safe management in own home/care setting
2. Reduce unnecessary hospital admissions
3. Improvement in quality of care and prognosis
4. Raise awareness

**Early detection**  
**Systematic and GM wide standardised approach to assessment**  
**Prevention; focusing on education, raising awareness**

[Greater Manchester Approach to Delirium - Dementia United \(dementia-united.org.uk\)](https://dementia-united.org.uk)

# Greater Manchester Toolkit and other resources

## Single Question Delirium SQiD

New confusion should be identified using the SQiD

Do you think (the person) has been more confused lately' and or seemed more drowsy.

If the answer is **yes** it should prompt further assessment

**TIME** = **T**riggers, **I**nvestigations (2hours) **M**anagement, **E**ngage (2 days)

<b>T = TRIGGERS</b> – think “PINCH ME”	Summarise suspected trigger(s):
<b>PAIN</b> e.g. Abbey pain scale score <i>Optional resource (OR) 7</i>	
<b>INTRACEREBRAL</b> e.g. haemorrhage <b>INFECTION</b> Any clinical signs to warrant investigations? i.e. suggestive of chest or urine infection. Consider COVID-19 as per PHE guidance to swab for COVID-19 in context of delirium.	
(mal) <b>NUTRITION</b> e.g. use Age UK paper weight arm band tool (OR 8A) mouth care assessment (OR 9)	



The 4A Test: screening instrument for cognitive impairment and delirium



[Greater Manchester Community Delirium Toolkit - Dementia United \(dementia-united.org.uk\)](#)

# Greater Manchester Toolkit and other resources

## Engaging family and carers in holistic management of delirium

### Meeting the needs of reassurance, orientation and occupation

- Provide **reassurance** and **re-orientate** the person to their surroundings, reminding them where they are
  - Keep a clock, calendar within reach. Use written prompts and reminders
- Ensure the person **has their glasses, hearing aids and check these are working**.
  - If the person goes into hospital, be sure to send these in with the person
- Provide **familiar stimulating activities**, that will help with occupation, easing distress and reassurance when family or carers are present or not
  - Consider personal music playlists, familiar photographs or objects, hobbies they enjoy

[Delirium toolkit training resources - Dementia United \(dementia-united.org.uk\)](https://dementia-united.org.uk)

## WHAT IS DELIRIUM?

Information on how to recognise delirium and what to do about it



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

[Translated delirium resources - Dementia United \(dementia-united.org.uk\)](https://dementia-united.org.uk)



# Pilot of the GM Community Toolkit

## Pilot in 2020 (July - Dec)

Stockport PCN Victoria Proactive Care

Along with 4 other localities Bolton,  
Manchester, Salford and Trafford

The goals of the pilot:

1. To understand if the community delirium toolkit could be implemented
2. To identify what resources are needed to implement
3. To consider whether the toolkit is likely to deliver the intended benefits/aims

## Pilot results

[Greater-Manchester-Community-Delirium-Toolkit-Pilot-Report-March-2021-1.pdf](#)  
([dementia-united.org.uk](#))

70% of people  
were safely  
managed at  
home

Families  
reporting very  
positively on the  
leaflet and  
support

Qualitative  
evaluation with  
staff involved -  
University of  
Manchester

Roll out across  
GM supported  
by GM primary  
care board

Development of  
resources in  
2022 – scroll  
down to staff  
resources

[Delirium can be safely managed in the community through implementation of a community toolkit: a proof-of-concept pilot study](#)  
| [RCP Journals](#)

[World Delirium Awareness Day 2022 - Dementia United](#)  
([dementia-united.org.uk](#))



Thank you

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**Please share the resources – raise awareness**

If you are interested in finding out more get in touch

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