

Delirium: adoption of the Greater Manchester Community Toolkit in Stockport

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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is classified; **Hyperactive** (restlessness, agitation, non-purposeful walking, insomnia) **Hypoactive** (drowsiness, withdrawn).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.

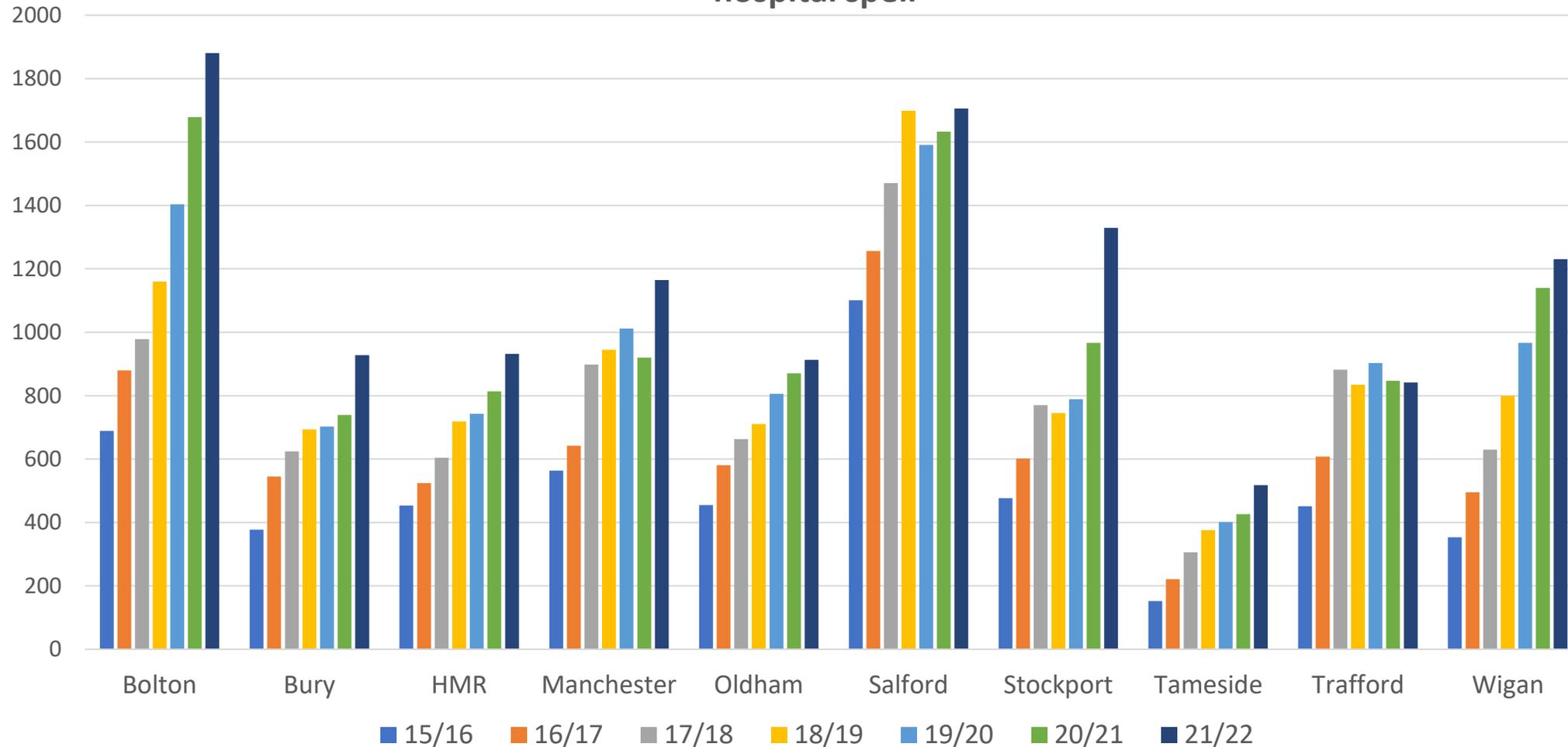
Why is it important to detect?

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

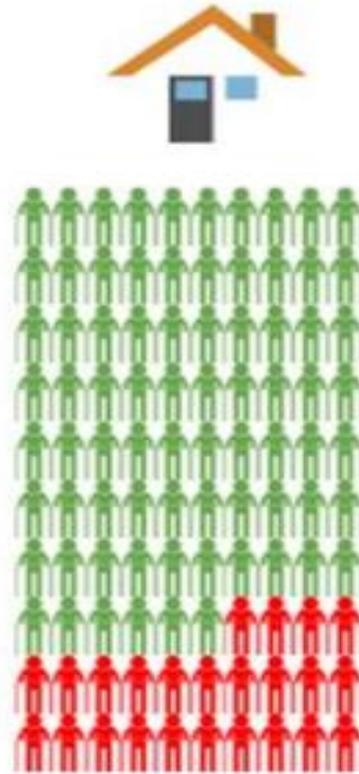
Over 65ys, hospital emergency admissions where delirium coded during their hospital spell



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

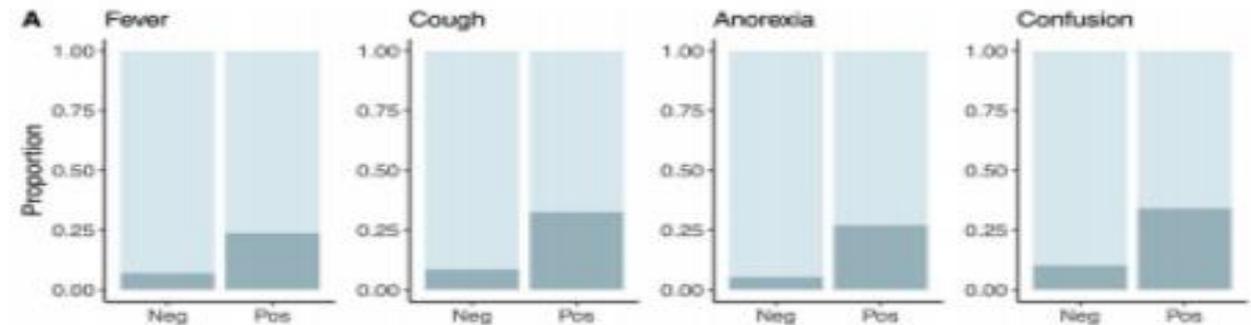
Impetus for change

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

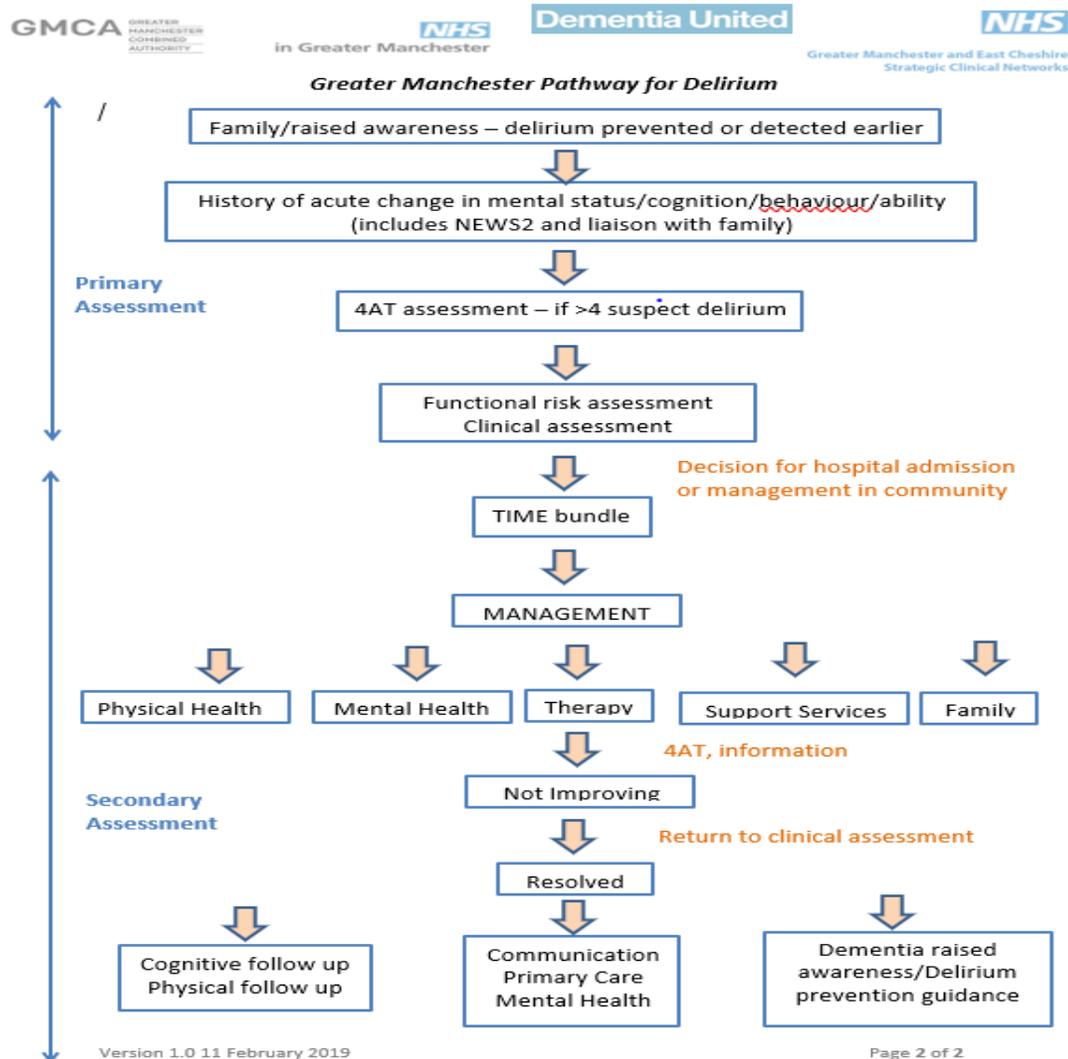


Confusion in older people with COVID-19 in UK care homes

Prevalence – 34%



Greater Manchester Pathway



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

T = TRIGGERS – think “PINCH ME”	Summarise suspected trigger(s):
PAIN e.g. Abbey pain scale score <i>Optional resource (OR) 7</i>	
INTRACEREBRAL e.g. haemorrhage INFECTION 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) NUTRITION e.g. use Age UK paper weight arm band tool <i>(OR 8A)</i> mouth care assessment <i>(OR 9)</i>	



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

PINCHME mnemonic
to help identify potential causes of delirium

- P**ain (sad face icon)
- I**nfection (virus icon)
- N**utrition (plate and fork icon)
- C**onstipation (toilet icon)
- H**ydration (glass icon)
- M**edication (pills icon)
- E**nvironment (bed icon)

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

Please share the resources – raise awareness

If you are interested in finding out more get in touch

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