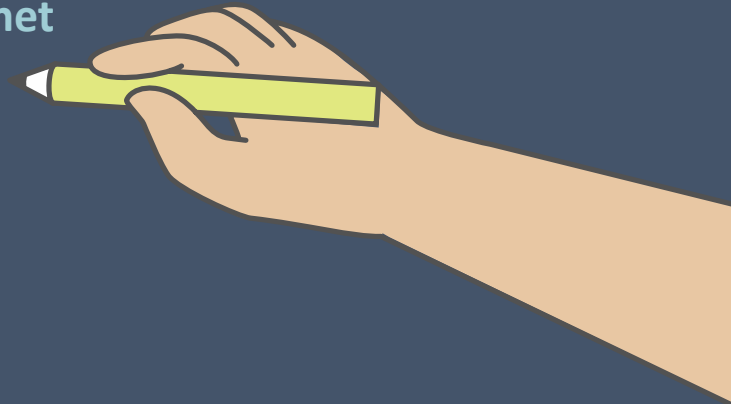
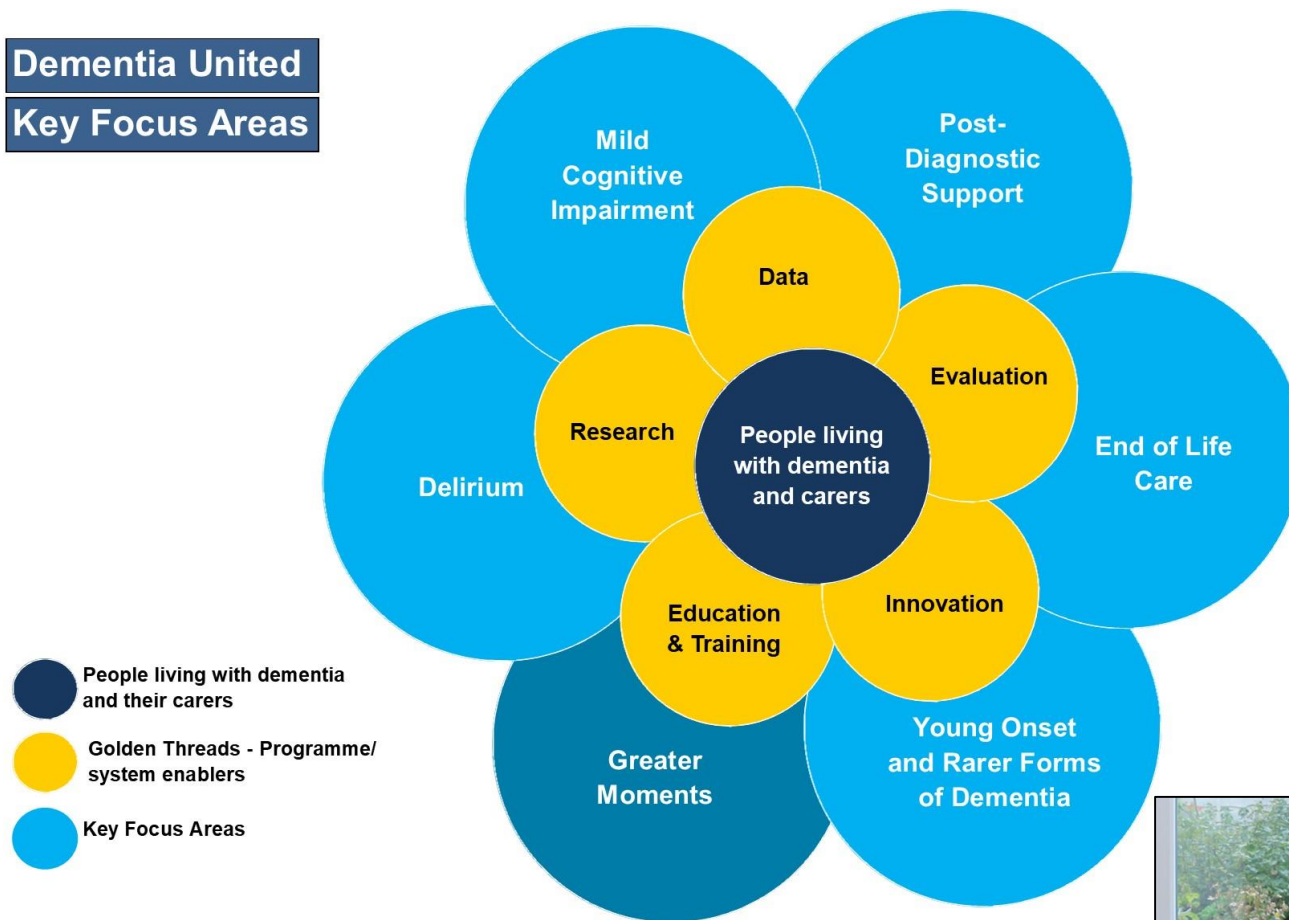


# DEMENTIA UNITED - DELIRIUM AND OTHER RESOURCES

Helen Pratt, Project Manager E:[helen.pratt5@nhs.net](mailto:helen.pratt5@nhs.net)



## Dementia United Key Focus Areas



## DELIRIUM: WHY IS IT IMPORTANT

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 into • **Hyperactive** restlessness, agitation, non-purposeful walking, insomnia • **Hypoactive** drowsiness, withdrawn • Often the person presents with **fluctuations between hyperactive and hypoactive** states. Delirium can last days, weeks or sometimes longer.

### Who is at high risk of developing delirium

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

### What causes delirium

Many things trigger a person to develop delirium '**PINCH ME**' - **P**ain, **I**nfections, **N**ot eating, **C**onstipation/ **C**OVID-19, **d**eHydration, effects of **M**edicines, **E**nvironmental

### Why is it important to detect delirium

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

Managing delirium well will **reduce hospital admission, reduce mortality, reduce distress** and limit the impact on an existing dementia.

# GREATER MANCHESTER COMMUNITY DELIRIUM TOOLKIT

## Wide stakeholder engagement to develop the resources

- DU Hosted free World Delirium Awareness Day events 2018, 2019, 2020 harnessing engagement, raising awareness, training resource, agreeing priorities
- Working groups involving nurses from across all sectors, care homes

## Developed a Toolkit and patient leaflet

- Aim was to improve detection, standardise assessment, treatment and management
- Goal to keep people safely managed at home and to improve staff, public and family members understanding of delirium and how to prevent it and seek help when needed
- COVID-19: we were asked to expediate having the resources available during the pandemic.

## Who undertook the pilot from July – December 2020

- The following teams in the community, led by nurses/AHPs
  - Trafford Community Enhanced Care Service
  - Salford Urgent Care Team
  - Bolton Admission Avoidance Team
  - Stockport Victoria Proactive Care Primary Care Network
  - Intermediate Care Units – Salford, Gorton South bed based
- Dementia United provided fortnightly drop-in sessions with the Teams piloting

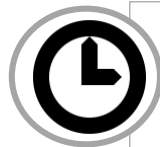
## BENEFITS DELIVERED BY THE GM COMMUNITY DELIRIUM TOOLKIT



Improved quality of care as patients presenting with acute confusion were screened using a standardised 4AT (156 patients).

4AT rapid clinical test for delirium. [Find out more](#)

Proactive follow-up and onward referral as needed for people with delirium who remained at home.



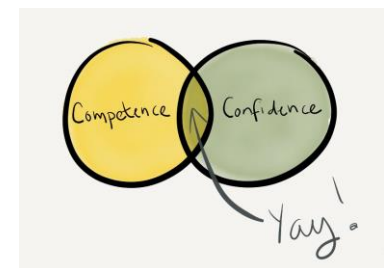
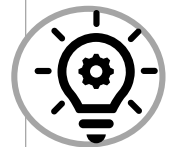
Timely standardised identification of causes of delirium and commencing treatment (for diagnosed delirium 87 patients)

Education and information for people who experience delirium and families, with the provision of the leaflet.



Reduction in admissions to hospital as 70% remained at home (61 patients)

100% of staff understood the difference between delirium and dementia, confident in using key documents in the Toolkit and able to identify causes of delirium.



## GREATER MANCHESTER DELIRIUM RESOURCES

### Greater Manchester Delirium leaflet

The leaflet explains what delirium is, how to spot it, prevent it and treat it. Click on the links here [Greater-Manchester-delirium-Leaflet-long-version.pdf \(dementia-united.org.uk\)](#)

[Greater-Manchester-delirium-Leaflet-short-version.pdf \(dementia-united.org.uk\)](#)

### Greater Manchester Community Delirium Toolkit

The film link here is Helen Pratt and Dr Emma Vardy, explaining what delirium is, talking about the toolkit, how it was developed and how it can be used in practice

<https://www.youtube.com/watch?v=ubqRNBe8uuo>

Click on the link here to access it [Greater Manchester Delirium Community Toolkit - Dementia United \(dementia-united.org.uk\)](#)

- The Toolkit includes the 4AT screening tool. Click here [4AT \(dementia-united.org.uk\)](#) the link here is someone talking through how to complete the 4AT [A guide to completing the 4AT – YouTube](#)

Training resources collated [Delirium toolkit training resources - Dementia United \(dementia-united.org.uk\)](#)

## DEMENTIA UNITED WEBSITE RESOURCES

### People with lived experience of dementia co-produced resources

#### [Dementia Wellbeing Plan - Dementia United \(dementia-united.org.uk\)](https://dementia-united.org.uk)

- [Dementia wellbeing plan – key documents](#)
- [Personalisation](#)
- [Mental capacity](#)
- [Research](#)
- [Carers](#)
- [Forward planning](#)
- [Other information mentioned in the dementia wellbeing plan](#)
- [Other information to assist](#)



### Other resources – click on the links:

[Guidance for managing dementia | GMHSC Dementia United \(dementia-united.org.uk\)](#)

[e.g. other languages films on what is dementia and how to access help and support, rarer forms of dementia films](#)

### Our work resources

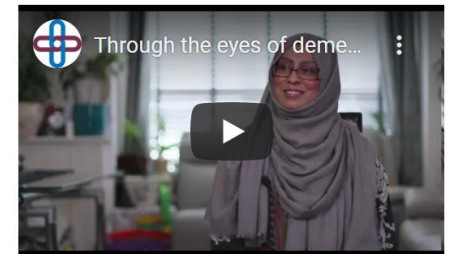
[End of life care - Dementia United \(dementia-united.org.uk\)](#)

[Mild Cognitive Impairment \(MCI\) - Dementia United \(dementia-united.org.uk\)](#)



Through the eyes of dementia - English (no subtitles)

Created by Manchester Health and Care Commissioning



Through the eyes of dementia - English long version with subtitles

Created by Manchester Health and Care Commissioning

Thank you

Email: [helen.pratt5@nhs.net](mailto:helen.pratt5@nhs.net)

Dementia United email:  
[gmhscp.dementiaunited@nhs.net](mailto:gmhscp.dementiaunited@nhs.net)