

Congratulations! You've signed up to become a Delirium Champion but what happens next? Below are some instructions and facilitation notes to support you.

## Getting started

As a Delirium Champion your aim is to raise awareness of delirium and to give staff the tools to recognise early delirium, and to emphasise the need to escalate concerns about delirium in order to prevent harm to people in your care.

As a Delirium Champion you will be facilitating a delirium awareness session for your colleagues using the resources provided.

Before you start you will need:

- To tell everyone what you are doing
- 20 minutes to conduct the session
- A space where you can all sit together
- A computer that will run the film (you may need to contact your IT department to run a film from YouTube)
- Leaflets and posters available from the RCN or downloaded from the RCN website that you can hand out to staff
- Certificates for those that take part in the session (a template will be sent to you once you've submitted your online [sign-up form](#) and confirmed to us how many people will be taking part).

## Facilitating the session

Access the "Don't Discount Delirium" film using this link <https://youtu.be/92u45B98KNA>

Watch the film together (3-4 minutes) then, discuss. You may wish to use the accompanying poster and leaflet to support your discussions.

Useful facilitation questions;

- Ask if anyone has anything immediate they would like to say?
- Is this a familiar situation for you? (audience may require prompts)
- Would anyone like to share their experiences?
- What do you think the learning points of the film are?
- What do you think our escalation plan should be or do you know what our escalation plan is?

Share your existing escalation plan or create a Delirium Escalation Plan using the template provided on the RCN website.

## Following the session

Once you have held your delirium awareness session(s) please contact us via email to [nicola.mills@rcn.org.uk](mailto:nicola.mills@rcn.org.uk) with the following information in order to obtain your Delirium Champion pin and certificate;

### About your organisation:

- Location
- Number of patients/residents
- Number of nurses
- Number of GPs

### About your delirium awareness session(s):

- Number of sessions run
- Number of participants
- Role/Job title of participants

**ACT IF YOU SUSPECT DELIRIUM - TELL SOMEONE IMMEDIATELY**