

Justine Irish, Intermediate Care Matron for Community In-Patient beds, told us why she signed up to become a Delirium Champion and her experience of the process:

What motivated you to sign up to become a ‘Delirium Champion’?

I am a Matron across 6 wards that are for patients post acute illness, waiting for social services input and patients who are receiving rehab post illness, many of these have had delirium and come to us at the latter stages, for us we wanted to ensure we were doing all we could do understand and care for our patients who fall into this category, before we learnt more about delirium we may have chosen to re-admit patients back into acute care unnecessarily.

How did you find preparing for your awareness session e.g. were the resources helpful?

Very helpful, I have 6 amazing senior nurses who helped me prepare.

How did your session go?

Really well received, we kept it informal and bought refreshments, we all participated in the delivery of the session and will now cascade to our teams.

What benefits do you think the session had/will have for:

- Yourself-raising my own awareness, understanding and appreciation for Delirium will effect the way I coach my junior sisters in the future
- Your organisation-Having cascade trainers in my own area's will assist with fewer re-admissions to acute care
- Your patients/residents-being able to be patient and understand the effects of Delirium and to explain it to carers/relatives has been a benefit.

Would you recommend becoming a Delirium Champion and if so, why?

Absolutely, we should be champions automatically once we have educated ourselves appropriately, spreading the word and the understanding of what is a very upsetting illness is important.