

Melissa Grundy, Staff Nurse, 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’m really interested in delirium and it was part of my appraisal to promote education and knowledge to staff. I was advised by a nurse practitioner to look on the RCN website I then found out about becoming a Delirium Champion. This also gave me the opportunity to provide training but also to be able to provide feedback. It also gave the staff the time to complete hours towards CPD and clinical supervision.

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

Very useful. Staff found the poster very useful as a quick guide. It’s now up in our office for all staff to use. I did do my own presentation on delirium so staff had a better understanding. I also found other resources for staff to watch - the universities hospitals of Leicester provide a short film interviewing a patient who remembers having delirium. Staff found this really useful.

How did your session go?

The sessions went really well. I had very good feedback from staff. They all felt they really enjoyed the teaching session, especially the cakes! Staff feel they have a better understanding and feel well supported.

What benefits do you think the session had/will have?

I think education is so important to improve staffs’ knowledge. If they understand it then they can provide the right care for our patients, thereby improving patient’s stay in hospital and providing families with the best knowledge and advice. As a trust if we can improve patient’s care and see that patient improve by having the right knowledge on delirium then I feel that’s a huge accomplishment.

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

Yes yes yes! I’ve really enjoyed this opportunity it’s not also provided me with opportunities-to learn but also my colleagues thank you RCN for providing me the opportunity to be part of this project that I truly feel passionate about.