Caroline Cuthbertson, Integrated Care Team Clinical Lead 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 was motivated to become a delirium champion as it was a topic I was coming across much more frequently in my job role and felt that I needed a greater understanding and also wanted the opportunity to educate other members of the team. I found that this was a relatively little known subject and greater knowledge of the subject has empowered my staff. As a result, I have now become the link between acute and community when patients are discharged from hospital on the delirium pathway.

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

The resources offered were very helpful as were easy to understand and colourful / eye catching.

**How did your session go?**

I was able to provide all attendees with a leaflet explaining what to look out for. These things were discussed in-depth throughout the session. The session took on the form of a general discussion with all attendees contributing by either asking questions or providing scenarios from their own practice.

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

As an organisation this new knowledge will benefit our patient outcomes. As previously stated I have now become the link nurse between acute and community for patients diagnosed as having a delirium and this new found knowledge and understanding has helped with this role massively.

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

I would definitely recommend becoming a delirium champion as a greater understanding and awareness of the topic can only be beneficial to all!