

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!