

Lauren Hanson, Dementia & Delirium Nurse Specialist, 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’?

Delirium is a common and serious syndrome which is associated with increased length of stay, morbidity, mortality, and risk of institutional placement. Development of delirium depends on a complex interaction of multiple risk factors. Some of these factors are modifiable and are potential targets for prevention. Current evidence acknowledges that delirium is preventable in 30% of cases. There is poor knowledge of delirium recognition and management, and there is a need to raise awareness and training of all staff.

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

I found the ‘Don’t discount Delirium’ resources simple yet effective. The video highlights the importance of everyone being able to recognise the signs of delirium to ensure that people receive appropriate and timely review.

How did your session go?

I enjoyed delivering the session, it was interactive which allowed the staff participating to really engage in discussion and demonstrate reflection on their own practice.

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

I think the interactive nature of the training has allowed me to appreciate the varied levels of knowledge and understanding of delirium amongst staff. On reflection this has made me consider all the different strategies as an organisation we are taking to raise the awareness of delirium across the Trust and if we can be doing more. The delivery time of the training is of benefit as it allows for delirium awareness to be delivered more informally, such as at staff meetings.

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

Definitely, the more people who champion delirium the better!