

World Delirium Awareness Day

I think we can all agree 2020 was a year like no other. However, the conversation about delirium is more relevant than ever. Prior to COVID-19, around 30% of our general inpatients were thought to experience delirium and under 20% in long-term care settings (NICE, 2013).

Delirium is caused by a disturbance of brain function. It is used to describe a state of sudden confusion and changes in a person's behaviour and alertness.

It can be frightening for the person experiencing it.

Although the true prevalence of delirium in our patients with COVID-19 is not yet known, this patient group has been at a higher risk as some:

- require intensive care treatment
- may have been mechanically ventilated
- may be acutely ill
- are isolated from family and friends

This will have impacted on their experience and also on the staff providing care.

17 March is about recognising delirium, educating people and preventing delirium through community engagement.

Let's talk about **DELIRIUM** – what can you do to help?

COMMIT

Use the term 'delirium'.

IDENTIFY

Screen your patients for delirium.

ENGAGE

Start the conversation with leadership in a discussion about delirium.

LISTEN

Hear patient and family stories about delirium.

If you want to get your service area engaged in the conversation about delirium, please don't hesitate to contact the delirium prevention service:

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