**Greater Manchester hospital delirium TIME Bundle (Triggers, Investigations, Management, Engagement)**

Key document 3

Note: this is a working document and will be updated on the dementia united website: [www.dementia-united.org.uk](http://www.dementia-united.org.uk)

**For those over the age of 18 and not under the**

**Influence of drugs and/or alcohol**

**Version 2.0 January 2024**



supported by:

This document and the other key documents and optional resources listed below can be access via the Dementia United website ([www.dementia-united.org.uk/greater-manchester-hospital-delirium-toolkit/](http://www.dementia-united.org.uk/greater-manchester-hospital-delirium-toolkit/))

**TIME** bundle stands for the **Triggers, Investigations, Management** and **Engagement** processes to apply to all patients diagnosed with delirium

Patient Name and NHS Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Date and time delirium diagnosed** (strongly suspected) and **TIME bundle initiated** (24h):   
  
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Practitioner Name initiating TIME: \_\_\_\_\_\_\_\_\_\_\_\_\_

Practitioner signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**TIME** = **Triggers, Investigations, Management** and **Engagement**

**PINCH ME infographic below, acts as a quick reminder about the triggers for delirium, as it is vitally important that you work through all the possible triggers and causes. Delirium in older people and people with dementia is found to be because of several triggers and causes.**



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| --- | --- |
| **T = TRIGGERS** – think “**PINCH ME**” | Summarise suspected trigger(s) considered and then either actioned or not. Add in date/time and name of practitioner. |
| **PAIN** assess for pain, review if treating with analgesia to consider effectivenessof analgesia  *Optional resources that may assist pain assessment if the patient has a diagnosis of dementia e.g.* [*Abbey Pain Scale*](https://www.apsoc.org.au/PDF/Publications/Abbey_Pain_Scale.pdf) *[[1]](#endnote-2), Pain Assessment in Advanced Dementia Scale (*[*PAINAD)*](https://www.mdcalc.com/pain-assessment-advanced-dementia-scale-painad) *[[2]](#endnote-3)* |  |
| **INTRACEREBRAL** e.g. haemorrhage  **INFECTION** Any clinical signs that warrant investigation? i.e., suggestive of chest or urine infection. ConsiderCovid-19 as per PHE guidance to swab for Covid in context of delirium. |
| **(mal) NUTRITION** diet and fluid charts, weight monitoring, get baseline information from family/carerse.g. *Optional resources -* *use* [*Paper Weight Arm band*](https://www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration/the-paperweight-armband/) *[[3]](#endnote-4) if cannot weigh to indicate malnutrition,* [*mouth care assessment guide*](https://dementia-united.org.uk/wp-content/uploads/sites/4/2020/10/09-HEE-Mouth-Care-Assessment.pdf) *[[4]](#endnote-5)* |
| **CONSTIPATION** bowels last moved *Optional resource* [*Bristol Stool Chart*](https://www.bladderandbowel.org/wp-content/uploads/2017/05/BBC002_Bristol-Stool-Chart-Jan-2016.pdf) *[[5]](#endnote-6)* |
| **HYPOXIA** Pulse oximeter reading  **HYPOGLYCAEMIC** Glucometer reading  **(de)HYDRATION** diet and fluid charts, any clinical signs?*Optional resources* [*monitoring food, fluid intake, and oral hygiene*](https://dementia-united.org.uk/wp-content/uploads/sites/4/2020/10/08B-Urine-chart-with-fluid-and-food-intake.pptx) *[[6]](#endnote-7), urinary retention* |
| **METABOLIC** hyponatraemia, hypercalcaemia  **MEDICATION** Structured medication review, anticholinergic burden *Optional resource* [*Hints and tips for anticholinergic burden (ACB) medication reviews*](https://www.hweclinicalguidance.nhs.uk/all-clinical-areas-documents/download?cid=1491&checksum=226d1f15ecd35f784d2a20c3ecf56d7f) *[[7]](#endnote-8)* |
| **ENVIRONMENTAL** e.g., disturbed sleep, sensory deficits, recent major surgery, falls, over or under stimulation etc. |
| **I = INVESTIGATIONS** | Date/time requested (or reason why not completed) add in practitioner name. |
| **Standard Delirium Bloods**: FBC, UE, LFT, Calcium, Magnesium, CRP, glucose, phosphate |  |
| **Urinalysis if applicable** sterile urine culture, not dipstick *Optional resource* [*Bury UTI Assessment Tool*](https://www.buryccg.nhs.uk/download/document_library/your-local-nhs/plans_policies_and_reports/medicines_optimisation/Assessment-Tool-Version-1.4.pdf) *[[8]](#endnote-9),* [*Urine Collection Pack*](https://my.supplychain.nhs.uk/Catalogue/browse/159/specimen-collectors?CoreListRequest=BrowseAll) *[[9]](#endnote-10)* |  |
| Other tests required if applicable e.g., scans, ECG **Please state:** |  |

Complete the Management and Engagement section below after the Triggers and Investigations has been completed. This enables all the team looking after the patient to be aware of what management strategies have been undertaken.

**When a different professional completes the Management and Engagement section below, please date and write name and profession accordingly**.

|  |  |
| --- | --- |
| **M = MANAGEMENT** Add in date/time and practitioner name completing and updating in  this section. | |
| State trigger(s) of delirium and treatment. **Please provide details below:**  Please refer to the Greater Manchester hospital delirium management and engagement guidance – for medical teams (Key Document 4a of the [hospital delirium toolkit](http://www.dementia-united.org.uk/greater-manchester-hospital-delirium-toolkit))[[10]](#endnote-11) and non-medical teams (Key Document 4b of the [hospital delirium toolkit](http://www.dementia-united.org.uk/greater-manchester-hospital-delirium-toolkit))[[11]](#endnote-12). These provide detailed guidance on the medical and wider management of a person with delirium.*Optional resources:*[*Video animation of Newcastle model for fundamental needs in dementia, includes delirium*](https://www.youtube.com/watch?v=R0C2ug7AbTY) *[[12]](#endnote-13),* [*Freedom to choose and dignity in care - SCIE*](https://www.scie.org.uk/providing-care/dignity-in-care/freedom/)[[13]](#endnote-14)  **Please provide details below of management strategies followed:** | |
| **E = ENGAGEMENT** Add in date/time and practitioner name completing and updating in this section. | |
| Engage with family members and informal/formal carers to obtain a baseline (possibly social care, occupational health, mental health teams).  Monitor whether delirium is improving and to support needs of reassurance, orientation, occupation, physical comfort, wellbeing, safety and security (as per Key Document 4a & 4b of the [hospital delirium toolkit](http://www.dementia-united.org.uk/greater-manchester-hospital-delirium-toolkit)). *Optional resources:* [*Alzheimer’s Society “This is Me” document*](https://www.alzheimers.org.uk/get-support/publications-factsheets/this-is-me) *[[14]](#endnote-15),* [*Dementia Friendly Hospital Charter 2020*](https://firebasestorage.googleapis.com/v0/b/johns-campaign-site.appspot.com/o/docs%2Fexternal%2Fdementia-friendly-hospital-charter-2020.pdf?alt=media) *[[15]](#endnote-16),* [*Eating and drinking well – supporting people living with dementia*](https://wessexahsn.org.uk/img/projects/Living%20with%20Dementia%20A4-1569934855.pdf) *[[16]](#endnote-17)*  **Please provide details below:** | |
| Personalise the [**Greater Manchester** **delirium leaflet: long version**](https://dementia-united.org.uk/wp-content/uploads/sites/4/2023/08/Greater-Manchester-Delirium-Leaflet-Long-Version-June-2023.docx)**[[17]](#endnote-18)** and give to the person with delirium and their family/carer, taking time to go through the leaflet and to address any concerns. This can be undertaken over the telephone with family members, carers/nurses in a care home.  **Date the Leaflet was handed out and to whom:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  (Date the leaflet was sent to the family/carers if in a care home) | |
| **If delirium is not improving, consider going back to the TIME bundle to look for further and newly emerged causes of delirium using PINCH ME.** | |
| Send copy of completed TIME bundle to involved teams including the person’s GP, particularly where the person is experiencing subsiding delirium on discharge: | |
| **Team that the TIME Bundle was sent to including GP:** | **Date sent:** |
|  |  |
|  |  |

Please note that the Community Teams and colleagues in primary care would welcome receiving this document where you are discharging a patient with resolving delirium.

Consider sharing with colleagues in primary care and community e.g., urgent care teams, reablement teams, intermediate care, district nurses, community mental health teams.

1. **List of full links to resources**

   **Abbey Pain Scale**

   [www.apsoc.org.au/PDF/Publications/Abbey\_Pain\_Scale.pdf](http://www.apsoc.org.au/PDF/Publications/Abbey_Pain_Scale.pdf) [↑](#endnote-ref-2)
2. [**(PAINAD) - MDCalc**](https://www.mdcalc.com/pain-assessment-advanced-dementia-scale-painad)

   [www.mdcalc.com/pain-assessment-advanced-dementia-scale-painad](http://www.mdcalc.com/pain-assessment-advanced-dementia-scale-painad) [↑](#endnote-ref-3)
3. **Paper Weight Arm band**

   [www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration/the-paperweight-armband/](http://www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration/the-paperweight-armband/) [↑](#endnote-ref-4)
4. **Mouth care assessment guide**

   [www.dementia-united.org.uk/wp-content/uploads/sites/4/2020/10/09-HEE-Mouth-Care-Assessment.pdf](http://www.dementia-united.org.uk/wp-content/uploads/sites/4/2020/10/09-HEE-Mouth-Care-Assessment.pdf) [↑](#endnote-ref-5)
5. **Bristol Stool Chart**

   [www.bladderandbowel.org/wp-content/uploads/2017/05/BBC002\_Bristol-Stool-Chart-Jan-2016.pdf](http://www.bladderandbowel.org/wp-content/uploads/2017/05/BBC002_Bristol-Stool-Chart-Jan-2016.pdf) [↑](#endnote-ref-6)
6. **Monitoring food, fluid intake, and oral hygiene**

   [www.dementia-united.org.uk/wp-content/uploads/sites/4/2020/10/08B-Urine-chart-with-fluid-and-food-intake.pptx](http://www.dementia-united.org.uk/wp-content/uploads/sites/4/2020/10/08B-Urine-chart-with-fluid-and-food-intake.pptx) [↑](#endnote-ref-7)
7. **Hints and tips for anticholinergic burden (ACB) medication reviews**https://www.hweclinicalguidance.nhs.uk/all-clinical-areas-documents/download?cid=1491&checksum=226d1f15ecd35f784d2a20c3ecf56d7f [↑](#endnote-ref-8)
8. **Bury UTI Assessment Tool**

   [www.buryccg.nhs.uk/download/document\_library/your-local-nhs/plans\_policies\_and\_reports/medicines\_optimisation/Assessment-Tool-Version-1.4.pdf](http://www.buryccg.nhs.uk/download/document_library/your-local-nhs/plans_policies_and_reports/medicines_optimisation/Assessment-Tool-Version-1.4.pdf) [↑](#endnote-ref-9)
9. **Urine Collection Pack**

   [www.my.supplychain.nhs.uk/Catalogue/browse/159/specimen-collectors?CoreListRequest=BrowseAll](http://www.my.supplychain.nhs.uk/Catalogue/browse/159/specimen-collectors?CoreListRequest=BrowseAll) [↑](#endnote-ref-10)
10. **Greater Manchester hospital delirium management and engagement guidance –for medical teams (Key Document 4a)**

    [www.dementia-united.org.uk/greater-manchester-hospital-delirium-toolkit](http://www.dementia-united.org.uk/greater-manchester-hospital-delirium-toolkit) [↑](#endnote-ref-11)
11. **Greater Manchester hospital delirium management and engagement guidance –for non-medical teams (Key Document 4b)**

    [www.dementia-united.org.uk/greater-manchester-hospital-delirium-toolkit](http://www.dementia-united.org.uk/greater-manchester-hospital-delirium-toolkit) [↑](#endnote-ref-12)
12. **Fundamental needs in dementia - an animation from the CAIT and Newcastle Model series**

    [www.youtube.com/watch?v=R0C2ug7AbTY](http://www.youtube.com/watch?v=R0C2ug7AbTY) [↑](#endnote-ref-13)
13. **Freedom to choose and dignity in care - SCIE**

    [www.scie.org.uk/providing-care/dignity-in-care/freedom](http://www.scie.org.uk/providing-care/dignity-in-care/freedom) [↑](#endnote-ref-14)
14. **Alzheimer’s Society “This is Me” document**

    [www.alzheimers.org.uk/get-support/publications-factsheets/this-is-me](http://www.alzheimers.org.uk/get-support/publications-factsheets/this-is-me) [↑](#endnote-ref-15)
15. **Dementia Friendly Hospital Charter 2020**

    <https://firebasestorage.googleapis.com/v0/b/johns-campaign-site.appspot.com/o/docs%2Fexternal%2Fdementia-friendly-hospital-charter-2020.pdf?alt=media> [↑](#endnote-ref-16)
16. **Eating and drinking well – supporting people living with dementia** [https://wessexahsn.org.uk/img/projects/Living with DementiaA4-1569934855.pdf](https://wessexahsn.org.uk/img/projects/Living%20with%20DementiaA4-1569934855.pdf) [↑](#endnote-ref-17)
17. **Greater Manchester delirium leaflet: long version**

    <https://dementia-united.org.uk/wp-content/uploads/sites/4/2023/08/Greater-Manchester-Delirium-Leaflet-Long-Version-June-2023.docx>

    **Get in touch**

    **Email:** [gmhscp.dementiaunited@nhs.net](mailto:gmhscp.dementiaunited@nhs.net)

    **Website:** [www.dementia-united.org.uk](http://www.dementia-united.org.uk/)

    **Twitter @GM\_HSC**

    **Facebook @GMHSCPartnership** [↑](#endnote-ref-18)