**Greater Manchester**

**hospital delirium toolkit**

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 3.0 January 2024**

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**Background**

“Delirium is an acute medical emergency associated with poor outcomes that commonly affects older people admitted to hospital. Older people and people with dementia, severe illness or a hip fracture are more at risk of delirium. It causes great distress to patients, families and carers and has potentially serious consequences such as increased likelihood of admission to long term care and even increased mortality” Health Improvement Scotland (2019).

NICE (2010) require that all healthcare organisations make the awareness, recognition, and management of delirium a priority. Whilst older people are more at risk of developing delirium, it is important to note that younger people and people experiencing mental illness may also develop delirium.

The prevalence of delirium in people on medical wards in hospital is about 20% to 30%. Between 10% and 50% of people having surgery develop delirium. Older people, those with a current hip fracture or a serious illness and those with dementia are at higher risk of developing delirium. The prevalence of delirium in patients with dementia is around 66%. Early detection of delirium and proactive management is crucial to prevent further deterioration and improve the prognosis and outcomes for patients.

Dementia United have developed several Greater Manchester delirium resources. These resources are based on national evidence, co-produced by experts by experience and with engagement and harnessing the momentum which has been created by hosting three annual World Delirium Awareness Day Events 2018 – 2020.

The Greater Manchester resources are:

1. **A Greater Manchester hospital delirium toolkit** (this document) was based on the resources and [piloting of the Greater Manchester Community Delirium Toolkit in 2020](https://www.rcpjournals.org/content/futurehosp/9/1/83)[[1]](#endnote-2); where we were able to work with five localities and assess, treat and manage delirium in 70% of cases avoiding a hospital admission.
2. **A Greater Manchester Community Delirium Toolkit** for health and social care staff in the community and primary care. This is available on the [Dementia United website](https://dementia-united.org.uk/delirium-community-toolkit/)[[2]](#endnote-3).
3. A long and short version of the **Greater Manchester Delirium Leaflet**. These are resources for anyone with delirium, family members, as well as anyone at risk of developing delirium. These are available as written, audio and film resources.
4. There are **Translated Greater Manchester Delirium Leaflet** versions available in sixteen languages as written, audio, and film resources.

Dementia United have also collated some [GM delirium training resources](https://dementia-united.org.uk/delirium-toolkit-training-resources/)[[3]](#endnote-4).

Dementia United would like to acknowledge and give thanks to SIGN, Health Improvement Scotland and NHS Ayrshire and Arran; as we built on these resources when developing the Toolkit.

Contact Dementia United if you want to provide feedback or have any questions

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

Full written links to all resources can be found at the end of the document.

**Key Documents**

Please see below the key documents that make up the Greater Manchester hospital delirium toolkit

|  |  |  |
| --- | --- | --- |
| 1. | **Greater Manchester hospital process for identifying and managing delirium (Key Document 1)**  Outlines the systematic process to follow when screening, assessing and managing delirium | [[4]](#endnote-5) |
| 2. | **4 A’s Test for delirium screening** **(Key Document 2)** | [[5]](#endnote-6) |
| 3. | **Greater Manchester hospital delirium TIME Bundle (Triggers, Investigations, Management, Engagement)** **(Key Document 3)**  Provides a systematic process for identifying triggers, undertaking investigations, and managing delirium to recovery and any necessary follow-up | [[6]](#endnote-7) |
| 4a. | **Greater Manchester hospital delirium management and engagement guidance –for medical teams (Key Document 4a)**  Provides detailed guidance on the medical management of a person with delirium. | [[7]](#endnote-8) |
| 4b. | **Greater Manchester hospital delirium management and engagement guidance–for non-medical teams (Key Document 4b)**  Provides detailed guidance on the nursing care and management of a person with delirium and how to engage family members and carers after delirium has been diagnosed. | [[8]](#endnote-9) |
| 5a. | **Greater Manchester delirium leaflet: long version** |  |
| 5b. | **Greater Manchester delirium leaflet: short version** |  |
| 5c. | **Greater Manchester delirium leaflet: translated versions**  Delirium leaflets, film, and audio version translated into 16 languages. | [GM delirium leaflet: translated versions](https://dementia-united.org.uk/translated-delirium-resources/) [[9]](#endnote-10) |
| 5d. | **Delirium: top tips for carers and family members**  Written guide. | [Delirium: Top tips for carers and family members guide](https://dementia-united.org.uk/wp-content/uploads/sites/4/2024/02/Delirium-top-tips-for-carers-or-family-members.pdf)[[10]](#endnote-11) |
| 5e. | **Delirium, what to look out for and what to do for family members and carers**  Short film starring lived experience members talking about the importance of knowing what delirium is and why it is so important to act on it. | [Delirium, what to look out for and what to do for family members and carers [[11]](#endnote-12)](https://www.youtube.com/watch?v=6A6t5rNteyo) |

**Optional resources**

Please see below optional resources that may of value to be using or referring to, when applying the Greater Manchester hospital delirium toolkit.

|  |  |  |
| --- | --- | --- |
| 6. | NEWS2: Additional implementation guidance - RCP London | [NEWS2: Additional implementation guidance](https://www.rcplondon.ac.uk/projects/outputs/news2-additional-implementation-guidance) [[12]](#endnote-13) |

**Triggers**

These resources may assist you in identifying the triggers and/or causes of delirium.

|  |  |  |
| --- | --- | --- |
| 7. | Abbey Pain Scale | [Abbey Pain Scale](https://www.apsoc.org.au/PDF/Publications/Abbey_Pain_Scale.pdf) [[13]](#endnote-14) |
| 8. | Pain Assessment in Advanced Dementia Scale (PAINAD) - MDCalc | [(PAINAD) - MDCalc](https://www.mdcalc.com/pain-assessment-advanced-dementia-scale-painad) [[14]](#endnote-15) |
| 9a. | Greater Manchester Nutrition and Hydration materials - Paper Weight Arm band can be used to indicate malnutrition | [Paper Weight Arm band](https://www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration/the-paperweight-armband/) [[15]](#endnote-16) |
| 9b. | Greater Manchester Nutrition and Hydration materials – Monitoring food, fluid intake, and oral hygiene | [[16]](#endnote-17) |
| 10. | Mouth care assessment guide - Health Education England |  |
| 11. | Bristol Stool Chart – Bladder and Bowel Community | [Bristol Stool Chart](https://www.bladderandbowel.org/wp-content/uploads/2017/05/BBC002_Bristol-Stool-Chart-Jan-2016.pdf) [[17]](#endnote-18) |
| 12. | Hints and tips for anticholinergic burden (ACB) medication reviews– Hertfordshire & West Essex ICB | [Anticholinergic burden (ACB) medication reviews](https://www.hweclinicalguidance.nhs.uk/all-clinical-areas-documents/download?cid=1491&checksum=226d1f15ecd35f784d2a20c3ecf56d7f) [[18]](#endnote-19) |

**Investigations**

These resources could assist in investigating for specific causes of delirium.

|  |  |  |
| --- | --- | --- |
| 13. | UTI Assessment Tool – Bury CCG | [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) [[19]](#endnote-20) |
| 14. | Newcastle Urine Collection pack when someone wears incontinence products. Can be purchased from NHS Supply Chain item FSW1451 | [Urine Collection Pack](https://my.supplychain.nhs.uk/Catalogue/browse/159/specimen-collectors?CoreListRequest=BrowseAll) [[20]](#endnote-21) |

**Management**

These resources could assist in the management of delirium.

|  |  |  |
| --- | --- | --- |
| 15. | Fundamental needs in dementia - an animation from the CAIT and Newcastle Model series | [Fundamental needs in dementia](https://www.youtube.com/watch?v=R0C2ug7AbTY) [[21]](#endnote-22) |
| 16. | Freedom to choose and dignity in care - Social Care Institute for Excellence - | [Freedom to choose and dignity in care - SCIE](https://www.scie.org.uk/providing-care/dignity-in-care/freedom/)[[22]](#endnote-23) |

**Engagement**

These resources could assist in engaging with family members and carers on delirium.

|  |  |  |
| --- | --- | --- |
| 17. | “This is Me” document – Alzheimer’s Society | [Alzheimer’s Society “This is Me” document](https://www.alzheimers.org.uk/get-support/publications-factsheets/this-is-me) [[23]](#endnote-24) |
| 18. | Dementia Friendly Hospital Charter 2020 | [DF HOSPITAL CHARTER](https://firebasestorage.googleapis.com/v0/b/johns-campaign-site.appspot.com/o/docs%2Fexternal%2Fdementia-friendly-hospital-charter-2020.pdf?alt=media) [[24]](#endnote-25) |
| 19. | Eating and drinking well – supporting people living with dementia | [Eating and drinking well – supporting people living with dementia](https://wessexahsn.org.uk/img/projects/Living%20with%20Dementia%20A4-1569934855.pdf) [[25]](#endnote-26) |

**Other resources**

|  |  |  |
| --- | --- | --- |
| 20. | **Living well while waiting for a memory assessment**  There may be occasions where the person requires an assessment as they are presenting with longer terms symptoms that require a referral Into the Memory Assessment Team or regional cerebral functional unit. This webpage will be of value for anyone needing to wait for this assessment. | [Living well while waiting for a memory assessment.](https://www.nextsteps.org.uk/wp-content/uploads/2021/06/NS_downloadable.pdf) [[26]](#endnote-27) |

**Bibliography**

|  |  |  |
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| 15. | Bibliography | [[27]](#endnote-28) |

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

   **Delirium can be safely managed in the community through implementation of a community toolkit: a proof-of-concept pilot study**

   <https://www.rcpjournals.org/content/futurehosp/9/1/83> [↑](#endnote-ref-2)
2. **Greater Manchester Community Delirium Toolkit**

   <https://dementia-united.org.uk/delirium-community-toolkit/> [↑](#endnote-ref-3)
3. **Delirium toolkit training resources - Dementia United**

   <https://dementia-united.org.uk/delirium-toolkit-training-resources/> [↑](#endnote-ref-4)
4. **Greater Manchester hospital process for identifying and managing delirium (Key Document 1)**

   [https://dementia-united.org.uk/wp-content/uploads/sites/4/2024/02/Greater-Manchester-hospital-process-for-identifying-and-managing-delirium-Key-Document-1.docx](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdementia-united.org.uk%2Fwp-content%2Fuploads%2Fsites%2F4%2F2024%2F02%2FGreater-Manchester-hospital-process-for-identifying-and-managing-delirium-Key-Document-1.docx&data=05%7C02%7Cf.black1%40nhs.net%7C1ec5b6c0cdc147cb20c508dc33bd7653%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638442136025048164%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=R7vJx0HpRp%2F%2BF%2BLQfMx7ojxfFzP2AoHzRezpb82%2FQfU%3D&reserved=0) [↑](#endnote-ref-5)
5. **4 A’s Test for delirium screening** **(Key Document 2)**

   <https://dementia-united.org.uk/wp-content/uploads/sites/4/2020/10/02-4AT.pdf> [↑](#endnote-ref-6)
6. **Greater Manchester hospital delirium TIME Bundle (Triggers, Investigations, Management, Engagement)** **(Key Document 3)**

   [https://dementia-united.org.uk/wp-content/uploads/sites/4/2024/02/GM-hospital-delirium-TIME-Bundle-Triggers-Investigations-Management-Engagement-Key-Document-3.docx](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdementia-united.org.uk%2Fwp-content%2Fuploads%2Fsites%2F4%2F2024%2F02%2FGM-hospital-delirium-TIME-Bundle-Triggers-Investigations-Management-Engagement-Key-Document-3.docx&data=05%7C02%7Cf.black1%40nhs.net%7Cd98883934d8a4eff251c08dc33b589db%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638442101992090253%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=VkVqCw5WxukKfihbVOn8E%2FjV3LQtBeifsRLG94%2FwaQc%3D&reserved=0) [↑](#endnote-ref-7)
7. **Greater Manchester hospital delirium management and engagement guidance –for medical teams (Key Document 4a)**

   <https://dementia-united.org.uk/wp-content/uploads/sites/4/2024/02/GM-hospital-delirium-management-and-engagement-guidance-–for-medical-teams-Key-Document-4a.docx> [↑](#endnote-ref-8)
8. **Greater Manchester hospital delirium management and engagement guidance–for non-medical teams (Key Document 4b)**

   [https://dementia-united.org.uk/wp-content/uploads/sites/4/2024/02/GM-hospital-delirium-management-and-engagement-guidance-–for-non-medical-teams-Key-Document-4b.docx](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdementia-united.org.uk%2Fwp-content%2Fuploads%2Fsites%2F4%2F2024%2F02%2FGM-hospital-delirium-management-and-engagement-guidance-%25E2%2580%2593for-non-medical-teams-Key-Document-4b.docx&data=05%7C02%7Cf.black1%40nhs.net%7Cd98883934d8a4eff251c08dc33b589db%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638442101992114118%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=%2Bnjmq%2F1E5pf6fCFTUwxAKHuvsO2i06UI9Smhli4%2F%2Bo4%3D&reserved=0) [↑](#endnote-ref-9)
9. **Translated delirium resources - Dementia United**

   <https://dementia-united.org.uk/translated-delirium-resources/> [↑](#endnote-ref-10)
10. **Delirium: Top tips for carers and family members guide**

    https://dementia-united.org.uk/wp-content/uploads/sites/4/2024/02/Delirium-top-tips-for-carers-or-family-members.pdf [↑](#endnote-ref-11)
11. **Delirium, what to look out for and what to do for family members and carers**

    https://www.youtube.com/watch?v=6A6t5rNteyo [↑](#endnote-ref-12)
12. **NEWS2: Additional implementation guidance**

    <https://www.rcplondon.ac.uk/projects/outputs/news2-additional-implementation-guidance> [↑](#endnote-ref-13)
13. **Abbey Pain Scale**

    <https://www.apsoc.org.au/PDF/Publications/Abbey_Pain_Scale.pdf> [↑](#endnote-ref-14)
14. [**(PAINAD) - MDCalc**](https://www.mdcalc.com/pain-assessment-advanced-dementia-scale-painad)

    <https://www.mdcalc.com/pain-assessment-advanced-dementia-scale-painad> [↑](#endnote-ref-15)
15. **Paper Weight Arm band**

    <https://www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration/the-paperweight-armband/> [↑](#endnote-ref-16)
16. **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> [↑](#endnote-ref-17)
17. **Bristol Stool Chart**

    <https://www.bladderandbowel.org/wp-content/uploads/2017/05/BBC002_Bristol-Stool-Chart-Jan-2016.pdf> [↑](#endnote-ref-18)
18. **Hints and tips for anticholinergic burden (ACB) medication reviews**

    [www.hweclinicalguidance.nhs.uk/all-clinical-areas-documents/download?cid=1491&checksum=226d1f15ecd35f784d2a20c3ecf56d7f](http://www.hweclinicalguidance.nhs.uk/all-clinical-areas-documents/download?cid=1491&checksum=226d1f15ecd35f784d2a20c3ecf56d7f) [↑](#endnote-ref-19)
19. **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> [↑](#endnote-ref-20)
20. **Urine Collection Pack**

    <https://my.supplychain.nhs.uk/Catalogue/browse/159/specimen-collectors?CoreListRequest=BrowseAll> [↑](#endnote-ref-21)
21. **Fundamental needs in dementia**

    <https://www.youtube.com/watch?v=R0C2ug7AbTY> [↑](#endnote-ref-22)
22. **Freedom to choose and dignity in care - SCIE**

    <https://www.scie.org.uk/providing-care/dignity-in-care/freedom/> [↑](#endnote-ref-23)
23. **Alzheimer’s Society “This is Me” document**

    <https://www.alzheimers.org.uk/get-support/publications-factsheets/this-is-me> [↑](#endnote-ref-24)
24. **Dementia Friendly Hospital Charter**

    [www.firebasestorage.googleapis.com/v0/b/johns-campaign-site.appspot.com/o/docs%2Fexternal%2Fdementia-friendly-hospital-charter-2020.pdf?alt=media](http://www.firebasestorage.googleapis.com/v0/b/johns-campaign-site.appspot.com/o/docs%2Fexternal%2Fdementia-friendly-hospital-charter-2020.pdf?alt=media) [↑](#endnote-ref-25)
25. **Eating and drinking well – supporting people living with dementia**

    [https://wessexahsn.org.uk/img/projects/Living with Dementia A4-1569934855.pdf](https://wessexahsn.org.uk/img/projects/Living%20with%20Dementia%20A4-1569934855.pdf) [↑](#endnote-ref-26)
26. **Living well while waiting for a memory assessment**.

    <https://www.nextsteps.org.uk/wp-content/uploads/2021/06/NS_downloadable.pdf>

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    https://dementia-united.org.uk/wp-content/uploads/sites/4/2024/02/Bibliography-for-GM-delirium-community-and-hospital-toolkits.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-27)
27. [↑](#endnote-ref-28)