Delirium Charter

Yorkshire and the Humber Clinical Network

Introduction

Preventing and managing delirium is a national priority which is supported by the 2014 NICE Quality Standards.

Delirium is distressing; it can be frightening for patients and their carers or family; it is associated with increased morbidity, mortality, length of stay, adverse inpatient incidents and harm.

Delirium can be prevented and treated.

Who has developed this Charter?

A group of passionate health professionals from acute trusts and care providers came together with a vision to improve and raise awareness of delirium across Yorkshire and the Humber.

What is the purpose of the Charter?

The purpose of this Charter is to:

- Act as an accessible statement of the principles that contribute to good delirium care.
- Provide a set of standards that people with, or who are at risk of delirium and their carers can expect during their time in hospital or formal care setting.
- Offer resources that can be used to embed good practice.
- Propose a framework to assist self-assessment in a context of good delirium care, and, facilitate the development of an action plan for submission to the Yorkshire and the Humber Clinical Network website.

Who is the Charter for?

This Charter is those who experience or are at risk of delirium, their carers’ and NHS staff responsible for supporting patients in hospital (including critical care) and, long-term care settings in Yorkshire and the Humber.
Why is Yorkshire the Humber Clinical Network leading this work?

Clinical Networks (formerly Strategic Clinical Networks) focus on priority service areas to support improvement in the quality and equity of care and outcomes of their population. Clinical Networks work in partnership with commissioners (including local government), provider and voluntary organisations as a vehicle for improvement in the support of patients, carers and the public.

In this way, Clinical Networks will help:

- Reduce unwarranted variation in health and wellbeing services
- Encourage innovation within the provision of services now and in the future
- Provide clinical advice and leadership to support high-quality, evidence-based decision making and strategic planning.

The strategic and regional position of the Clinical Networks and its membership and partnerships makes an ideal lead for facilitating and supporting this Charter.

Delirium Charter Principles

"I am confident that during times when I am unwell, confused or not myself, I will receive the best possible care and support"

“The support of people experiencing delirium is embedded in person-centred care”

“Delirium is a medical emergency that requires expert assessment, treatment and support”

“The team that care for me are familiar with my needs and preferences and, I am confident that staff recognise when I am not my usual self”

Delirium Charter Standards

We have developed these standards in line with the NICE Quality Standard that covers the prevention, diagnosis and management of delirium in adults (18 years and over) in hospital or long-term care settings.

We are committed to delivering excellent delirium care. We are working to ensure in the event of you experiencing delirium or are at risk of developing delirium, you and/or your carer can expect that:

- Staff are aware that people in hospital or long-term care may be at risk of delirium and understand the risk factors and how these can be prevented and treated.
- If you are admitted to hospital you will be assessed for recent changes in behaviour, including cognition, perception, physical function and social behaviour.
- You and your carer are asked about any recent changes (within hours or days) in your behaviour and the team caring for you understand what your normal is.
- You will receive a range of tailored interventions to prevent and manage delirium.
- You and your carer will have the opportunity to make informed decisions about your care and treatment, in partnership with your healthcare professional.
- You and/or your family and carer receive written information that explains the condition and describes other people’s experiences of delirium.
- When you are discharged from hospital your diagnosis of delirium will be communicated to your GP.

**Commitments:**

1. Our trust will ensure that staff are aware of delirium, the risks and preventable actions that can be taken to manage the condition.

   *Delirium awareness resources are available to download here* <insert link> *along with a delirium education simulation module* <insert link here>

2. Our trust will ensure that arrangements are in place to ensure that adults newly admitted to hospital or long-term care who are at risk of delirium are assessed for recent changes in behaviour, including cognition, perception, physical function and social behaviour.

   *Examples of assessment tools are available to view and download here:* http://www.yhscn.nhs.uk/mental-health-clinic/Dementia/Delirium.php

3. Our trust will ensure that family members and carers, are given information that explains and describes other people’s experiences of delirium.

   *A delirium information leaflet is available to download and reproduce here:* http://www.yhscn.nhs.uk/mental-health-clinic/Dementia/Delirium.php

4. Our trust will make sure that arrangements are in place to ensure that adults discharged from hospital have their diagnosis of delirium communicated to their GP.