

Delirium

Prevention, Assessment & Effective Management

Friday 10th November 2023

Virtual Conference

10% card payments discount*
15% group booking discount**



Chair and Speakers include:

Dr Eleni Fixter

Consultant in Old Age/Liaison Psychiatry Tees, Esk and Wear Valleys NHS Foundation Trust; and co-author of *Delirium and Dementia in Elderly Care*

Lou Gallie

Patient Advocate, Blog Writer and Volunteer University Hospitals Plymouth NHS Foundation Trust

Dr Rachel O'Toole

Consultant Physician & Geriatrician, Clinical Lead Dementia & Delirium, Somerset NHS Foundation Trust

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Delirium

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“One in four patients over the age of 65 admitted to hospital as an emergency experiences delirium – a state of mental confusion that starts suddenly and is usually triggered by a physical condition. Delirium is highly distressing for patients and their carers and is known to be linked to long-term cognitive impairment and increased risk of death. However, it remains mostly undetected.”

The Landmark Study, University of Edinburgh March 2022

“Delirium is marker of acute illness and is increasingly recognised as being a condition linked to the presentation of Covid-19, particularly in older people. This presents new challenges in terms of recognition and management.”

British Geriatric Society

“One in eight hospital patients is affected by delirium, which can make people unsteady on their feet, increases the risk of developing dementia and can result in longer hospital stays or admission to a care home.”

NHS England

“Older people (and people with cognitive impairment, dementia, severe illness or a hip fracture) are more at risk of delirium. About 20–30% of people on medical wards in hospital have delirium. Between 10% and 50% of people who have surgery go on to develop delirium, varying on different types of surgery and settings. In long term care settings, its prevalence is under 20%.”

NHS England

“Older people are at the greatest risk from Covid-19. If infected they may present with or develop a delirium. However, delirium is not exclusive to older people and may well be seen in any patient with severe infection, adult respiratory distress syndrome, and those requiring invasive ventilation on ICU units... Delirium, especially its hyperactive motor form, will present significant additional challenges in the context of the Covid-19 crisis.”

European Delirium Association 2020

This conference focuses on the prevention, assessment and management of people with delirium. Through national updates and practical case studies the conference will equip you to spread the message that delirium is preventable, and develop your skills in the recognition, assessment and management of delirium. The conference will include case study sessions focusing delirium as a symptom of coronavirus and how this should be managed, delirium and dementia, delirium following surgery, delirium in the ICU and delirium at the end of life. There are also in depth sessions focusing on managing violent or aggressive behaviour in patients experiencing delirium and the link between delirium and pain.

The conference will also consider the January 2023 update to the Clinical Guideline on Delirium: prevention, diagnosis and management. In January 2023 NICE reviewed the evidence and made new recommendations on assessing and diagnosing delirium.

This conference will enable you to:

- Network with colleagues who are working to improve practice in the prevention, recognition, assessment and management of people with delirium
- Learn from outstanding practice in prevention delirium
- Reflect on lived experience
- Understand delirium as a symptom of coronavirus and how this should be managed, and what we can learn from the pandemic with regard to delirium management
- Reflect on national developments and learning
- Develop the role of delirium champions
- Understand latest evidence on the causes of delirium
- Implement principles of assessment for those at risk of delirium and those presenting with symptoms
- Reflect on the January 2023 update to NICE guidelines on Delirium
- Reflect on the January 2023 update to NICE guidelines on Delirium
- Develop your skills in Early Assessment of Delirium through the use of Electronic Assessment for delirium
- Explore the evidence and links between delirium and pain
- Understand how you can reduce confusion and delirium following surgery
- Identify key strategies for improving psychological care of critical care patients with ICU associated delirium
- Understand the role of a delirium outreach service in supporting patients at home with unresolved delirium
- Reflect on the management of people in distress who are experiencing delirium
- Learn from best practice in managing delirium at the end of life, and improving communication with patients and carers
- Improve practice in the recognition and management of delirium in hospitals, the community and in care homes
- Self assess and reflect on your own practice
- Supports CPD professional development and acts as revalidation evidence. This course provides 5 Hrs training for CPD subject to peer group approval for revalidation purposes

10.00 Chair's Welcome and Introduction

Dr Eleni Fixter *Consultant in Old Age/Liaison Psychiatry*

Tees, Esk and Wear Valleys NHS Foundation Trust; and co-author of Delirium and Dementia in Elderly Care

10.15 Putting personal experience first

Lou Gallie

Patient with Experience of Delirium

- what is like to experience delirium?
- a personal journey
- the little things that make a big difference
- improving information about what to expect and what people can do to prevent delirium

10.45 EXTENDED SESSION: Delirium Prevention

Dr Eleni Fixter

Consultant in Old Age/Liaison Psychiatry Tees, Esk and Wear Valleys NHS Foundation Trust; and co-author of Delirium and Dementia in Elderly Care

- spreading the message that delirium is preventable
- the 2023 NICE Guideline and why NICE reviewed the recommendations on assessment and diagnosis
- key steps you can take to prevent delirium: developing your role as a delirium superhero
- ensuring preventable interventions are tailored to the individual based on the results of an assessment for clinical factors contributing to delirium
- delirium prevention and recognition in Covid-19
- why NICE reviewed the recommendations on assessment and diagnosis
- the use of electronic assessment tools for delirium
- case studies from #icanpreventdelirium

11.20 Small Breakout Group Discussion

11.30 *Comfort Break and Virtual Networking*

12.30 Early Assessment and recognition of Delirium including proactive case finding

Dr Rachel O'Toole

Consultant Physician & Geriatrician, Clinical Lead Dementia & Delirium, Somerset NHS Foundation Trust

- the impact on patient care and outcomes
- ensuring early assessment – why it's important and the challenges
- changing the focus to prevention
- proactive case finding
- the electronic assessment tool for delirium is helping patients and their families by accurately diagnosing more patients with delirium

12.55 *Lunch Break and Virtual Networking*

13.40 Reducing and managing distress in patients experiencing delirium

Dr Tony Bleetman

*Consultant in Emergency Medicine
University of Warwick Medical School*

This session will cover addressing and supporting patients in distress experiencing delirium, including effective interventions for both prevention and management, and staff training.

14.10 Prescribing to avoid cognitive side effects and delirium

Aleksandra Howell

*Senior Clinical Pharmacist Oxford University Hospitals NHS Foundation Trust;
Clinical Lead the West of England AHSN*

- cognitive side effects of medication
- risks associated with anticholinergic medication in older people
- safe prescribing to avoid delirium
- medications management and review

14.35 Reducing confusion and delirium following surgery

Dr Louis Koizia I

*Consultant Geriatrician
Imperial College NHS Trust*

- improving routine screening to prevent confusion and delirium following surgery
- monitoring delirium post surgery: Not delirious when tested after operation
- reducing, recognising and treating delirium
- our experience in hip fracture

15.10 *Comfort Break and Virtual Networking*

15.30 Delirium and Pain

Speaker to be announced

- delirium and pain: the evidence
- improving recognition of delirium in dementia patients
- good practice examples for assessment and treatment

15.55 Coronavirus, Delirium and Falls

Carrie Tyler

*Falls Improvement Specialist Practitioner
Mid & South Essex Trust*

- overview of the challenges of looking after older people with delirium and Covid-19
- why and how was it different to other deliriums
- coronavirus, delirium and falls
- how did the Pandemic create an environment that predisposed people to developing delirium

16.25 Supporting patients at the end of life with delirium

Dr Andrew Twedde

*Consultant in Palliative Care
The Royal Marsden NHS Foundation Trust*

- delirium at the end of life
- pharmacological and non pharmacological management of delirium at end of life
- case study from hospital palliative care team

16.50 *Close*

There will be time after each speaker session for Questions and Answers

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Virtual Format

This virtual conference is run using a live stream on Zoom, interactive breakout rooms, and resources on a secure landing page available for three months after the event.

Date

 Friday 10th November 2023

Conference Fee

- £295+ VAT (£354.00) for NHS, Social care, private healthcare organisations and universities.
- £250 + VAT (£300.00) for voluntary sector / charities.
- £495 + VAT (£594.00) for commercial organisations.

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