

Can a children's game raise awareness of delirium?



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Introduction

Delirium is one of the most common presenting complaints in elderly patients across a number of different healthcare settings – with the prevalence worsening during the COVID-19 pandemic¹. The underlying cause can involve multiple factors² and there is often no single medication or treatment. There are a number of non-pharmacological interventions which can reduce the likelihood of occurrence of delirium or the distress it may cause³.

Such factors are commonly overlooked or underestimated when patients are in hospital **and our aim was to raise awareness of delirium and highlight the preventability of the condition.**

There are simple things that anyone, regardless of their healthcare role, is able to do; yet they make a significant difference to the patients' prognosis.

Methods

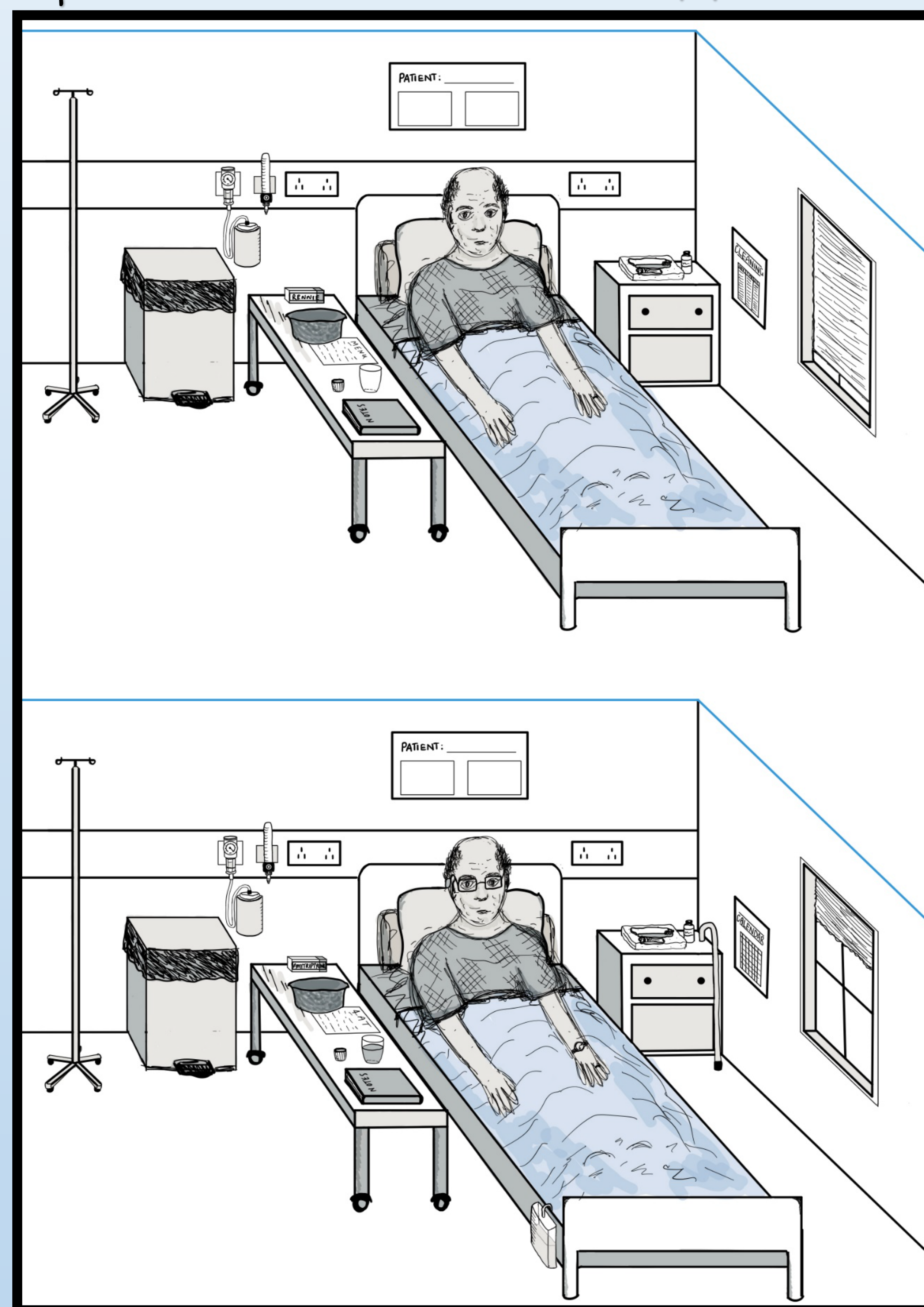
Materials:

The "spot the difference" poster was created on iPad Pro with apple pencil on Notability app. This assisted with the continuity between the control and adjusted image. Limited colour was used to allow for printing in black and white if necessary. It was then made available to be printed on A4 paper or shared via PDF to ensure quality was not compromised.



Procedure:

The poster was printed and handed out at a number of wards in Royal Stoke Hospital on World Delirium Awareness Day 16th March 2022. It was also shared on Twitter as a JPEG.

"Spot the delirium difference"



Twitter Impact

-  519,000 impressions
-  42,330 engagements
-  2021 Likes
-  115 Comments

"So powerful, sadly my father was admitted recently and clearly had delirium which we picked up when calling him... He had no glasses, clock or windows for 72 hours! The basics matter!"

"Love this idea. Really great for starting a conversation!"

"Magnifico!"

"Love it, excellent resource!"

"Great pic demonstrating steps in preventing delirium"

"Very effective educational tool. Encourages close attention and engagement"

Discussion

Our "spot the difference" style poster became a **valuable conversation starter** and the feedback received was extremely positive.

A significant proportion of the general population are **visual learners**⁴ which opens the possibility for similar techniques to be used in medical education; as well as being **accessible** and largely language independent.

Additionally, using twitter as a platform enables information to be shared **internationally**, with ease, even with limited resources.

Conclusion

Considering the overwhelmingly positive response, we can conclude that a simple children's game can in fact be a useful tool in raising awareness of delirium.

We successfully started the conversation.

References

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