

North Derbyshire Integrated Care Pathway Guideline for the Detection & Management of Acute Confusion/Delirium in Adults



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Why is Delirium important?

Delirium is common and affects approximately 20% of patients admitted to hospital (Ryan DJ et al, 2013). However, it goes undetected in about 33% to 66% of cases (Siddiqi N, House AO, Holmes JD, 2006). Treatment of delirium requires treatment of the underlying cause (Collier R, 2012).

Delirium doubles the death rate in patients aged >65 years (NICE Guidance 103, 2010) : in hospital mortality rises from 6% to 18% and are twice that of matched controls (Potter J, & George J, 2006). Delirium is associated with an increased length of hospital stay: 21 vs 9 days, with associated risk of suffering hospital acquired harms and deconditioning (McCusker J et al., 2003).

Delirium is associated with an increased need for 24h care at 1 month compared to patients without delirium (47% vs 18%), and patients who are discharged after an admission with delirium are more likely to be readmitted (George J, Bleasdale S, & Singleton SJ, 1997).

For patients, delirium is associated with a loss of dignity, increased morbidity and mortality and a increases risk of going on to develop dementia eight-fold (Davis DHJ et al., 2012).

Diagnosing Delirium:



Improving the care of people with Delirium in North Derbyshire

In North Derbyshire we have formed a joint working group across the traditional primary/community/secondary mental health and social care divides to improve the care of people with delirium and thus promote parity of esteem.

Through the development of a unique integrated pathway which aligns with NICE Quality Standard QS63, Delirium in Adults, 2014 we will improve patient safety, outcomes and experience. We will achieve this by fostering a standardised approach to delirium that can be used across all organisation /care setting, and tailored to an individual's needs.

This guideline sets out the steps that should be taken to diagnose and manage acute confusion/ delirium in the community as well as in the acute trust, including when to refer for specialist management and to identify issues for discharge and follow up in the community.

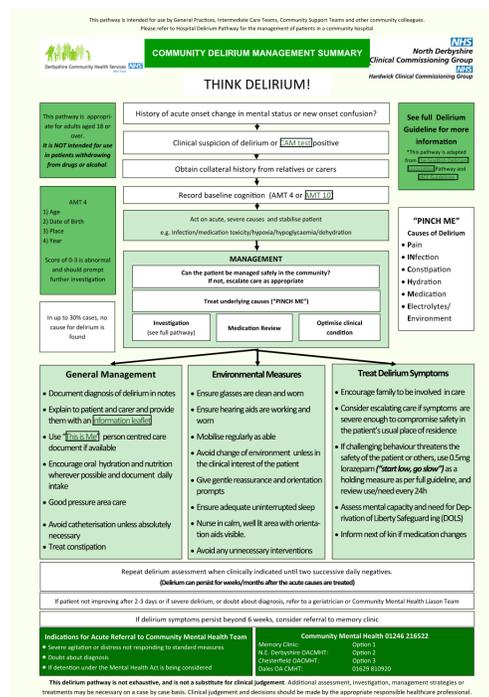
Organisations across North Derbyshire have signed up to this project. This is the story of our journey.



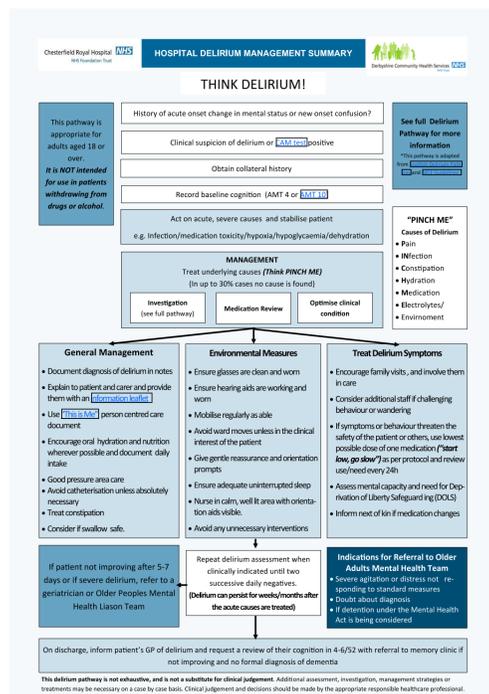
The Objectives of the Pathway

- To develop a person centred, integrated delirium care pathway, guideline and embed the principles across all participating organisations.
- To create an early supported discharge pathway for patients with delirium to pursue active recovery and cognitive re-ablement at home with appropriate support.
- To create a highly effective and collaborative multidisciplinary team and patient safety culture.
- To develop an infrastructure that provides quality care across all organisations
- To develop robust measuring and recording of data to measure success.
- To educate all involved in the care of those at risk of delirium, including patients and carers with a shared education strategy across all care providers.
- To provide rapid access to specialist support for primary care practitioners to enable management of people with delirium closer to home.

1) Guide to Managing Delirium in the Community



2) Guide to Managing Delirium in the Hospital



Training Requirements

Training on this guidance will be included in the induction process for all junior doctors, in the mandatory rolling programme for doctors, registered nurses and health care assistants, and in Divisional Educational meetings for medical staff.

All medical staff will be able to access a copy of the guideline on the intranet, and it will also be available in the Trust junior doctor's handbook (Ignaz).

A Patient Guide to Delirium



What is next?

- A Delirium educational programme for patients and carers across North Derbyshire.
- Training of staff in acute hospitals, mental health services, primary care, social care and care homes on the Delirium guideline and Pathway.
- Evaluation of Delirium prevention using the guideline and pathway in patients undergoing elective large joint replacement surgery at Chesterfield Royal Hospital, supported by the East Midlands Academic Health Science Network (EMAHSN).
- Roll out of the North Derbyshire Delirium Early Supported Discharge and Recovery Programme in Chesterfield Royal Hospital NHS FT.

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