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**Dementia United programme**

**Bulletin 14. April 2022**

**Dementia United is the flagship programme for the Greater Manchester Health and Social Care Partnership which aims to make Greater Manchester the best place to live if you are living with Dementia or care for someone who does**

Dear colleagues,

Welcome to our e-bulletin. We’ve included updates from across our programme and would welcome your feedback. Do you find this useful? Is there anything else you’d like us to include? If you have any comments or suggestions, please send them to [gmhscp.dementiaunited@nhs.net](mailto:gmhscp.dementiaunited@nhs.net)

As it was World Delirium Awareness Day on March 16th, we’ve got a special focus on delirium in this edition of our bulletin.

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Delirium

Delirium is a condition which causes a short-term confused state and develops over hours and days, as a result of underlying illness. People living with dementia are more likely to experience delirium and if undetected and treated, it can lead to much poorer outcomes. We developed a Greater Manchester approach to delirium with a person-centred pathway and key standards focused on early detection, assessment and treatment.

You can [find out more about our delirium programme here](https://dementia-united.org.uk/delirium/)

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

Dr Emma Vardy and Helen Pratt are two of the three authors of a paper published in the Future Healthcare Journal that describes the development and outcomes for our community delirium toolkit that was piloted across Greater Manchester during the COVID-19 pandemic, in five localities with urgent care/admission avoidance teams in 2020. Results from the pilot showed that delirium can be safely managed in the community by using a toolkit that incorporates structured assessment and management. You can [read the full paper here](https://www.rcpjournals.org/content/futurehosp/9/1/83)

## Community delirium toolkit and resources

This is for use by clinical teams working in the community and primary care, to help them identify their patients who are experiencing delirium and manage them appropriately.

You can find out more here [Greater Manchester Community Delirium Toolkit - Dementia United (dementia-united.org.uk)](https://dementia-united.org.uk/delirium-community-toolkit/)

## Hospital delirium toolkit and resources

This is designed for staff to use, to help them identify and manage delirium in people over the age of 18 and not under the influence of drugs or alcohol. It’s based on national evidence and includes resources for both clinicians and people with delirium and their families. You can [find out more and access the toolkit and resources on the Dementia United website](https://dementia-united.org.uk/hospital-delirium-programme-and-toolkit/)

Both toolkits contain a wide range of resources including translated versions of our Greater Manchester delirium leaflet. We’ve had excellent feedback and focused these as news items on our website.

## Languages are not a barrier when supporting people with delirium in the community

Health and social care staff are benefitting from some resources which help them to identify and manage delirium (sudden confusion) in people and reduce hospitalisations. One of the known barriers to helping people is language and some new translated materials have been getting rave reviews from community health and social care staff in parts of Greater Manchester.

We’ve translated the Greater Manchester delirium leaflet into ten languages in print, audio and video formats. Printed versions of these materials in Urdu, Bangla and Gujarati have been used across Greater Manchester, with community teams able to safely manage 70% of patients with delirium at home in Bolton, Manchester, Salford, Stockport, and Trafford.

Staff have been reporting some positive responses from people using the material.

*“These are great resources as they use the same words using Asian language alphabets for the word ‘delirium’. They include a lot of plain common language which older people can understand easily. What I’ve learned so far is that people want translated material but also ask for English versions as well to enhance their understanding”.* Abdul Shakoor, Tameside, Oldham and Glossop Mind

You can [access the full range of translated resources here](https://dementia-united.org.uk/translated-delirium-resources/)

One of the key documents in the toolkits is the 4AT delirium detection tool. This is a simple, quick (under two minutes) and [well-validated](https://www.the4at.com/references) bedside tool which helps practitioners detect delirium in day-to-day practice. It doesn’t require special training and is easy to implement. You can [access this tool, alongside other documents that form part of the toolkit on the Dementia United website](https://dementia-united.org.uk/delirium-community-toolkit/)

Emma Vardy (Clinical Advisor/Strategic board member for dementia United) is one of the authors of this paper recently published in the Age and Ageing and featured on the [British Geriatric Society’s website](https://www.bgs.org.uk/policy-and-media/new-research-published-in-age-and-ageing-shows-link-between-delirium-and-increased#:~:text=Share%20on%20Facebook-,New%20research%20published%20in%20Age%20and%20Ageing,between%20delirium%20and%20increased%20mortality&text=Older%20people%20who%20experience%20delirium,journal%20Age%20and%20Ageing%20today.). The paper reports on a co-led study.

## Positive scores on the 4AT delirium assessment tool at hospital admission are linked to mortality, length of stay and home time: two-centre study of 82,770 emergency admissions

Studies investigating outcomes of delirium using large-scale routine data are rare. The paper’s authors performed a two-centre study using the 4 ‘A’s Test (4AT) delirium detection tool to analyse relationships between delirium and 30-day mortality, length of stay and home time (days at home in the year following admission). The delirium detection tool was performed as part of usual care.

Scores on the 4AT used at scale in practice are strongly linked with 30-day mortality, length of hospital stay and home time. The findings highlight the need for better understanding of why delirium is linked with poor outcomes and the need to improve delirium detection and treatment.

*“This study is really important because it shows that by assessing patients for delirium on admission to hospital, we can predict outcomes. If we always assess for delirium in older people on admission to hospital, we can improve those outcomes and change how we provide care. We have been doing other work across Greater Manchester to see whether we can safely care for selected patients with delirium at home. There is early evidence from other research that this may be better for patients in reducing the harm that delirium can cause.”*

Dr Emma Vardy, Consultant Geriatrician at Salford Royal and member of the Dementia United team.

You can read the full paper here: [academic.oup.com/ageing/article-lookup/doi/10.1093/ageing/afac051](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Facademic.oup.com%2Fageing%2Farticle-lookup%2Fdoi%2F10.1093%2Fageing%2Fafac051&data=04%7C01%7C%7C0b7d15dee70747b316bd08da073afe91%7C9a12677ec2e94deba58aee1c59ac0161%7C0%7C0%7C637830247200492534%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=g19jhahVPS5Jf4mikWrRa31SFXdQx5VmAU8bsygkD5A%3D&reserved=0)

You can [watch Dr Emma Vardy talk about the study here](https://www.bgs.org.uk/policy-and-media/new-research-published-in-age-and-ageing-shows-link-between-delirium-and-increased#:~:text=Share%20on%20Facebook-,New%20research%20published%20in%20Age%20and%20Ageing,between%20delirium%20and%20increased%20mortality&text=Older%20people%20who%20experience%20delirium,journal%20Age%20and%20Ageing%20today.)

## Dementia United and colleagues from Greater Manchester all contributed to the success of the Royal College of Emergency Medicine delirium study day

At this study day on March 1st 2022 John O’Doherty (Lived experience advisor, Dementia United governance board member, advisor for the Commons Select Committee for Health and Social Care) and Liz Brookes (Dementia Carers Expert Reference Group member) presented their lived experience of delirium and received excellent feedback.

*“Really helpful to have the patient and carer perspective, grateful they were willing to give their*

*time”*

*“The patient perspective was incredible to hear. This was my favourite, and most useful section*

*of the day. Thank you”*

There were also presentations from Dr Emma Vardy (who chaired the day), Helen Pratt from the Dementia United team, Sara Harris from the Northwest Ambulance Service and Francine Whittaker from Trafford’s Community Enhanced Care Service.

## Free delirium Zine workshop

In partnership with Oldham libraries, we’d like to invite you to find your creative voice at our Zine workshop to share your lived experience of delirium.

Tuesday 17 May, 1-3.30 pm

Participants will write, collage and draw their own personal Zine booklet, to capture real experiences of delirium. Attendees will be invited to share their outputs from the workshop in order to raise awareness and support others.

Eligible participants will:

* Have personal experience of delirium
* Or have supported a family member with delirium
* And live in Greater Manchester

This event is **free to attend** and there’s **free transport available, upon request**

You can [find out more on the Dementia United website](https://dementia-united.org.uk/news/2022/03/07/delirium-zine-workshop/)

## World Delirium Awareness Day

It was World Delirium Awareness Day on March 16th. We had a lot of engagement with our posts on Twitter: 226.1% increase in mentions of Dementia United; 38 extra followers; 27.3% more visits to our profile; 9,238 people saw our tweets.

In addition to promoting our work and two delirium toolkits on social media we produced two documents collating our dementia resources:

* [Dementia United delirium resources – raising awareness for support staff](https://dementia-united.org.uk/wp-content/uploads/sites/4/2022/03/Dementia-United-delirium-resources-raising-awareness-for-support-staff.docx)
* [Dementia United delirium resources – training and toolkits for practitioners, managers and qualified staff](https://dementia-united.org.uk/wp-content/uploads/sites/4/2022/03/Dementia-United-delirium-resources-training-and-toolkits-for-practitioners-managers-qualified-staff.docx)

**Key contact:** [helen.pratt5@nhs.net](mailto:helen.pratt5@nhs.net)

Dementia Care Pathway

Since 2018 Dementia United have been working with locality partners, key stakeholders and people with lived experience of dementia to collate a list of 76 recommendations we believe will improve the quality of life of people living with dementia or caring for someone with dementia in Greater Manchester. These bring together existing requirements, evidence and recommended best practice, alongside information on how each GM locality is addressing or planning to address these recommendations.

We’ve recently been working with [Radical Company](https://www.radicalcompany.com/) to digitise these recommendations, hosting them on an easily-to-navigate web platform which we hope will improve accessibility and reach of this information. As part of the digitisation process, we’ve just completed user testing with 61 participants over three workshops. Participants came from a wide range of backgrounds, including local commissioners, clinical and occupational professionals and people with lived experience of dementia or caring for someone living with dementia.

Feedback from these workshops has been overwhelmingly positive with 97% of the 37 participants who completed our online survey at the end of the workshops stating that they would want to use the pathway and many comments reflecting users positive disposition towards the work – i.e.: *“Thank you for all your hard work, it really will be a helpful resource for people living with dementia  and their support circles as well as professionals”* and *“Really impressed with everything and looking forward to exploring the webpage further.”*

We are now addressing the feedback we received from these testing sessions. If you’d like any more information on this exciting project, please contact: [sarah.fox48@nhs.net](mailto:sarah.fox48@nhs.net) and [helen.pratt5@nhs.net](mailto:helen.pratt5@nhs.net)

## Living well with dementia in Greater Manchester: join us, we need each other

**Join us for a Greater Manchester event on June 6th 2022 and make sure your voice is heard**

This event, led and organised by lived experience colleagues, Dementia United, Alzheimer’s Society and the International Longevity Centre UK, plans to undertake a respectful reflection of the adverse impact of the pandemic on people affected by dementia as well as a refocus on recovery looking forward #LivingWellWithDementiaGM.

**Come along to make sure your voice is heard at this event that’s** led entirely by people with lived experience.

* Entertainment from people with lived experience of dementia
* Hear from people affected by dementia
* Speakers include the Mayor of Greater Manchester

To register your interest in attending the event and to receive further details please visit <https://bit.ly/3FveeRM>

Alternatively, you can contact Michelle Davies, Events and Engagement Manager on 07710 152805 [michelle.davies9@nhs.ne](mailto:michelle.davies9@nhs.ne)**t** who will be happy to do this for you

We want to involve as many people affected by dementia as possible, therefore, in the lead up to the event we’re inviting people to submit questions and pledges for a panel made up of the Greater Manchester Mayor, Chief Executive from the Alzheimer’s Society, Lived Experience members and Senior Greater Manchester Health and Social Care staff. We would like you to complete the pledges form and send it back to us by **Monday 2nd May.** You can find out more about the pledges in the pledges form briefing.

 

The event is for people affected by dementia, as well as health and social care staff and commissioners. The event is available to attend in person (priority will be given to people affected by dementia) and to access online. The event will be held at a central Manchester venue



Other news

## Dementia United have supported the development of a new national best practice guide for memory assessment services

Many people who receive a dementia diagnosis report feeling abandoned and unsupported. This new resource will help them by offering guidance to memory assessment services (MAS) who support people living with dementia

The Centre for Dementia Research at Leeds Beckett University was commissioned by NHS England and Improvement Cymru to develop a best practice guide for MAS. MAS provide specialist assessment, diagnosis and they support people with dementia and their families to access appropriate treatment, interventions, and support. This guide was published last week

[Taking Memory Assessment Services into the Future: A guide to supporting continuous development, improvement and innovation in memory assessment services](https://www.leedsbeckett.ac.uk/-/media/files/research/dementia/taking-memory-assessment-services-into-future-web.pdf)

Dementia United are involved with the project as part of an expert reference group hosted by Leeds Beckett University and commissioned by NHS England. The groups’ function is to identify good and innovative practice in service delivery across different Memory Assessment Service models; particularly good practice which has the potential to reduce unwanted variations in quality of such services.

Dementia United ensure that this work links to Greater Manchester Memory Assessment Services, they have also supported people with lived experience of dementia across Greater Manchester to get involved in the project. You can [find out more on the Dementia United website](https://dementia-united.org.uk/news/2022/03/15/dementia-united-have-supported-the-development-of-a-new-national-best-practice-guide-for-memory-assessment-services/)

Other useful links:

* Project website: [www.leedsbeckett.ac.uk/research/centre-for-dementia-research/sharing-good-practice-and-innovation-in-memory-assessment-services/](http://www.leedsbeckett.ac.uk/research/centre-for-dementia-research/sharing-good-practice-and-innovation-in-memory-assessment-services/)
* Beckett Talks: podcast featuring Professor Claire Surr talking to people living with dementia and their carers about the project and their experience of memory assessment services: [www.leedsbeckett.ac.uk/podcasts/](http://www.leedsbeckett.ac.uk/podcasts/) (We’ve noticed that for some NHS colleagues the NHS firewall blocks the content but this can be viewed from a personal device)

## Music in Mind: Manchester Camerata, Social Sense & Anchor

Music in Mind - Manchester Camerata’s award winning, research-based music programme – will partner with Greater Moments (Social Sense) to deliver more positive benefits for those living with dementia, their carers and families. The project aims to capture data ‘in the moment’, enabling better understanding, engagement and improved experiences for both participant and carer. The project is funded by the government’s UK Research and Innovation Small Business Research Initiative.

The first pilot covers projects in 5 Anchor Care Homes across Greater Manchester and will run from April 2022 to March 2023. The partners are aiming for successful evaluation that can lead to a national rollout and wider investment from healthcare commissioning groups.

