

# Core brief

Tuesday 14 June 2016

## Introduction

This issue of Core Brief includes information on Delirium Week and the Staff Travel Survey.

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### **Think Delirium - Suspect it, Spot it and Stop it.**

Staff across our main hospital sites are taking part in Delirium Week to further raise awareness amongst healthcare staff of the condition's debilitating effects.

Running from Tuesday 14 - Tuesday 21 June, information stands will highlight just how common delirium is in hospitalised older people. It particularly affects those with dementia or cognitive impairment, and is often caused by illness, surgery or medications.

Dr Margaret McGuire, Director of Nursing, said: "It's important our staff not only recognise the symptoms of delirium, but also the effect it has on our patients and their carers, in order to deliver the best possible care to this vulnerable group of patients.

"Delirium is very distressing for everyone and is associated with longer hospital stays and falls. However, people at high risk of developing delirium can have the risk reduced by 1/3 if simple preventative measures are carried out.

**"Throughout the week, we will have stands in the main foyer of all our acute sites containing information for staff.** I would encourage you all to go along and find what you can do to help prevent, identify and manage delirium."

Dr Hazel Miller, Consultant Geriatrician at Glasgow Royal Infirmary, said: "Delirium is extremely common in hospitals, affecting around to 1 in 8 inpatients. It is extremely serious as it greatly increases people's risk of falling, needing to go into a care home or not surviving their admission."

The Scottish Delirium Association (SDA) and Healthcare Improvement Scotland are promoting national Delirium week through social media using the hashtag #deliriumweek.

### **Staff Travel Survey**

Staff are encouraged to complete the NHSGGC travel survey which runs until Friday 1 July. It only takes a few minutes and you could win a prize! [Click here to access.](#)