

Core brief

Wednesday 15 March 2017

Introduction

This issue of Core Brief details information on World Delirium Day and lists which sites we have awareness stands at today; and we highlight what we are doing to tackle stress in the workplace.

World Delirium Day 2017

Today, March 15 2017, is World Delirium Day and Dr Hazel Miller, consultant physician at GRI, asks that you take a moment to reflect on what you can do to improve the care you provide to your patients with or at risk of delirium.

Delirium is an acute change in a person's mental state with impaired attention and awareness. It is common in hospitals and can have devastating consequences, however, with the right measures we can reduce the risk of it occurring by about one third. In NHSGGC we use the TIME checklist to prompt good delirium care.

Great steps have been taken over the past few years in awareness and management in Glasgow, Scotland and worldwide, yet we still have to work to do to ensure that we give the best care for every person every time.

Visit one of our awareness stands in your hospital today and enter our prize draw to win a £20 Amazon voucher:

- QEUH, main atrium at Arran lifts
- GGH, main foyer
- GRI, centre blocks
- GRI, surgical seminar room
- RAH, main foyer
- IRH, main foyer
- VoL, main foyer

To read the guidelines and supporting documents, [click here](#).

For more information on Delirium, visit: www.idelirium.org and to complete the LearnPro Delirium modules, visit: <http://nhs.learnprouk.com>

Working together to tackle stress

It's been a couple of months since we launched our 'A Healthier Place to Work' campaign and the web portal – www.nhs.org.uk/staffhealth - is filling up with lots of practical support and information to help you tackle stress and obesity – two of the biggest health issues affecting staff.

To make things easier for staff, we have created an easy to read guide to our policy: Stress in the Workplace. [Click here](#) to see at a glance what help and information is available to you.