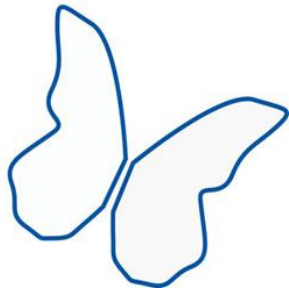


WHAT IS THE BUTTERFLY SCHEME?

As part of the Butterfly Scheme at our hospitals, we use a discreet white butterfly to place on the headboard and patients' health records to identify to staff that the patient maybe confused. The Scheme aims to improve patient safety and wellbeing by teaching staff to offer a positive and appropriate response to people with memory impairment and allows patients with **Delirium** to request that response via a discreet butterfly symbol on their notes.



HOW TO REFER A PATIENT TO THE DEMENTIA AND DELIRIUM SERVICE

Electronic referrals can be made via Careflow Connect or paper referral form is available on the Intranet on the Dementia service page:
Email completed referrals to:

bhrut.danddreferrals@nhs.net

We aim to visit patients within 72 hours of receipt of referral.

For support with Dementia and Delirium please contact:

Dementia and Delirium Service
Ext: 6747 - Queen's Hospital
Ext: 5833 - King George Hospital

DELIRIUM AND DEMENTIA RESOURCES AT OUR TRUST

- Dementia and Delirium Care Plan
- Carer Support Plan
- This is Me (This document should be utilised to understand the patient's wishes and preferences)
- Confusion Pathway
- Behaviour Charts

DELIRIUM AND DEMENTIA INITIATIVES IN OUR TRUST

We have rolled out some exciting initiatives, including:

- Dementia finger food menu
- Red plates for our dementia patients which helps the food stand out
- Orientation clocks
- Reminiscence Interactive Therapy Screens (RITA)
- Coffee afternoons
- Assistance in medical intervention
- Music therapy
- Art therapy
- Trolley tea parties on wards
- Twiddle muffs and memory blankets
- Chair based exercises
- Nail painting, hair grooming
- Shaving

Version 4 – June 2022



DELIRIUM



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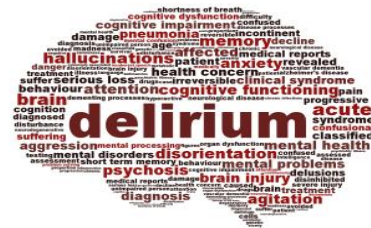
@BHR_hospitals

Barking, Havering and Redbridge
University Hospitals NHS Trust

Delirium is a state of mental confusion that can happen if you become medically unwell.

How common is DELIRIUM?

- Older
- Have memory problems
- Have poor hearing or eyesight
- Have recently had surgery
- Have a terminal illness
- Have an illness of the brain, such as an infection, a stroke or a head injury



The most common causes of delirium are:

- There is often more than one cause, sometimes the cause is not found**

- Being less aware of what is going on around you
- Unsure about where you are or what you are doing there.
- Having vivid dreams, which are often frightening
- Hearing noises or voices when there is nothing or no one to cause them.
- Seeing people or things which aren't there
- Worry that other people are trying to harm you
- Very agitated or restless, unable to sit still and wandering about
- Moods that change quickly. You can be frightened, anxious or depressed

You can help someone with delirium feel calmer and more in control if you:

- Stay calm
- Talk to them in short, simple sentences
- Check that they have understood you; repeat things if necessary
- Remind them of what is happening and how they are doing
- Remind them of the time and date; make sure they can see a clock or a calendar
- Listen to them and reassure them
- Make sure they have their glasses and hearing aid
- Help them to eat and drink
- Try to make sure that someone they know well is with them; this is often most important during the evening, when confusion often gets worse
- Bring in some familiar objects from home if they are in hospital
- Have a light on at night so that they can see where they are if they wake up

