

**Kayleigh Mackie**, Trainee Nursing Associate, told us why she signed up to become a Delirium Champion and her experience of the process:

**What motivated you to sign up to become a ‘Delirium Champion’?**

I am a Trainee Nursing Associate and wanted to run a workshop to enhance my skills in communication and presentation. I decided on delirium as this is a very relevant subject area to my workplace (an acute elderly care ward).

**How did you find preparing for your awareness session e.g. were the resources helpful?**

I found the resources given were appropriate and engaging, and received positive feedback from those attending my session about this. My session was attended by 11 staff members. This comprised of 3 fellow TNA's, 5 practice development nurses, the associate director of nursing and 2 occupational therapists.

**How did your session go?**

My session went well, it was attended by the associate director of nursing at the hospital and she said it was a useful session and should be rolled out across the hospital. Those attending said it raised awareness of delirium and some points worth thinking about during our daily work.

**What benefits to you think the session had/will have?**

- From an organisational point of view those who attended are now delirium aware and can share the points raised with different staff members across the organisation.
- For my personal benefit it was a good experience to present and participate in the discussion and consolidate my knowledge about delirium (Delirium was part of my TNA training at university), and to consider views and experiences from different staff members. I am submitting a portfolio as part of my coursework and intend to include evidence of my presentation within this.
- For our patients any raised awareness of delirium is fantastic, and increased knowledge among staff means it can be considered and diagnosed more promptly meaning better patient outcomes.

**Would you recommend becoming a Delirium Champion?**

I would recommend becoming a delirium champion to increase delirium awareness within organisations and because the workshop was engaging and brought about lots of points for discussion. I very much enjoyed the experience and found it helpful in many areas.