

Delirium teaching for your staff, free to use

Delirium Academy provides online delirium courses and prepared teaching materials for staff who care for adults. This page summarises what the pack covers, how long it takes, how completion is recorded and what your service needs to add.

What staff learn

Delirium in 30 (30 minutes) is the foundation for everyone who cares for adults. It covers recognising a new change, including drowsiness and withdrawal; finding out what is usual for the person; reporting and assessment, including the 4AT; causes; care that reduces distress; prevention; and recovery.

Safety, distress and agitation (35 minutes) follows the foundation. It covers the first minute beside a highly agitated person, looking for causes, de-escalation, falls and pressure ulcers, restraint, medicines, staff safety and intensive care.

New to healthcare (8 minutes) is optional preparation for staff new to healthcare terms. Further modules cover triggers, distress, communication, persistent delirium and 4AT scoring practice.

Time per person

About 30 minutes for the foundation, and 65 minutes for the foundation and the safety module together. Add 8 minutes for staff who need the preparation course, and time for a group discussion if you run one (10 to 25 minutes).

Cost and licence

There is no charge and no licence fee. Staff do not register. Your service may copy, edit and reuse the materials in its own teaching without asking permission. Original text is under CC BY 4.0: please credit Delirium Academy.

How completion is recorded

Learners answer ten assessment questions in each of the two main courses, read the feedback and may try again. When they meet the course requirements they type their name and print or save a certificate. The Academy keeps no accounts and no register of learners, so record completion in your own learning system. A certificate records that a course was completed. It does not assess clinical competence.

What your service needs to add

- A named local lead who arranges the teaching and answers questions.
- Protected time for staff to complete the courses.
- Local contacts: your emergency route and your route for reporting new confusion or drowsiness. The teaching guide has a sheet for these.
- A rule on who uses the 4AT, when, and what happens after a positive result.
- Separate approved training for practical restraint techniques and emergency medicines.
- A way to check that teaching changes care, such as a short monthly look at the notes.

Who made it

Created by Professor Alasdair MacLulich, consultant geriatrician and Professor of Geriatric Medicine at the University of Edinburgh. Delirium Academy is an independent personal project with no adverts, sponsorship or industry involvement. Clinical statements are checked against peer reviewed research and published guidance, including NICE CG103.

Why the local additions count. Reviews of delirium education find that teaching raises knowledge, and that practice on the ward changes more often when teaching is combined with changes to how the ward works: named leads, reminders, repeated short sessions and audit fed back to the team.

What else is in the pack

Editable slides with speaker notes for both courses (33 slides), 20 printable example cases, a teaching guide with three session plans, a one-page practice card, a three-page curriculum, a clip index for 13 short films and an offline copy of the courses for an intranet.

Everything is at deliriumacademy.com/for-educators. Questions and feedback: a.maclulich@gmail.com, subject "Delirium Academy educator".