



An audit of the 4AT & TIME bundle as part of the Delirium Ambassador Programme at the Queen Elizabeth University Hospital

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Introduction

- Delirium is a commonly seen condition with a prevalence of 20-30% on medical wards and 10-50% on surgical wards, however there can be delays in its recognition and management (NICE, 2019).
- The 4AT and TIME bundle is a tool that is widely used to aid delirium recognition and guide initial investigations and management (Figures 1 & 2).
- The Delirium Ambassador Programme was created by the Department of Medicine for the Elderly at the QEUH with the aim of both raising awareness around the condition and improving the standard of care for patients with delirium.
- This programme involved initial teaching sessions on Delirium and Quality Improvement before participants undertook individual projects.

Aims

- The aim of this audit was to raise awareness of delirium and improve the completion rate of the 4AT and TIME bundle.
- By doing so this would help to improve the recognition and management of delirium.

Method

- The general surgical ward policy was that every patient aged 65 and over should have a 4AT and TIME bundle completed when admitted to the ward (Figures 1 & 2).
- The completion rate of the 4AT and TIME bundle was recorded on a run chart (Figure 4), with data collected weekly over a 16 week period.
- During the audit period the following interventions were made;
 - weekly reminders to ward staff
 - a survey on 4AT and TIME bundle awareness (Figure 3)
 - distribution of Think Delirium resources

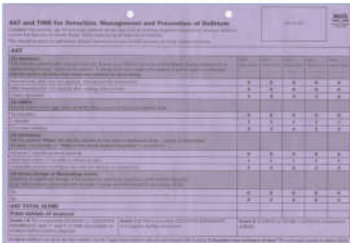


Figure 1: The 4AT form

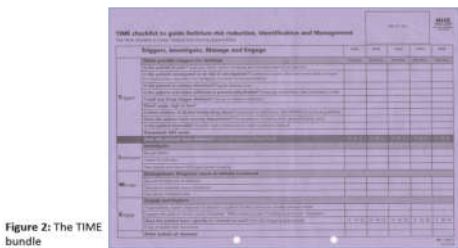


Figure 2: The TIME bundle

Results

- A survey was conducted to gauge awareness around the 4AT and TIME bundle and to highlight areas for improvement (Figure 3).
- From the survey 100% of responders felt familiar and comfortable with the 4AT and TIME bundle but felt more training would be useful.
- Only 70% of responders reported having previously received training on the 4AT and TIME bundle.

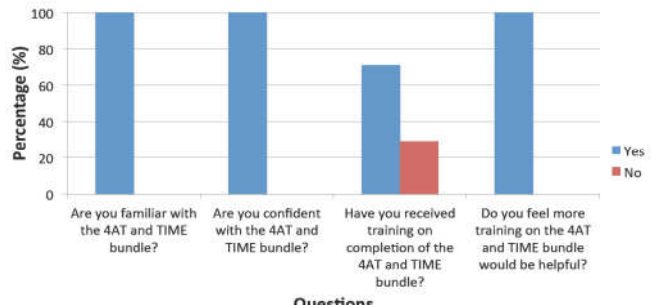


Figure 3: Survey on the use of the 4AT and TIME bundle.

- The run chart demonstrated a significant improvement in the completion of the 4AT forms (Figure 4).
- After 16 weeks a significant shift was evident, with 9 consecutive points on or above the median line from week 8 onwards (6 or more was considered to indicate a significant change).
- No significant change was demonstrated for the completion of the TIME bundle.

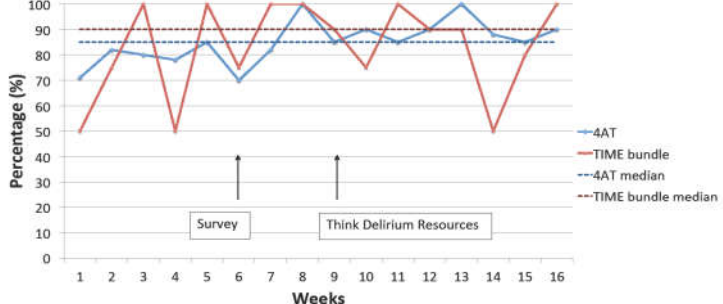


Figure 4: Run chart illustrating percentage completion rate of the 4AT and TIME bundle over the 16 week audit period.

Conclusions

- This audit demonstrated a significant improvement in the completion of the 4AT forms which would help the early recognition of delirium.
- However, no significant change in TIME bundle completion was found and so more work is required in order to improve the initial management of delirium.
- Completion of the TIME bundle was the aspect found most challenging by nursing staff and so more tailored training and engagement with medical staff would be beneficial.

References:
National Institute for Health and Care Excellence (2019). Delirium: prevention, diagnosis and management. NICE Guidance. [Online]. Available from: <https://www.nice.org.uk/guidance/cg103/chapter/introduction>. [Accessed 2 July 2019].

Acknowledgements: Many thanks to the Department of Medicine for the Elderly at the QEUH for organising the Delirium Ambassador Programme and for their continued support during this project.