

RecoverED study update

(May 2024)



RecoverED
Recovery after an episode of delirium

The [RecoverED feasibility study](#) is well underway. Read on for a summary of what we have been doing recently and how the study is progressing.

Recruitment

- Recruitment ended on the 31st March 2024.
- **19** out of our target of **60** participant pairs consented to take part in the study. This is an uptake of 32%.
- Participant pairs consist of an individual who has delirium plus their carer partner.

The intervention (rehabilitation programme)

- Before patient participants start receiving the intervention, they undergo an initial assessment at home. This determines the starting point of the patients journey in recovering from delirium.
- So far, 13 participants have received their initial home assessment.
- 12 participants have started their intervention.

Qualitative research

- To understand how the intervention is being received, we are running some interviews with the patient participants and with the carer participants.
- 8 patients and 11 carers have consented to an interview. So far, 4 patients and 6 carers completed interviews.
- We are also running some interviews with the healthcare professionals who are delivering the intervention. Recruitment is ongoing, but so far 11 healthcare professionals have consented to take part. So far, 8 of them completed interviews.

Follow-up

- Once a participant has finished their intervention programme, they are re-visited at 3 months post-intervention and then again at 6 months post-intervention.
- So far, there have been **10 x 3-month** follow-up visits and **6 x 6-month** follow-up visits.

Study output

- Our research team participated in the British Geriatrics Society 2024 Spring Meeting in Birmingham. We presented following studies:
 - The need for delirium education and emotional support after hospital discharge: insight from interviews with key stakeholders
 - Experience of family caregivers for older patients with delirium: a qualitative study
 - Reflections on implementing RecoverED: Strategies and support for facilitators

For more details, please visit the Study Output tab on our website.