



# Royal College of Physicians

## Dr Thomas Jackson Biography

Dr Jackson currently works as a clinical academic geriatrician in the Institute of Inflammation and Ageing at the University of Birmingham.

His research interests include the inflammatory basis of delirium, and how this impacts on the development of longer term cognitive outcomes, as well as work understanding how our ageing immune system may drive frailty and sarcopenia. His PhD was on pragmatic methods to identify dementia in older people with delirium and the effects of clinical subtypes and inflammatory profiles of delirium on outcomes. He is lead for Geriatric Medicine teaching across disciplines at the Medical and Dental School.

Clinically he works as a consultant orthogeriatrician at the Queen Elizabeth Hospital, Birmingham. He also regularly contributes to the unselected general medicine admissions take.

He tweets using @deliriousdr and is a believer in the potential for social media to increase research impacts. He sits on the board of the European Delirium Association

## Presentation Summary

**Topic:** Delirium, reasons I should care

Delirium is a severe neuropsychiatric syndrome that affects up to 1 in 5 people in hospital. It is more common as we age, yet can occur across the lifespan, and as such is core business for hospital physicians. Often thought of as 'what you expect' in unwell older people, delirium is associated with increased mortality and significant patient distress. This presentation will use new and emerging evidence about why only some people develop delirium, with pragmatic advice on how to recognise them. Current, and novel, management of people with delirium will be highlighted as well as 'top tips' for the acute medical take.