

## Ward 10, Woodland View

### NHS Ayrshire & Arran Mental Health Services

#### Aims of project

Project initiated in Ward 10, Woodland View supporting **Improving Observation Practice (IOP)** stream of the Scottish Patient Safety Programme- Mental Health (SPSP-MH) within the acute admission environment. Ward 10 is a 20 bedded Acute Admissions Mental Health unit covering the South Ayrshire area. The project provided a Multi-Disciplinary Team (MDT) response to deliver enhanced therapeutic activity within the ward, mirroring the IOP vision of moving from Observation to Intervention. Patients not yet well enough to access off-ward groups generally had limited access to Therapeutic Interventions (TI) and group work on the ward. People on Enhanced Observations (EO) were not routinely referred to Occupational Therapy (OT). Ward 10, as the local pilot site for the testing of IOP guidance offered opportunities to test new ways of working. MDT discussion highlighted two particular options;

- Would 'ring fencing' Nursing Assistant (NA) time to deliver structured daily group activity be of benefit to patients?
- Would OT referral at early stage of assessment, while on EO's be of extra benefit?

This poster focusses specifically on the success of the first of these areas. This involved collaboration between SPSPMH Improvement Advisor, Ward SCN, Deput CN's, OT Team Lead, Ward OT and 2 Nursing Assistants (NA). A group TI programme was developed by OT and Nursing for patients unable to access off-ward activities with regular group clinical supervision and clinical recording being supported by OT and nursing staff respectively. A parallel project saw the OT also take direct referrals for patients on EO for 1:1 specialist TI.

#### What we did

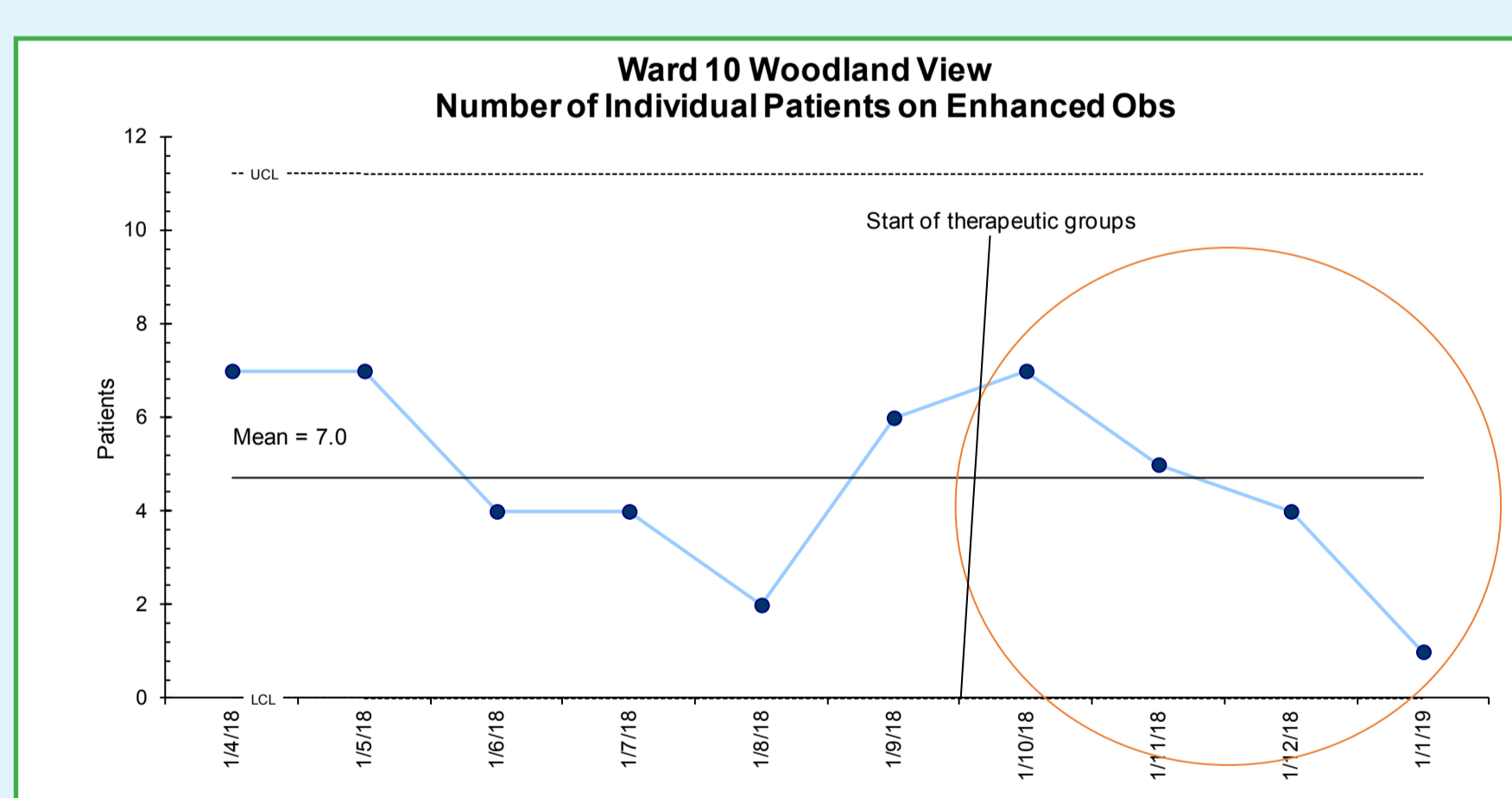
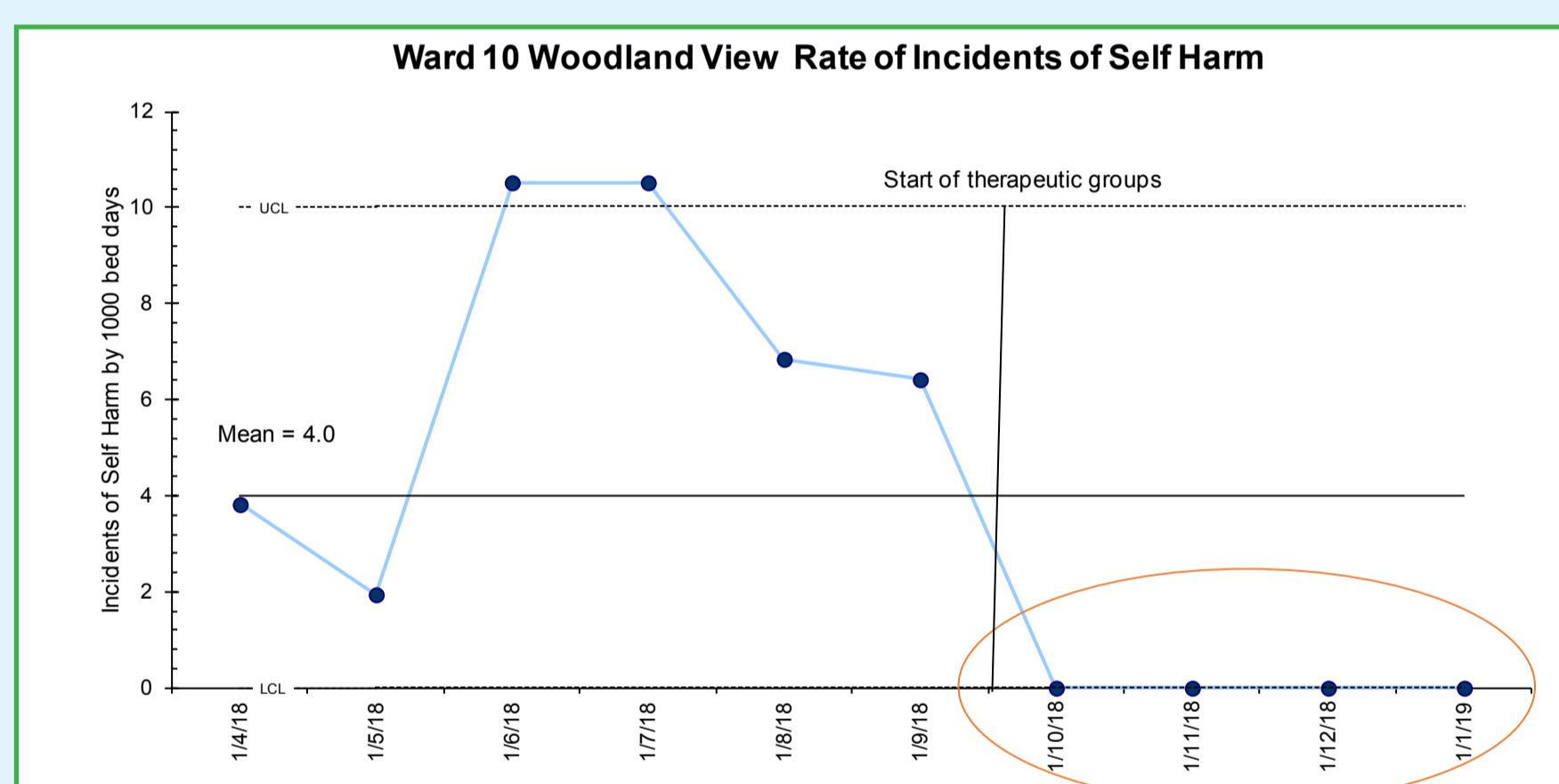
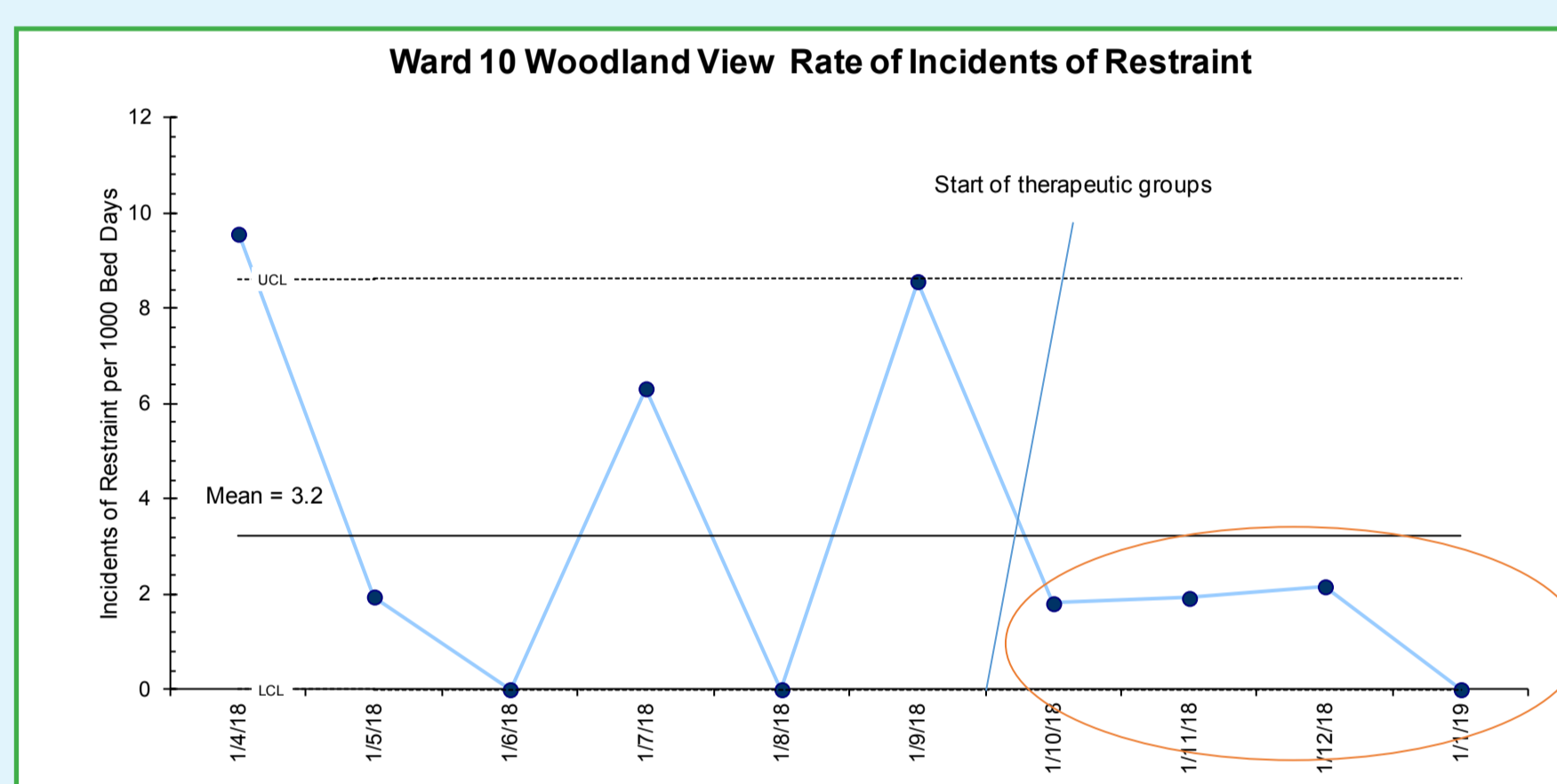
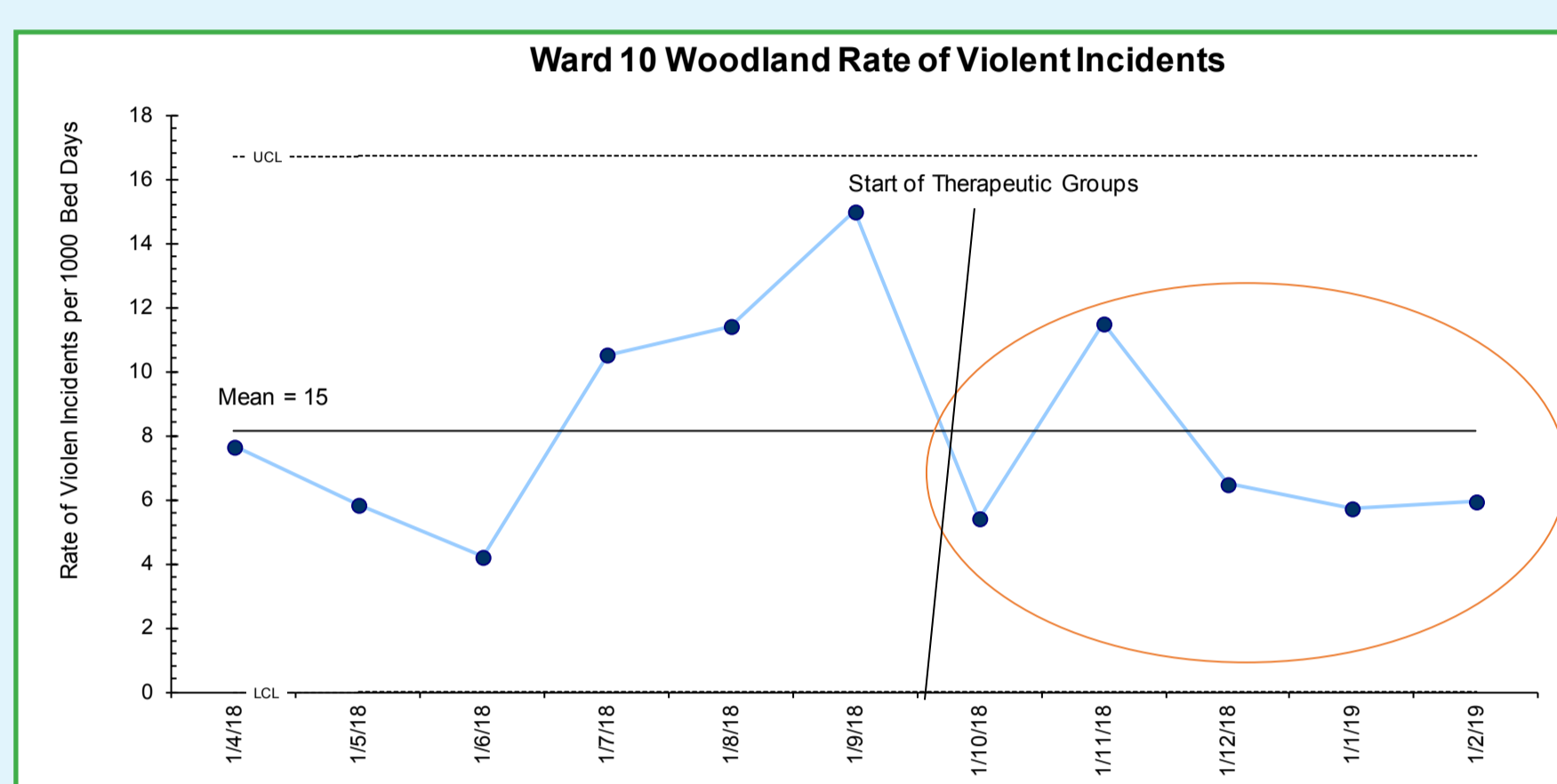
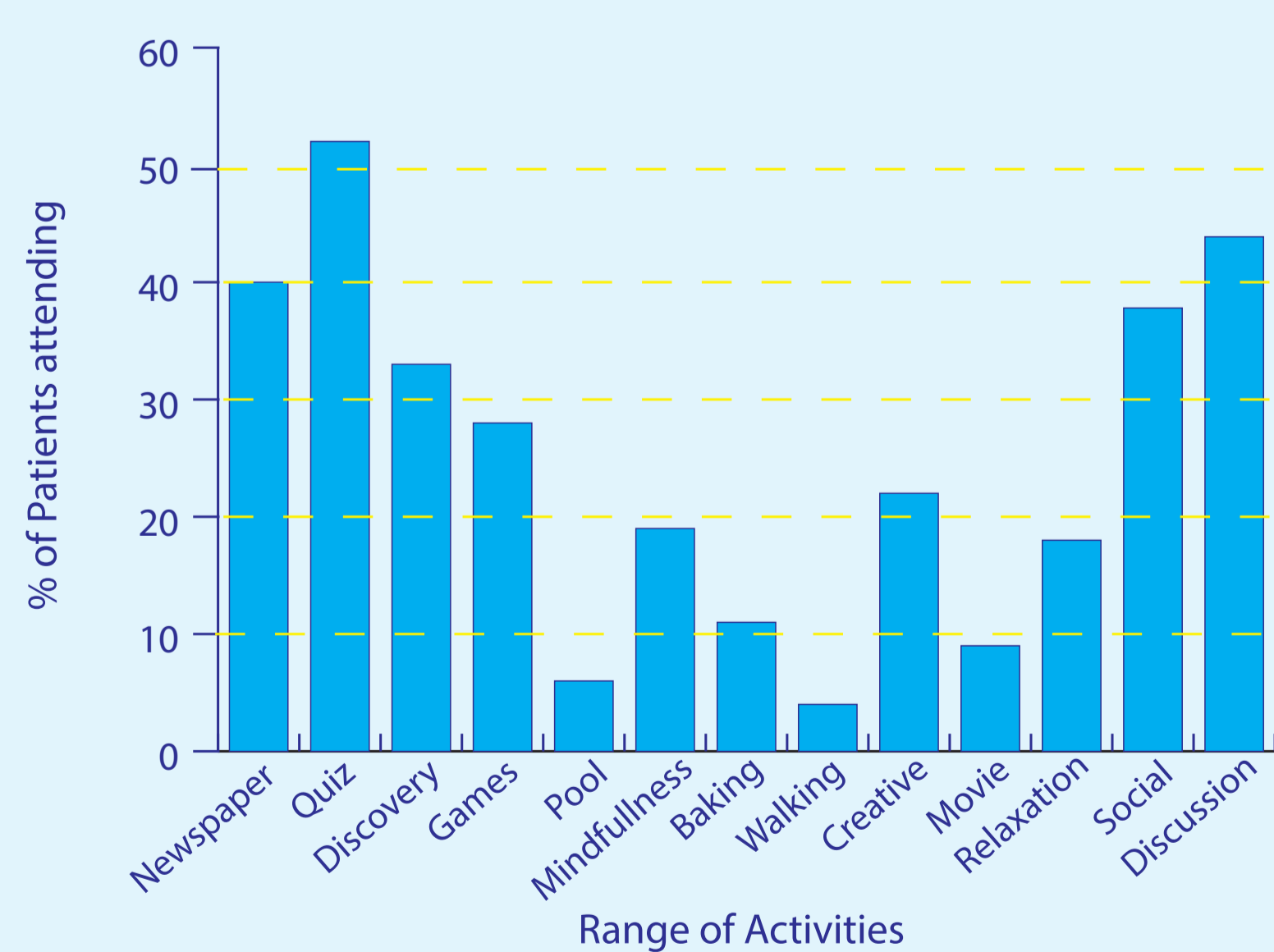
Two daily groups were planned, advertised and delivered by NA's

- Group risk assessment completed for each group
- Group aim/objectives completed for each group
- Group work, walk leader, record keeping and food hygiene training undertaken by each nursing assistant
- Clinical Supervision of NA's by Band 5 OT



Stacy Campbell, Linda Barrie  
Group Nursing Assistants

Ward 10 Woodland View Patients Attending Groups



#### Our groups include

Newspaper, Relaxation, Mindfulness, Social, Walking, Art, Quiz, Baking, Pool

- All patients are encouraged to participate
- Staff recorded data relating to participation, including reasons patients attend/ do not attend, tailored groups to patient interests and updated clinical notes under supervision of Named Nurse

The groups are POPULAR! Up to 50% of patients on the ward joining in with over 300 groups since the inception of the project.

Facilitators report increased confidence delivering groups and improved MDT working and Patients report a transformative effect on the atmosphere in the ward with a marked improvement in patient engagement. Staff and patients all report very positive impacts on ward environment and culture.

Data suggests that levels of Violence, Self Harm, Restraint and Use of Enhanced Observations have all significantly reduced during the project.

#### Key Strengths of the project

##### Person – Centred / Safe:

We now provide an integrated service, recognising that patients may require a range of options during in-patient stay, maximising safety and risk management.

Builds on staff talent, interests and experience delivering a range of opportunities for engagement when people are in-patients.

Encourages engagement and dialogue with patients providing opportunities to engage with others.

##### Healthy / Capable Workforce:

Offers an opportunity to build on the capacity of a great local workforce, recognising the talents of capable staff to deliver healthcare to vulnerable local people with support from a whole MDT team.

To support staff health and wellbeing, recognising the challenge to individuals of working in a new way to deliver healthcare but supporting staff through regular engagement, team support and supervision to identify success and feel enabled to highlight areas of change or need.

Ruth Gilmour  
Deputy Charge Nurse



Cathy Cairney  
Senior Charge Nurse



Pam Rennie  
Deputy Charge Nurse



John Ferris  
Occupational Therapist

