

Evaluation of promoting carers support and patient engagement through meaningful activities in Ward A11, Forth Valley Royal Hospital.

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Background

Care delivered in hospital should be person-centred and encompass the views of the patient and those who matter to them¹ The Carers Act² places a duty of care on health boards to include and recognise the role unpaid carers play, that they are supported and able to access appropriate services. By having knowledge of services this can help build resilience which has positive benefits for both patient and carer helping them to live at home for longer. Evidence showed 30% of patients within Ward A11 described feelings of being 'bored' and 'fed up' when beginning to feel physically better. The Senior Charge Nurse worked alongside internal and external colleagues to devise a project offering something unique to the patient and their loved ones, whilst in the ward prior to discharge home. The project offered meaningful activity out-with the ward environment as well as formal support and signposting for the carer.

Aims

- Patients able to engage in a meaningful activity whilst in hospital
- Increased confidence and wellbeing for patients following time out of the ward
- Carers and patients feeling more confident and optimistic about future plans
- Carers accessing support they previously did not know about or were apprehensive about accessing
- Improved staff attitudes

Methodology

- Short life working group established
- Opportunities to leave the ward with the outdoors being utilised at times
- Patients medically fit identified at Multidisciplinary Team meeting offered the opportunity to engage in project
- Activity led by National Dementia Champion
- Carer centre representative spent time with carer
- Patient/carers feedback obtained
- Staff feedback obtained

"During the ward MDT meetings it was so refreshing to be highlighting patients that were well enough to be offered the chance to utilise the outdoors and participate in the project rather than a sole focus on medical needs" - Staff Nurse A11



Results

- 60% uptake from patients offered to engage (12/20 patients identified participated in 8 weeks, 10 carers)
- On leaving the ward environment individuals reminisced and talked about their lives, families and experiences
- Carers appeared more relaxed and reported increased confidence
- Carers offered registration with carers centre/ signposting to community based supports
- Staff attitudes improved, increased ward staff involvement using time to truly engage on a more person centred level
- Ward staff will continue weekly project

Conclusion

Overall, patients spoke more positively when given the opportunity to be away from the ward environment. Both patient and carer felt included and informed. Staff became more engaged when given the opportunity to be involved in a unique meaningful activity.