

25 Hours of Structured Activity

Forensic Occupational Therapy Forum Study Day

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Overview



- The Quality Network for Forensic Mental Health Services
- Standards
- The Criterion
- Network Findings
- Challenges Identified
- What the Network has done
- The Outcomes
- Other related issues
 - Engagement
 - Motivation
- Examples of Good Practice

Quality Network for Forensic Mental Health Services



- Part of the Royal College of Psychiatrists' College Centre for Quality Improvement (CCQI)
- Established in 2006
- Currently in Cycle 5
- Organises Peer-Review Visits across our 67 member services
- Will review 293 Medium Secure Wards between September 2010 and March 2011

Standards



- Standards developed in 2007
- Based on the Department of Health: Best Practice Guidance Specification for adult medium secure services
- Criteria cover a variety of areas including: Physical, Relational and Procedural Security as well as areas focusing on Patient experience, Governance, Public Health, Environment and Amenities, Clinical and Cost Effectiveness and Accessible and Responsive Care
- Recently developed additional criteria relating to Relational Security and have incorporated a number of CQUINs in the review workbook
- Plans to develop specific standards relating to LD and Deaf services

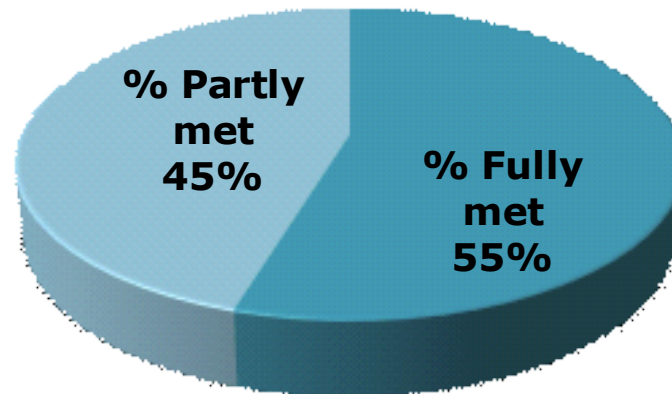
Relational Security – 25 hours of activity

Quality Network Criterion:

A94* (also CQUIN Goal No. 3)	There is a planned programme of treatment with a minimum of 25 hours per week per patient of structured activity which is reviewed quarterly
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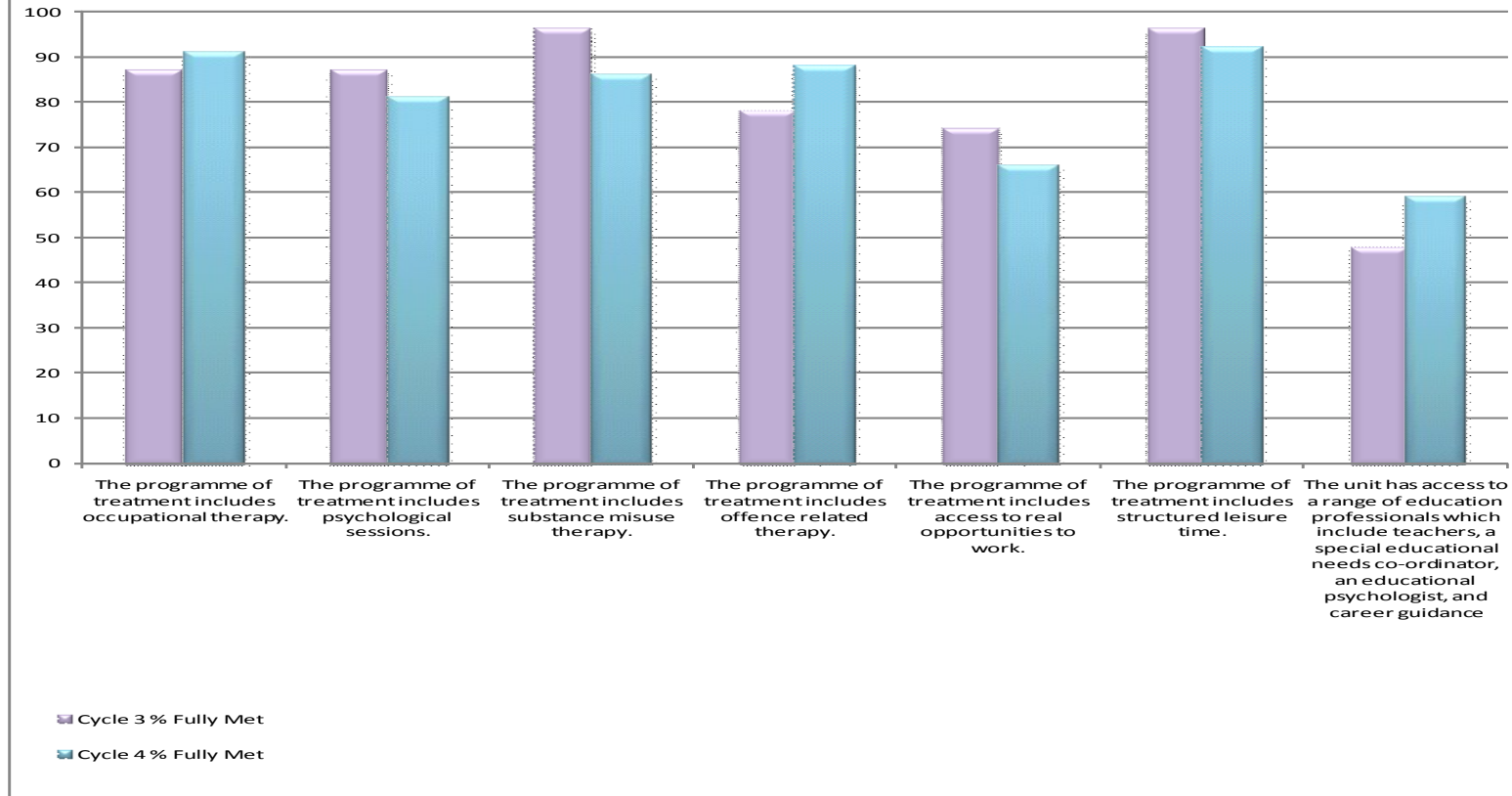
Network Findings

Cycle 4: Percentage of Units Who Fully Meet the 25 Hours of Structured Activity



Network Findings cont...

Provision of activity in Cycle 3 and Cycle 4



Challenges Identified

- Motivation and Engagement
- Staffing e.g. understaffing, sickness levels, waiting lists
- Monitoring
- Ward atmosphere
- Measurement
- Challenge of Defining Meaningful activity

...Challenge of Defining Meaningful activity

Recommendation 2: 25 hours activity

What will the Quality Network for Forensic Mental Health Services do?

The Quality Network will use the email discussion group to ascertain what activities units consider contribute to the 25 hours of structured activity per week. Once compiled, this list will be discussed by the Advisory Group with the aim of developing a list of meaningful and structured activities which can then be circulated to members.

The Outcome

Activity	Reference number*
Daily living Skills	1
Physical Health Care	2
OT Groups/Sessions	3
Psychological Therapies	4
Nurse Led Therapies	5
Education	6
Leave	7
Other Group activities/sessions	8
Work	9
Ward Based Activities/Leisure	10
Residential Services	11
Sports and Leisure	12
One to one sessions with clinicians	13
Substance Misuse Therapies	14
Activity not attached to a programme	15
Service Wide Events	16

*Reference numbers for examples in the guidance notes of the document

Other Suggestions

Recommendation 2: 25 hours activity

Provide a minimum of 25 hours of structured activity per patient per week. *For example:*

- *increase educational and vocational opportunities*
- *promote groups to increase motivation for difficult to engage patients*
- *review systems for recording the activities offered.*

Other Suggestions cont...



- HCAs – extended roles
- Training nurses in CBT and other similar therapies
- Record all activity e.g. one to ones with primary nurse
- Therapeutic activity group to monitor structured activity
- Individual timetables for patients

Engagement and Motivation

- Link to care plan
- Link to recovery
- Weekly planners
- Competition
- Involvement of staff in the activity

Monitoring

Day	Description	Staff Name (print)	Total Hours Offered	Patient Involved Refused Cancelled	Reason for refusal or cancellation	Staff signature
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Monitoring cont...

- Software solutions
- RiO
- Bespoke packages



Examples of Good Practice



- A graded approach
- Providing opportunity to obtain recognised qualifications
- Accessing external agencies such as First Step Trust or local council
- Work opportunities, for example:
 - Resident Consultant Post for service users
 - Producing goods for sale at markets/to restaurants
 - Therapeutic working (cleaning, serving drinks, working in unit shop/library)
- Specialist OT groups for hard to engage patients

Conclusions & Other Issues

- Difficult to pin down what counts
- ‘Meaningful’ will always be different for different patients – needs to be needs led
- Staff time taken to enter the data

Any Questions?

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