



## Mid Cheshire Hospitals NHS Foundation Trust | Leighton Hospital

Mid Cheshire Hospitals NHS Foundation Trust have recently purchased five Reminiscence Interactive Therapy/Activity (RITA) systems for use to provide meaningful engagement for people during their stay in hospital. In the two weeks since the units have arrived they have proved invaluable.



On the Acute Medical Unit – there was a very unsettled gentleman in a six-bedded bay. This was agitating others in the immediate environment and increasing his own agitation. Staff supported him on a 1:1 basis and he sat listening to jazz by his bed, enjoying a cup of tea. He settled and the dynamics/atmosphere of the bay changed completely.

We had an elderly patient of 95yrs. Her tendency would be to shout and call for someone all the time. She just wanted to remain in bed.

We took RITA along to her bedside and started to play some music for her. She started humming and smiling.

*Having the ability to improve the quality of a person's life whilst staying with us in hospital is key to improving the overall patient experience. We have managed to bring patients out of isolated spaces and come together and join in group exercises with other patients. They play Bingo, Sing, clap their hand and tap their feet. One elderly gentleman actually said RITA 'made his day' and stopped him being bored. He was able to identify that he was bored and needed stimulation so this type of therapy is very powerful when caring for the elderly. It supports not only the patient, but the nursing staff too. Visiting relatives are also happy to see their loved ones in a much more 'settled' demeanour.*

*The RITA system has been in use for less than a fortnight, but the staff have reported to Anna Chadwick, the Dementia Lead /Admiral Nurse that:*

***"We love it, we have played films, music, bingo, quizzes sing a long, the aquarium and the drawing. The team have taken RITA all around the ward and what we have found helpful is the flexibility of it to suit everyone. RITA has occupied patients' time, cheered patients up, sometimes by having a sing song, or just relaxing with the relaxation music. The team are all interested and are remembering to use it."***

*We have taken a few statements overleaf, from staff caring for patients on the Wards which make for some encouraging reading;*

“When RITA arrived on the Ambulatory Care Unit, a gentleman, with dementia was becoming increasingly unsettled whilst waiting for his treatment. This is a common situation, but one that needs de-escalating as quickly as possible to avoid him any further distress. We were able to quickly put on a Clint Eastwood Film, which saved the day by occupying him and keeping him calm and content”.

“On the Rehabilitation Ward RITA has mainly been used in the Day Room for group activity. However, because it has the added benefit of being mobile, we can take this to the person. In these situations, it has been able to reduce social isolation and offer the same benefits to those patients that are less mobile.

“On Ward 4 (Care of the Elderly) ‘RITA’ has been used for a variety of activities: One chap with dementia, usually very unsettled in the afternoons- sat watching Liverpool v. Notts Forest, amongst several other clips and was distracted from wanting to find his wife and go home.

On the same ward, one of the volunteers played bingo with a bay of six ladies. One of these ladies rarely interacts, but was smiley, animated and fully engaged -remarking "This is exciting -I didn't know this went on here!”

“One lady in a side room was constantly up and down to the commode repeatedly muttering "Oh dear...oh dear!" She is at risk of falls because she forgets to use her frame and it was reassuring to see her become visibly calmer as she was distracted by films and activities on RITA. She became settled for long periods, reducing her risk of falling and increasing the quality of her day.



“Patients are happier, more settled. They enjoy being involved in the activities, the staff are supported by RITA has it frees up valuable resource in 1-1 whilst they are able to attend to other duties. Because the patients are occupied during the day, their boredom is alleviated and their sleep pattern is improved as they sleep better at night and reduce their risk of falls through wandering”.



**My Improvement Network** are delighted to be able to support the **RCN Project** and their mission to increase awareness around delirium in older people with dementia.

The integration and use of technology within healthcare offers significant benefits in both primary and secondary care settings. These benefits can extend across nursing practice from improving person centered care to enhancing daily workflows. Providing educational tools that empower and guide nursing staff through this digital revolution is critical and will help facilitate successful incorporation and safe implementation of technologies within nursing, by nurses.



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