



North Staffordshire Combined Healthcare NHS Trust

Ward 6 Harplands Hospital

RITA Trial

Dates: 6/2/20–20/2/20

Name: Gerard *

Age: 77

Gender: Male

Trial completed by Activity Coordinator Stevan Thompson

*Patients name has been changed.

Diagnostic History:

2014 Diagnosis of Mixed Type Dementia
2017 Referral to Memory Clinic
2018 Ischaemic Attack (3)
2019 Stroke
2019 Admitted to Ward 6

Mental Health:

- Diagnosis of Mixed Dementia
- Increased agitation/ Aggression
- Suspicious of others

Physical Health:

- Mobility issues
- Localised pain in Lumber region (Complained of pain daily)
- Stroke (left sided facial drop)
- Acute Ischaemia
- Unsettled sleep pattern (Napping throughout the day)

RITA Goals:

- Encourage new skills
- Create person centered activity
- Increase verbal communication
- Increase rest and reduce risk of falls/retaliation
- Have fun
- Support current memories/ unlock "forgotten" memories
- Improve relationships with other patients
- Encouraged communication

Staff Challenges:

- Would Gerard be able to sit for longer periods?
- Is Gerard able to concentrate for longer periods?
- Would Gerard become frustrated if unable to learn new skills?
- How would this impact on Gerard's Dysphasia?

Introducing RITA to Gerard

Gerard took part in five RITA sessions in a quiet area of the ward where Gerard could concentrate, be comfortable and away from distractions/noises.

Initially Gerard sat in front of RITA with staff at his right-hand side. Gerard was reluctant to touch the screen (Staff imagined Gerard may think it was simply a TV screen)

Staff created personal profile and password unique only to Gerard. This meant that his work/ progress was being captured and staff could refer back to previous sessions to:

- Assess memory
- Length of time using RITA
- Artwork, Reminiscence - Access progress - enjoyment factor



Gerard was encouraged to touch the screen, familiarise himself with it, by giving positive feedback this encouraged him to become more tactile with RITA discovering moving images and to enjoy himself with staff. Each session with Gerard lasted from twenty minutes to fifty-five minutes.

Reminiscence session:

Twice during these sessions Gerard's wife was present.

When Gerard saw a black and white image of a motorcycle on the screen with a young boy sat on it, Gerard said "I remember helping him out with that bike".

Gerard had a friend who owned a motorcycle and he remembered helping him to clean and maintain it.



Music session:

Gerard saw an image of Elvis Presley and recognised his face.

With time Gerard gave it some thought and was encouraged to remember Elvis with verbal prompts "Where do you remember seeing him?"

Gerard replied "On stage"

"What was he doing?"

Gerard replied "Singing, I think"

Staff then went to the music app to find Elvis Songs and played a popular song (Jailhouse Rock)

Gerard was listening and looked at the picture and said "ElvisI know him"

On this occasion Gerard's wife was present and became quite emotional, proud and surprised that Gerard was able to articulate these images and display clarity of long-term memory.



Art session:

Gerard was encouraged to use the screen to locate a template image that Gerard liked and was actively "swiping" images discarding ones he didn't want to use and selecting a river flowing through a forest image.

Staff encouraged Gerard to select a colour he liked and touch the image on the screen to colour that area. Gerard was able to then maintain these hand movements to create a completed piece of artwork.

Staff observed that this became "second nature" to Gerard but why?

Staff spoke with Gerard's wife about this and she mentioned that a long time ago Gerard used to draw cartoons/caricatures and colour them "He'd only Doodle; nothing serious, he enjoyed doing them"

Unconsciously did staff encouragement / RITA tap into this?

Gerard produced four images of colour block/template artwork that could be stored on RITA in Gerard's personal profile. These images could also be sent from RITA via email to print/ download images to decorate Gerard's bedroom.

Gerard's Personal Achievements:

- Learning new skills
- Re-discovering "lost interests"
- Increased concentration
- Having fun
- Increased verbal communication

Physical Health/ Mental Health Benefits

- Gerard was able to rest/sit reducing risk of falls
- Gerard did not complain of pain of lower Lumber pain
- No Analgesia required
- Attachment to other patients reduced
- Reduced risk of exhaustion (Due to walking continually)
- Interaction with staff helped to minimise suspicion
- Learning new skills
- Displaying more communication that increases wellbeing.
- Daily fluid intake increased by 200mls per session
- (Staff encouraged Gerard to relax, concentrate and take fluids)
- A sense of satisfaction/ achievement
- Building stronger trusting relationship with staff
- Gerard's wife being present during these sessions gave her an insight into his lucidity, clarity and saw him communicating verbally

Feedback:

Gerard was unable to give feedback, although we like to think that his personal achievements speak volumes.

Gerard's wife said "I know Gerard felt accepted, safe and genuinely cared for on ward 6 and with RITA (and Steve's) encouragement I could see his confidence and speech returning..... Thank you"

