

Manchester Royal Infirmary ITU team digitally enhance the quality of life and wellbeing of their patients with introduction of RITA ITU



A significant problem for ITU teams is that they can be treating patients with complex rehabilitation needs that require input from multiple members of the multi-disciplinary team over a prolonged period of time. Furthermore, longer term patients are susceptible to stress, agitation and in many cases delirium. Therefore, Innovative solutions are needed to ensure that their needs are met in a patient-centred and co-ordinated way whilst keeping them calm, informed, stimulated and connected to the outside world.

It is estimated that 80% of patients in intensive care experience delirium and for COVID 19 patients the figure is even higher. RITA ITU will help reduce incidences of delirium and support those experiencing it.

In December 2020 at the height of the COVID19 pandemic Manchester Royal Infirmary ITU team made a decision to take a different approach to how they care for their long term ITU patients and piloted RITA ITU. The feedback was both positive and immediate:

“The feedback on using RITA has been very positive and we continue to spread the word about RITA across the unit. I know it has been used every day. The staff are telling me that they have seen patients calm down, start to smile, change their mood completely from being agitated and uncooperative to being calm and relaxed. This is all very good to hear.”

Meet RITA ITU

Scenario	Action	Outcome & Feedback
Patient was confused, agitated. The patient also had learning difficulties	We used relaxing music with nature scenery and watched musicals which was two of our patients favourite things to do	<p>Calmed the patient, aided communication and prompted person centred care</p> <p>RITA acted as another helping hand and enabled time away from the patient to perform other tasks</p> <p>Patient was calmer, more cooperative and trusting of staff</p> <p>Easy to use and will use again. No training needed</p>
Long term patient with delirium and very agitated	We used relaxation music with various visual backgrounds and movies	<p>The patient appeared happy and more settled. They were very agitated prior to using RITA and now very settled</p> <p>The relaxing music also helped staff!</p> <p>Easy to use</p>

Scenario	Action	Outcome & Feedback
Long term patient	We used movies as entertainment and distraction	It hugely helped with his agitation and brought him happiness It was helpful during patient care as distraction Happy Patient = happy nurse!

“We at Basildon Critical Care Unit, have used RITA.

Many useful features to keep patients occupied and provides positive sensory stimuli and a lot more. On a patient experience level- I found it very useful. Lots of positive feedback from patients and relatives. I would encourage everyone to try it -if you have not until now.”



Meet RITA ITU - Rehabilitation & Interactive Therapy Activities

Bedside Delirium prevention and cognitive rehabilitation support for patient and carers in ITU



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Care Coordination → **Communication** → **Entertainment, Therapy & Stimulation**

Care Coordination

- Office 365
- Microsoft Teams
- MDT Daily Timetable Planner
- Ventilator Weaning Planner
- CAM ICU & DREAMS Delirium Rescue Pack

Communication

- Show me where non-verbal pain identification
- Hear Me Real time translation
- Video calls via Zoom, Teams or Skype

Entertainment, Therapy & Stimulation

- Movie Night over 100 licensed movies
- Games
- Relaxation & Sensory
- Audio Books & Newspapers
- Music
- Jigsaw, Painting, Word Search & Crossword

