

The Challenge

Staff working at the hospital have long been feeling that the individuals suffering from dementia or similar cognitive impairments needed more opportunities to engage with meaningful activities and entertainment.

The Solution

We have seen other hospitals in Wales using this initiative with positive outcomes and decided to embrace this technology to help address those challenges. The importance of the provision of 'meaningful activities' was key.

Our Wards have been seeing higher levels of wellbeing since the introduction of My Improvement Technology Tool.

Using technology to give our staff the tools to offer meaningful activity results in increased well-being.

Dementia Care Mapping

 - This was a project that we decided to undertake at The Heddfan Unit supported by the RITA.

Dementia Care Mapping is an observational tool that examines the levels of ill-being and well-being. The staff interactions are assessed as displaying positive person work or malignant social psychology. These results are then fed back to staff and recommendations are provided. The 'Mood and Engagement' coding allows us to see that it is not possible to define someones overall level of well-being by just observing them for five minutes. Within a five minute time frame a participant's mood state is observed alongside their level of engagement. Over the period of the whole map a general picture can be built of a person's relative well-being or ill-being by drawing together the information that has been collected.

The value of preserving the personhood of the person with dementia is paramount

KEY	OPMH Ward	pre RITA	OPMH Ward	RITA
Mood ME value	Baseline data recorded on an average day before the introduction of RITA. (The names used are fictitious and have been replaced for data protection)		Baseline data recorded on an average day using the RITA	
Very happy, cheerful, very high positive mood. +5				
Content, happy, relaxed, considerable positive mood. +3				
Neutral. Absence of overt signs of positive or negative mood. +1				
Small signs of negative mood. -1				
Considerable signs of negative mood. -3	'Jon'	Initially engaged with the rummage tablet but then became frustrated with it. Sat and stared at the floor before walking around the ward appearing bored and frustrated.	Initially passively engaged during a quiz. Became very engaged and enjoyed the quiet despite not participating. This activity ultimately resulted in increased participation.	
Very distressed, Very great signs of negative mood -5	'Charles'	Sat in the day room displaying some passive engagement with what was happening. Brief interactions.	Engaged with the quiz. Pointing out the answers on the screen. Shared the humour of getting some answers wrong and the celebration when they were correct.	
Engagement				
Very absorbed, deeply engrossed/engaged +5				
Concentrating but distractible, Considerable engagement +3				
Alert and focussed on surroundings, Brief or intermittent engagement +1				
Withdrawn and out of contact -1	'Robert'	Walking around the ward. No engagement with other individuals, staff or table based activities. Did appear to be quite bored.	Although passively engaged, levels of enjoyment increased. Brief periods of full engagement.	
	'Daniel'	Interacting with others when approached, however not instigating any conversation himself.	Engaged fully with the quiz, taking a turn as the question master. He was using lots of humour.	
	<p>Once the data has been collected during the mapping the results are passed over to the Occupational Therapist. The information is then used to create an activity profile for this individual which identifies the activities that are meaningful to that person. The outcome is then shared with family and carers, resulting in an evidence based plan of meaningful activity that transparently shows the input from all who have been involved.</p>			
	<ul style="list-style-type: none"> ● The value of preserving the personhood of the person with dementia is paramount. ● Our wards have been seeing higher levels of well-being since the introduction of RITA. ● Using technology to give our staff the tools to offer meaningful activity results with increased well-being. 			