

The Challenge

A recent audit in the Division of Medicine, showed that 49% of all inpatients showed signs of cognitive impairment, predominantly dementia and delirium. There was a need to bring activity and cognitive stimulation into these acute environments to ensure that the patients with cognitive impairment have the best experience as inpatients at Imperial.



The Solution

The units have been used extensively in the Medicine for the Elderly Wards with success. One of the wards at St Mary's is a 28 Bedded unit that is a step down unit for people following surgery, often orthopaedic surgery. The patients tend to have dementia and complex needs. Initially on the ward, it was a real problem trying to provide the care that these patients with dementia required. If, following surgery, patients that have cognitive issues, can, quite often, develop post op delirium on top of their dementia and that means that providing care for them is quite challenging, especially in the environment they are in.



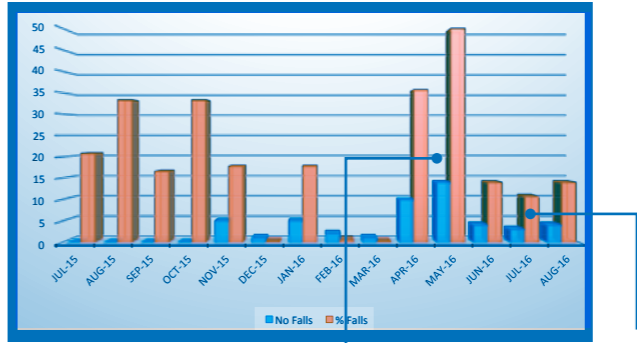
Katie Pritchard - Ward Manager, Albert Ward

“The technology has made such a difference, it has transformed the way we deliver our nursing care to patients with dementia. We recently won a Quality Improvement Award.”

The Solution

There was no stimulation, they are in a very strange environment, unfamiliar, with no familiar faces, it is a very scary place for them, they have a lot of anxiety, a lot of frustration and a lot of aggression and sometimes they just do not know how to deal with the situation they find themselves in.

We have been able to work on the sleep/awake cycle so that they are not sleeping during the day and awake during the night. Stimulation is so important in the daytime, so that they are able to sleep at night. Having patients getting out of bed at night, when lighting is low and often less staffing poses a very high risk of falls. The technology has significantly helped with this level of stimulation.



System not available — Falls reduced by 49% when unit back in service

Albert Ward and multi-disciplinary team Introduction of RITA

Falls Data Statistics

Albert Ward	24 Patient Capacity	%	Comments
Jul 2015	5 Falls	20.8	
Aug 2015	8 Falls	33.3	
Sept 2015	4 Falls	16.6	
Oct 2015	8 Falls	33.3	
Albert Ward			Technology Introduced
Nov 2015	5 Falls	17.8	
Dec 2015	1 Falls	0.35	
Jan 2016	5 Falls	17.8	
Feb 2016	2 Falls	0.71	
Mar 2016	1 Falls	0.35	
Apr 2016	10 Falls	35.7	Technology not available 3 Weeks
May 2016	14 Falls	50.0	Technology not available
Jun 2016	4 Falls	14.0	Technology re-introduced
Jul 2016	3 Falls	10.7	
Aug 2016	4 Falls	14.0	

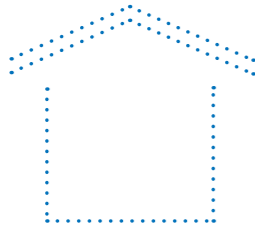


Armchair exercises



Jo James, Lead Nurse, Dementia

“We are getting people back on their feet and out of hospital quicker. They can often return to their own homes and not Nursing Care Homes.”



The Solution

The technology provides opportunities for social interaction and reducing the feeling of isolation. **Improving cognition** - recent studies have shown that exercise may improve memory and slow down mental decline.

At St Mary's we appreciate the importance of engaging with our patients and promoting exercise to bring many benefits for people with dementia. Helping to improve the health of the heart and blood vessels can reduce the risk of high blood pressure and heart disease and also help to reduce the risk of falls.

On Albert Ward we trialled its first exercise group with great success!

RITA facilitated the session, it contained all the content we needed. Everyone enjoyed the group and afterwards patients were left to enjoy a social lunch. We are hoping to make this a permanent feature on Albert Ward.

We intend to continue working to explore the link between activity and nutrition and one of the physiotherapists is exploring the link between activity and compliance in a rehabilitation setting.

Overall we have found the technology to be versatile and positive and suitable for use in acute settings. We feel that there is real scope for using the units with patients suffering from delirium, as well as dementia and also extend the scope of use in the dialysis unit.

The Challenge

Delirium is a state of mental confusion that can occur as a result of illness, surgery or with the use of some medications. Also called "acute confusional state," delirium usually starts suddenly and can be frightening for the person experiencing it, as well as for those around them. Having a means of being able to offer a calming solution that can provide serenity is key to helping them to try and focus.



Angela White building Patient's Lifebook

The Solution

The RITA is in use in many other wards within St Mary's and also at Charing Cross Hospital which are part of The Imperial Healthcare Trust. They are used with great success and are powerful in offering stimulation to the patient. It is for this reason, we decided to embrace this technology on Ellis Valentine Ward. This ward provides care for trauma patients and patients that have had orthopaedic surgery. Hospitals can be very frightening places for patients suffering from delirium and the ability to be able make them feel at ease, whilst delivering the highest quality of care is paramount to the Trust.

The units help provide a feeling of calmness and serenity and helps them to focus on things that are familiar to them, their individual interests stimulating and aiding their concentration. The technology helps to strike up a conversation. This is powerful as delirium can manifest itself in the patient being uncooperative and the ability to elicit positive responses quickly is crucial in what can sometimes be life threatening situations.

It has helped to assist with patient's behaviour making them less agitated. Delirium can be very hard for an individual and the more we can help and encourage them to participate with the technology, the more beneficial it is for them. It is also beneficial for the family and carers.

Some of the favourite features on the system are the Music and Pastimes. They enjoy looking at the graphics on the screen.