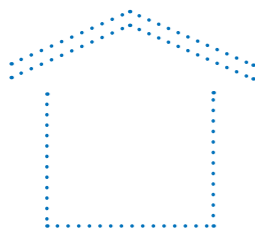




Jo James, Lead Nurse, Dementia

**“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 off 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!

The My Improvement technology 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.



## The Solution

The My Improvement Network Technology 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 the 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 purvey 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 ini 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.