

Group Activities to Improve Patient Experience

Viking Ward, Crawley Hospital, Sussex Community NHS Foundation Trust

Background

Within Sussex, we operate 13 intermediate care units (ICU) with a total bed capacity of 327. These units provide rehabilitation, recovery and palliative care for adults, largely for individuals living with moderate to severe frailty.

Our ICUs prioritise group activities as one of their 11 standards to combat physical frailty and improve outcomes.

This poster is describing the work one of our ICU's, Viking ward have undertaken to develop daily MDT led group activities for patients

Description

The aim of this quality improvement project was to empower and enable the whole MDT to maximise opportunities for patient activity, in addition to the rehabilitation offered by the team as standard practice. Initially, the therapy team led education sessions and developed resources for the nursing team to enable nurse led group exercises on Viking Ward. The nursing and therapy team now consistently collaborate to deliver group sessions of exercises and various activities like painting, movie time, music, and dancing four times a week.

The physiotherapy team personalise exercises for patients based on their care plans, while the nursing team take charge of running group activities, ensuring continuity in patients' rehabilitation.

Despite initial unfamiliarity, patients have grown to eagerly anticipate and appreciate these activities, expressing their gratitude for the positive impact on their well-being.



'It is a wonderful experience, the music is good and the team does a good job'

'It is fun and helps me move parts of my body I could not move'

Outcome and Impact

The feedback from patients, has been overwhelmingly positive - 2 quotes outlined above. Patients and staff on the ward have noted the success and enjoyment experienced through the implemented activities. Patients have expressed feelings of happiness, fun, and improved mobility, while consistently enjoying the activities. The transferability of this project across the Trust is facilitated by distributing exercise booklets and providing assistance to other teams, empowering staff to confidently and effectively conduct high-quality, beneficial, safe, and evidence-based exercises. There is growing interest from other wards, who are sending their staff to observe and learn from the practices, further emphasizing the effectiveness of the program. The comprehensive guide containing detailed instructions and exercises has been developed in collaboration with the Physiotherapy team, serving as a valuable reference for future implementation. Benefits of group rehab poster attached to supplementary information. There is still ongoing evaluation on the project and we plan to review the project every three months by introducing new activities and exercises in collaboration with the physiotherapy team.

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