

Improving access to psychological
therapies on Berry wood ward
A Quality Improvement Project

June 2019

Original state analysis

- Performed over July-September 2018
- Significant findings
 1. 16% of care plans had psychological aspect
 2. 1 min in 60 spent by registered staff with patients in lounge
 3. Nursing time spent in office often performing administrative tasks
 4. Environment quite sterile

Themes of QI work

- Make environment more therapeutic
- Separate admin tasks for admin team
- Join up CMHT and inpatient team
- Develop role for clinical psychologist and recruit to it
- Develop training and action learning sets for inpatient staff

Results after 90 days of project

- 85% of care plans have psychological aspect to them
- 6 min out of every hour in lounge spent in patient interaction by registered staff
- More activities in new room set up
- 'therapeutic dining'
- Admin in post and removing non clinical work
- Joint matrons meetings across CMHT and inpt team
- Mindfulness sessions
- Psychologist about to start in post

Progress update

- 2 days of 3 days training completed – needs further roll out
- Reflective practice group facilitated by psychologist
- Patients identifying group activities
- Ward sister attending community clinical meeting
- Joint community and inpatient meetings
- Visits to others sites have occurred/ being organised