

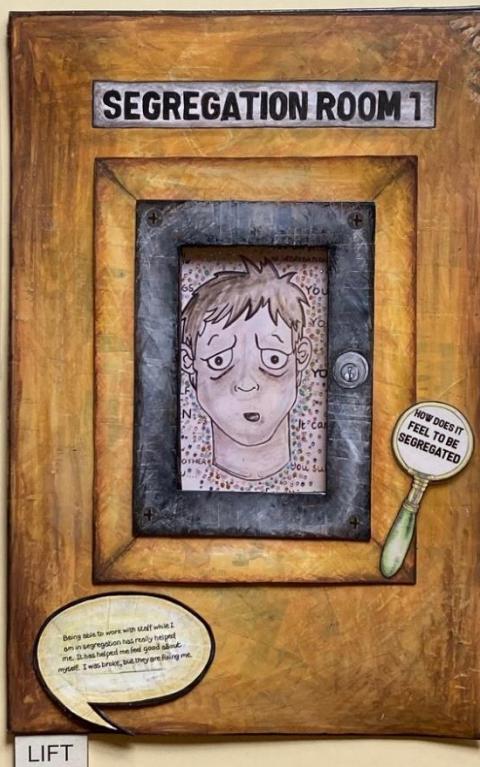


Nottinghamshire Healthcare
NHS Foundation Trust

Supporting engagement, following crisis, in a psychiatric intensive care unit within the personality disorder care stream in a high secure hospital.

This poster aims to illustrate how, by using least restrictive practices, the multi-disciplinary team (MDT) on Brecon (the psychiatric intensive care unit in the personality disorder care stream at Rampton high secure hospital) support patients to participate in meaningful occupations. It showcases one of the projects the patients are currently working on; Transitional Stories. This highlights a range of themes including the types of activities the patients value, what is important to them, what activities they are currently engaging in, and the impact of long-term segregation.

This poster also illustrates the methods by which the MDT support patients to engage meaningfully in their chosen occupations and how least restrictive practices are employed. These include the use of individualised long term segregation plans. The language used within these is all carefully graded by the ward's Speech and Language Therapist and if required supported pictorially. These all have clear and specific goals that the patient has worked on jointly with the team to set. These are then reviewed regularly and include access to a range of activities.



The ward Occupational Therapist works closely with patients to ensure that these are meaningful. The MDT then works together to ensure continuity of care to support patients as to access these in a structured, supported and least restrictive manner. This might occur initially via a hatch, progressing on to an open-door session. This might take place in a safety pod in the dayroom. It might require the use of BIO-CARE which could be required on or off the ward. Whatever the need, as a team we support patients in a graded manner to attend the area that best suits their chosen occupations. Occupations that give them a sense of purpose, a sense of autonomy and control, occupations that raise their self-esteem, that build on their self-confidence, their sense of identity and that give them a sense of hope for the future.

With thanks to all of the patients on Brecon involved in this project.

Rachael Humpston – Lead Specialist Occupational Therapist
Fiona Goddard – Highly Specialist Speech and Language Therapist
Tim Scawthorn – Ward Manager

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