

CARDIFF AND VALE NHS TRUST



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MENTAL HEALTH SERVICES FOR OLDER PEOPLE

**Re focusing Nurses - An Area of
Good Practice Highlighted by the
NAV Audit**

What is a refocusing nurse?

- Refocusing Nurses are highly trained experienced and supervised unqualified nursing staff who work in an enhanced therapeutic role aimed at enhancing person-centred care for patients across all the FoC areas
- This position is a cost neutral service development to use existing staff resources to improve the service users experience of dementia care wards

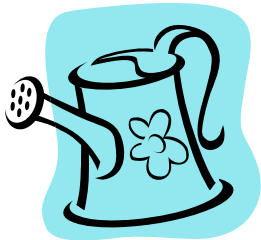


What is a refocusing nurse?

- Refocusing nurses work to the principal of person centred care to improve the overall experiences of the patient's day.



- As well as providing social and therapeutic activities sessions for patients, individually focused work is carried out, aimed at enhancing well-being





METHODOLOGY

- To remain a member of the nursing team – cont. shift pattern, participating in all care, role model, involving/working alongside the care team ---- projects and individual work
 - Supported by an educational and training programme
 - Supervised in day to day work by Deputy Ward Manager
 - Monthly supervision with Nurse Lecturer Practitioner
 - 3 monthly supervision with Nurse Lecturer Practitioner and DWM

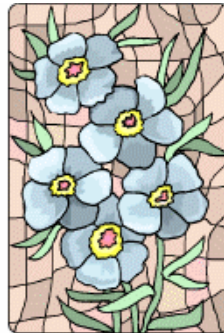
Examples of work undertaken include:

- Indian head massage
- Multi-sensory therapy
- Therapeutic reminiscence activities
- Therapeutic music orientated activities
- Social events and outings
- Gardening
- Aromatherapy



Person Centred Care

Person-centred care for those experiencing a dementing illness aims to maintain their personhood in the face of declining mental powers



**“It is vital that we see beyond the patient in the bed and instead see a person who has a past, has a present and a future, and who has a ‘patchwork of life experiences’ that makes a person an individual”
(Webster and Whitlock, 2003)**



Tools used to promote well-being

- **Getting to Know You Questionnaire**
- **Dementia Care Mapping**
- **Patient/Carer Survey/FoC Questionnaire**
- **Music**
- **Validation methods**

Development

- At first anecdotal accounts of work in supervision sessions. Used as a learning/development opportunity
- Refocusing outcome forms – clearly identify positive outcomes
 - Ongoing projects – rummage boxes, validation aprons etc
 - Challenging Behaviour Training



Based on highly individualised assessment, the work of the Refocusing Nurses is also to sensitise the whole team to the person-centred needs of individual patients