



**OCCUPATIONAL THERAPY
AT THE MOTHER AND
BABY UNIT**



Occupational Therapy?

- At the heart of occupational therapy is the belief that being engaged in purposeful activity can be used as a way of improving and/or maintaining the individual's day-to-day functioning
- The occupational therapist is trained to use activity as a way of assessing an individual's functioning and to use a wide range of activities to promote change.

Some general difficulties addressed by OT on the MBU

- Poor self-confidence
- Change in role and self-concept
- Poor decision making skills
- Lack of motivation
- Difficulties in caring for baby whilst engaging in other activities
- Disordered thought processes and effects of these on behaviour



Accessing OT

- Blanket referral system
- Engagement
- Initial Assessment (if possible)
- Treatment planning with service user (if possible)
- Referral form and risk assessment for Central OT Department filled in with service user
- Service user attends OT and assessment (observation and discussion) and treatment takes place
- Evaluation of treatment plan and changes made as necessary
- Any reports provided as appropriate

OCCUPATIONAL THERAPY PROGRAMME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10.00 – 12.00 COMPUTER GROUP Computer Room (Mike & Sara)</p> <p>10.30 – 11.30 DANCE MOVEMENT THERAPY on the Ward (Gerry)</p> <p>10.30 – 12.00 JEWELLERY MAKING GROUP Textiles Room (Jenny and Kareina)</p>	<p>10.30 – 11.00 BABY MASSAGE On the Ward (Sheila and Jenny)</p> <p>11.10 – 11.50 WALKING GROUP (WITHOUT BABIES) (Jenny)</p> <p>10.00 – 11.00 in the Music Studio DRUMMING (Peri)</p> <p>11.00 – 12.00 in the Music Studio AIKIDO (Peri)</p> <p>11.00 – 12.00 Meetings Room RETREAT (Ron - beginners meditation.)</p>	<p>9.30 – 11.30 in Woodwork Shop WORK GROUP (Chris & Jenny (volunteer))</p> <p>10.30 – 11.00 BABY YOGA/NURSERY RHYME TIME (fortnightly) (Sheila and Ailsa)</p> <p>11.00 – 12.00 PSYCHOLOGY GROUP (Psychology Team)</p> <p>10.00 – 12.00 (Art room) OPEN ART SESSION (Karen, Terence & Lee)</p> <p>10.00 - 12.00 COMPUTERS (Mike & Siobhan)</p>	<p>10.00 – 12.00 POTTERY (Branka & Andy)</p> <p>10.00 – 12.00 in Woodwork Shop WOODWORK (Chris & Jim)</p> <p>10.00 – 12.00 (in the O.T. Walled Garden) GARDENING WORK GROUP (Peter & Mike)</p>	<p>10.00 – 12.00 COMPUTER GROUP (Mike)</p> <p>10am onwards INDIVIDUAL DRAMATHERAPY SESSIONS (Charlotte)</p> <p>11 – 12 MBU SWIMMING SESSION In Hospital Pool (Jenny or Jim)</p>
<p>2.00 – 4.00 in the Art Room CREATIVE ART (Terence & Joanne)</p> <p>2.00 – 4.00 in Computer Room COMPUTER SKILLS TRAINING (Mike & Tina)</p> <p>3 – 4 DITGITAL PHOTOGRAPHY On the Ward (Jenny & Daniela)</p>	<p>2.00 – 4.00 in Woodwork Shop WOODWORK (Chris & Mike B)</p> <p>2.00 – 4.00 POTTERY (Branka & Katy)</p>	<p>2.00 – 4.00 (Textiles Room) SEWING & TEXTILES (Deborah & Siobhan)</p> <p>2.00 – 4.00 (Computer room) COMPUTER GROUP (Mike & Danielle)</p> <p>2.00 – 4.00 (Art room) OPEN ART SESSION (Karen, Terence & Lee)</p>	<p>2.00 – 4.00 COOKERY (Jim)</p> <p>2.00 – 4.00 POTTERY (Branka & Katy)</p> <p>3.00 – 4.00 in Music Studio DRAMA WORKSHOP (Kate)</p>	<p>1.30 – 2.30 in Music Studio DRAMATHERAPY (Kate & drama students)</p> <p>2.00 – 3.00 DRAMATHERAPY GROUP (Charlotte)</p> <p>2.00 – 4.00 in Computer Room COMPUTERS SKILLS TRAINING (Mike & Anya)</p>

The activities typed in **blue** are held in the Main Occupational Therapy Department and are open to people from other wards in the Hospital.
The activities typed in **red** are generally on the ward and are only open to people from the MBU



Some areas of assessment and treatment

- Task Performance Skills

Motivation, decision making, planning, organising, sequencing, concentration, perseverance, problem-solving, tolerance of failure, acknowledgement of success, learning skills, motor skills, MULTI-TASKING.

Safety of self and baby.

- Social Skills

Self-confidence.

Ability to share information about self and show an interest in others (e.g. keep a conversation going).

Empathy.

Involving baby in social situations.

Language barriers.



Other activities provided

- Going out in the local area – road safety and shopping (budgeting)
- Using public transport
- Being with baby in larger town/shopping centre
- Home visits – assessment of home's suitability to accommodate parent and infant; support in visiting home for first time since admission; assessment of unknown home situation