Accrediting occupational therapy interventions in a medium secure service

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The Shaftesbury Clinic is recognised as a centre to deliver national qualifications by the National Open College Network (NOCN). This followed almost a year of preparation work, both in terms of meeting NOCN criteria and developing suitable courses for forensic in-patients.
Overview…

- Background
- Accrediting adult education
- Opportunities for occupational therapy
- Courses
- Further opportunities
- To conclude…
We wanted to accredit existing adult education provision. We looked at existing providers – options appraisal based on our perceived needs. The National Open College Network: flexible approach with a broad range of ‘units’. Contact with OCN London Region and subsequent ‘centre approval process’ gave us ideas about the possibilities of accrediting occupational therapy interventions.
In context…

Only 2% of jobs are available to adults who do not have the equivalent of Entry Level 3 literacy

Only 50% of jobs are available to adults who do not have the equivalent of Level 1 literacy

Sion Simon (2009)
Parliamentary Under-Secretary of State for Further Education
Centre approval…

- Supporting statement
- Education policy
- Centre visit

- Very supportive process
Accrediting occupational therapy interventions…

- Course approval
- Training
  - OCN London Region training
  - Preparing to Teach in the Lifelong Learning Sector (PTLLS)
- Establishing quality systems
- Portfolio development
  - Mapping NOCN units to existing interventions
  - Identifying new interventions that could be accredited
  - Writing course outlines with evidence portfolios
Preparing to Teach in the Lifelong Learning Sector

Every member of the OT Team has gained (or is working towards) this qualification

- We have all attended a City & Guilds course to develop our skills as teachers.

What is the qualification about?

- PTTLS covers the basics of teaching in continuing and adult education - including how to plan sessions, motivate learners and use a variety of assessment methods.
Level 1 Cookery

- 12 week course
- Focus on:
  - Food hygiene
  - Kitchen safety
  - Nutrition
  - Basic cooking competencies (planning, sequencing etc)
- Competency framework for assessing strengths/needs
- Structured feedback and goal-setting
- 3 credits at level 1.
Health Promotion

- 8 week course
- Focus on:
  - Healthy Eating
  - Personal Hygiene
  - Taking responsibility for healthy lifestyle (e.g. personal fitness)
- Development of an action plan to outline healthy lifestyle choices.
- 3 credits at level 1.
Moving On Group

- 7 week course
- Guest facilitators include a hostel manager, ex in-patient and community OT
- We explore the responsibilities associated with hostel life, the implications of a conditional discharge and help people consider the skills they need for successful discharge.
- 3 credits at level 1.
Computer Skills

- Qualifications in lots of topics including:
  - Word processing
  - e-mail
  - Using the internet
  - Spreadsheets

- We used an ICT training approach (based on ‘four steps of learning’).

- 3 credits at level 1.
English & Maths

- We run workshops in English and Maths, as well as some 1:1 sessions.
- There are lots of qualifications you can work towards and various levels to suit your individual needs.
- You can either develop a portfolio of course work or sit an on-line exam.
Exam on Demand

- People can sit on-line exams in English and Maths at the Shaftesbury Clinic.
- Alternative to course work.
- If people pass, they get an immediate certificate by e-mail and an official certificate through the post.
Community Skills

- 16 week course
- Uses leisure activities to support participants in developing skills such as:
  - Researching and planning trips
  - Getting around
  - Relating to the public
- Competency framework for assessing strengths/needs
- Structured feedback and goal-setting
- Also mapped to level 1 NOCN unit:
  - ‘Speaking and Listening’
- 6 credits at level 1 or Entry level 3.
Horticultural Therapy

- NOCN qualifications integrated with the Shaftesbury Clinic horticultural therapy sessions.
- Opportunities to progress onto more vocational qualifications with Thrive.
- 2 units.
- 6 credits at level 1.
Goal Setting

- 6 week course aimed at supporting patients in developing skills to set goals.
- Emphasis on collaborative approach to goal setting.
- Group members learn how to identify long term goals and then break them down into manageable steps.
- Linked to RIO care planning.
- 3 credits at level 1 or Entry level 3.
Budgeting

● 8 week course to support patients in developing skills in money management.

● Opportunity to learn; effective budgeting skills, how to manage on a restricted budget, available saving schemes and planning for the future.

● 3 credits at level 1
Music Production

- Delivered by Sound Minds.
- We have *Reason 5* and *Cubase* software on 3 computers.
- Level 1 and level 2 courses available.
- Opportunities to progress onto to Sound Minds in Battersea to gain further qualifications.
# Moving On Group – Week 5
## Coping with Difficult Situations  
**Duration:** 1 hr 30 mins

**Aim:** For Learners to understand the process of moving out into the community and the skills required for independent living.

<table>
<thead>
<tr>
<th>Timing</th>
<th>Learning Outcomes</th>
<th>Facilitator Role</th>
<th>Resources</th>
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<tbody>
<tr>
<td>10 mins</td>
<td>To introduce the topic of community mental health teams. To identify the care pathway that will exist after the learners leave hospital and skills associated with community living. To develop understanding of problematic situations and how to deal with them. Develop understanding for coping in difficult situations.</td>
<td><strong>Exercise:</strong> learners to work in pairs and ask each other about their experiences of community mental health team. Partners to share 1 positive and 1 negative experience. <strong>Guest speaker</strong> (Community OT) to talk about: - Transition &amp; the role of the CFT / CMHT - Community living skills e.g. public transport, communicating with the public (everyday / education / work) - What to do in a crisis - Ask learners about their experiences of living in the community and their expectations. <strong>Discussion:</strong> ‘What skills are required in the community?’ What problems can arise? How can you manage? Who can help?</td>
<td>Flip Chart, Pens</td>
</tr>
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| 45 mins | To understand factors which will help/hinder transition to independence and consolidate learning. For learners to interpret experiences of others and consider what helped in their recovery. | **Exercise:** Case Studies–Recovery Stories (Factsheet 4) Ask learners to divide into 2 groups, and take 1 story each to look at. Learners will be asked to examine the story and identify: - What helped/hindered the person’s progress towards discharge?. - What advice would they take from the recovery story. Learners to feedback to the rest of the group. | Handout, Pens, Factsheet 4 |

| 30 mins | Develop understanding of difficult situations and how to cope with them | **Exercise:** learners to continue completing Ax Template 2: write sentences on what they have learnt about the experience of moving on – at least 2 more positive things, 2 more potentially problematic situations and 3 more coping strategies. 2.1, 5.1 & 5.2 | Ax Template 2 |

| 5 mins | | | |
What else?

- **Fitness & weight management**
  - ‘Taking part in sport’
  - ‘Understanding nutrition, performance and healthy eating’

- **Skills in gaining employment**
  - ‘Preparing to work’
Working towards a qualification

We recently held an awards ceremony and one patient had gained a Level 1 Certificate in Progression.

To date, 36 patients have completed 56 courses.

We are now able to deliver qualifications autonomously for approved courses.
To conclude…

- Modular, competency based occupational therapy courses already developed
- Collaboration with NOCN to accredit adult education
- Opportunities to expand accreditation to occupational therapy interventions
- Team trained as tutors
- Course and portfolio development
- People can work towards gaining national awards and certificates at level 1
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