

The Christopher Unit

PICU

Chelmsford

10 bedded mixed sex PICU

Babu Prakash – Senior healthcare assistant
Tuesday Sowerby – Occupational Therapist
Leah Moull – Staff nurse
Raj Gowardun – Ward manager

Change Ideas Implemented so far...

- * Introduction of mobile phones.
- * Implementation of grounding techniques.
- * More therapeutic activities (OT staff).
- * More access to hot food and drinks.
- * Improved service user involvement.

Improving the Environment

What we noticed...

- * Noise
- * Overstimulation
- * Enclosed space
- * Lighting
- * Sterile/Clinical
- * High level of incidents in communal area
- * Minimal 'safe spaces'
- * Service users impacting each other



How we have tried to address this...

- * Increased access to garden
- * Facilitating groups in garden
- * Gardening group developed
- * Feedback to staff that garden access is less restricted
- * Feedback to service users to request more garden access

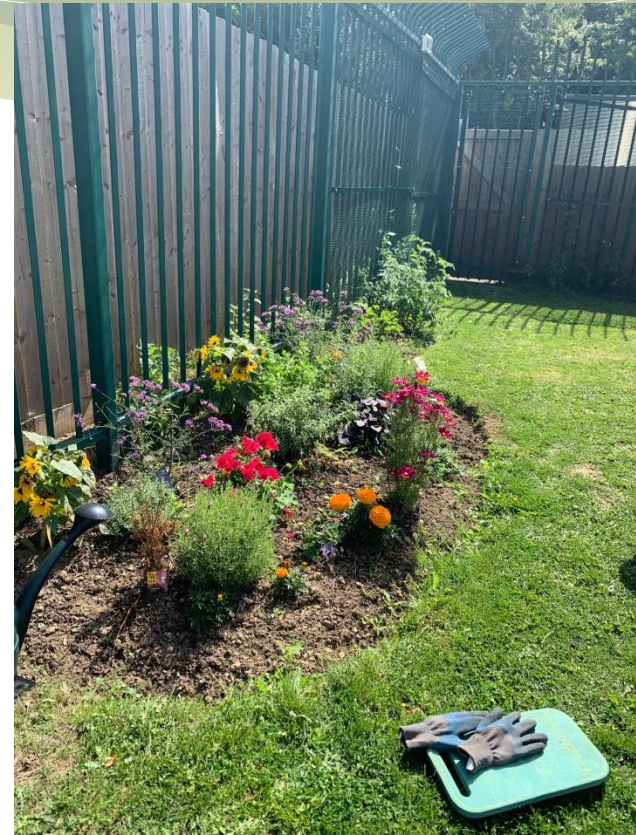
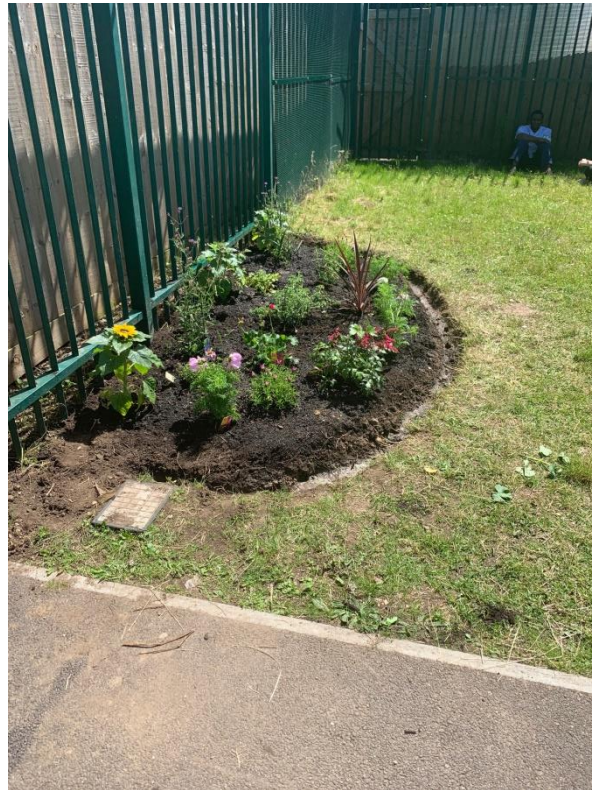
What we noticed

- * Minimal incidences when service users in the garden area.
- * Service users pleased when people praising the work they've done.
- * Service users requesting more access to the garden.
- * Receiving positive verbal feedback.
- * Service users calmer and able to cope with stressful environment better.
- * Service users coming up with their own ideas how to improve the environment.

Feedback

- * *'when I was gardening I forgot I was in hospital'*
- * *'I didn't realise how much doing the garden had helped me until I wrote about it in my diary at the end of the day'*
- * *'I feel like I can breathe again'*
- * *'I feel trapped on the ward and can be upset by the ward but I also don't want to isolated in my bedroom. Coming into the garden made me feel calmer'*
- * *I love the garden and think you have all done a great job. Well done'*
- * *'really good job of the garden, it has really cheered the place up'*

Progress...



Progress...



What or why has this helped?

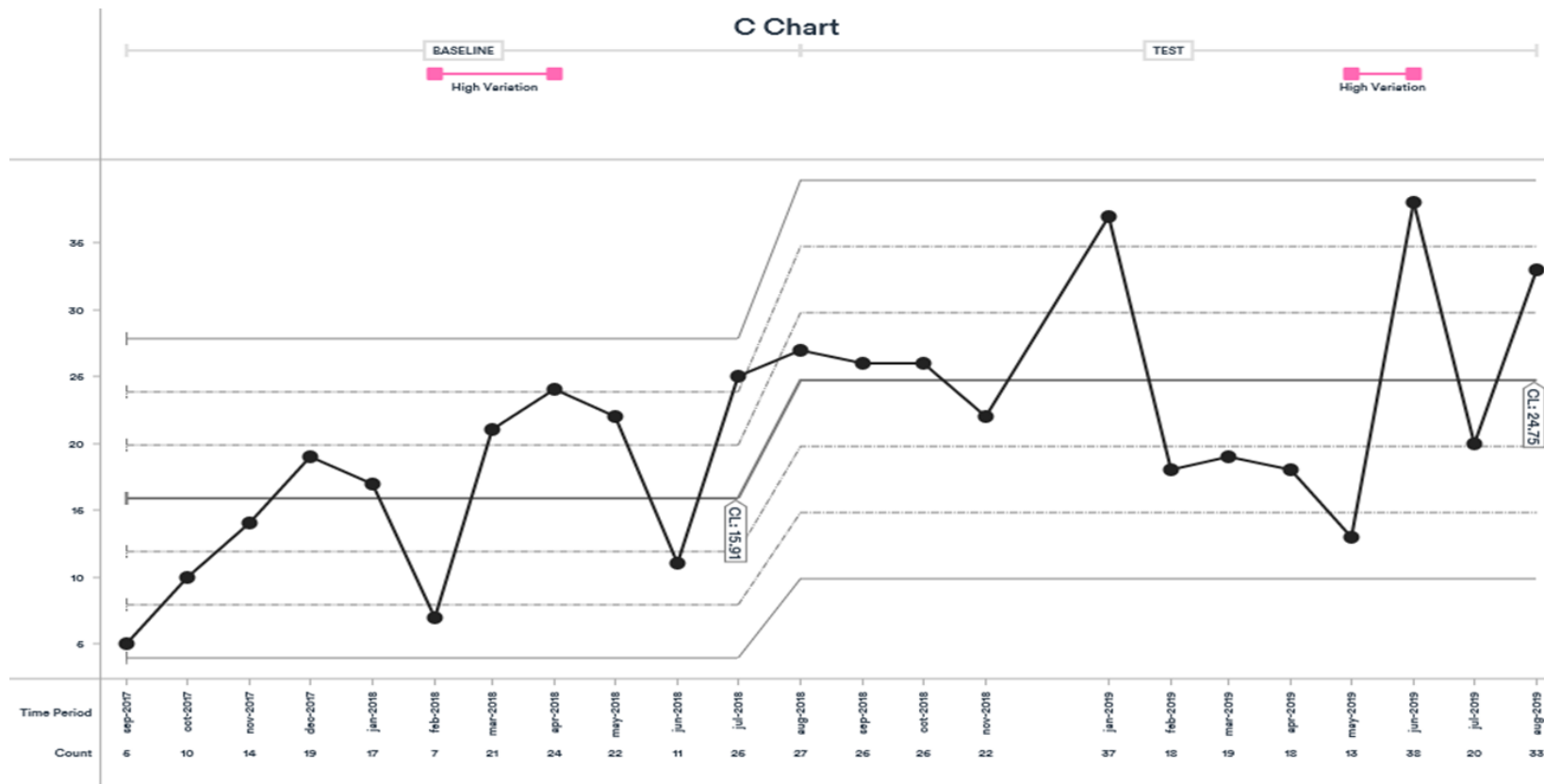
- * Fresh air
- * Nature & wildlife
- * Open spaces
- * Natural lighting
- * Ownership & responsibility
- * Control
- * Talking to service users about what we are doing and why.
- * Doing something meaningful for self and others.
- * Use what we've grown for cooking.
- * Grounding techniques.

Problems...

- * 1 incident of person ripping up a plant.
- * Some service users not wanting to step on others toes.
- * Beliefs around nature.
- * Staffing.
- * Alarms.
- * Without OT it can fall to wayside.
- * Risk management e.g. equipment and tools.
- * Educating all staff.
- * Leading the project.

Our stats....

Christopher Unit's Aggregate Data



Future plans

- * Focus on outdoor area whilst weather is nice.
- * Improving interior ward in autumn.
- * Recovery tree on wall.
- * Better furniture e.g. beanbags.
- * Chalk paint on wall.
- * Classroom 'safespace'.
- * Aquarium project.
- * Development of a sensory room?



Any Questions?