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?