South Tyneside NHS Foundation Trust
South Tyneside District Hospital

South Tyneside NHS
NHS Foundation Trust

The Challenge

To provide stimulation to patients as a way of calming and reducing anxiety and agitation as well as freeing up valuable nursing resource in 1:1 Nursing Care

> **" When spending some time on the system with one particular patient, we learnt that she used to paint 'water colours' and immediately stopped at this feature and told us how she loved to paint and did lots of painting previously. "**
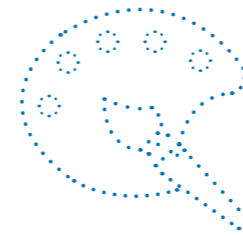
The Solution

South Tyneside NHS Foundation Trust provides comprehensive care for the elderly on two wards at South Tyneside District Hospital.

Ward 19 is a mixed ward with 30 beds located in the Deans Wing. Ward 2 is a mixed ward with 30 beds located on the first floor of the main hospital building.

In both wards there are a mixture of bays and single rooms. The ward provides care for elderly people with a variety of conditions. The ward is led by a Senior Doctor (Consultant) and there are also a number of junior doctors on the ward each day. The team on the ward work closely with families, carers and Social Services,

where appropriate, to ensure that patients are discharged safely when the time is right. All of the team work together to ensure that the ward provides excellent care centred on the patient in a friendly, relaxed atmosphere.

We wanted to embrace some new initiatives to help reduce isolation and provide meaningful activities to stimulate patients as a way of reducing their anxiety and challenging behaviours. We implemented RITA which has been very well received by both patients and staff. Since its introduction the patients are no longer interested in the TV. The multi-faceted features that the technology brings has provided a plethora of different activities

The Solution

that support and complement our work. The mood of the patients has really been uplifted. We are able to take the patients into the Conservatory away from the day to day ward activity and provide a place of calm and enjoyment where the patients become involved in quizzes, listening to the iconic speeches and singalongs.

When spending some time on the system with one particular patient, we learnt that she used to paint 'water colours' and immediately stopped at this feature and told us how she loved to paint and did lots of painting previously. This sparked a topic of discussion and we learnt something about the patient we didn't know previously. She was delighted to be able to print off the painting that she proudly kept by her bedside. When her family came to visit it also delighted them that she was able to share in her past achievements and something that they were not aware of. This type of work with the technology unlocks the mind and allows carers and families know more about the person and not just the condition. **It truly is a trigger that supports the appropriate delivery of person centred-care, whilst at the same time freeing up valuable nursing care that is required in 1:1 nursing care.**