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## Introduction

Staff in the community mental health team for older people (CMHTOP) noted in private nursing homes that opportunities for engagement in personalised activity was limited.

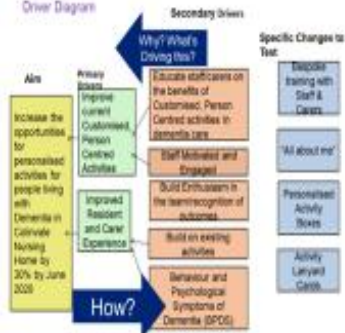
### 2 key factors:

- ✓ Limited awareness of benefits of personalised activity in reducing distressed behaviours and promoting residents' well being
- ✓ Limited availability of resources and information to promote a culture of activity within private nursing home settings

### Aim Statement

Increase the opportunities for personalised activities for people living with Dementia in Colinvale Nursing Home by 30% by June 2020

### Driver Diagram



### Thoughts on activity from staff and carers at start of project



### Thoughts on activity from staff and carers at end of project



## PDSA CYCLES

### Getting ownership and building sustainable change through co-production

PDSA 1 Dec 2019/Jan 2020

Education sessions delivered to staff and carers of two residents identified for project.



PDSA 2 Jan 2020/ Feb 2020

"All about Me" Personalised Memory Box



PDSA 3: Feb/March 2020  
Activity Lanyard Cards

5 minute activity to engage person living with dementia

### 5 minute activity to engage person living with dementia

- Sing or hum together
- Get resident involved with what you are doing i.e. making bed, laying table
- Encourage resident to brush their own teeth or hair whilst you help
- Ask questions i.e. who is in the photo?
- Look through some objects of interest

## Outcomes/Results

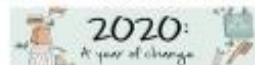
### Quantitative Data

Improvements were limited after PDSA 1, the teaching sessions with staff and carers. The greatest improvement was noted after PDSA 2 which seen the implementation of "All about me" Documents with associated personalised activity box.

Data showed an increase in time per day that residents were engaged in personalised activities. Improvement continued and our goal was exceeded around week 10. We will continue to collate data to measure if change is sustained after PDSA 3 before scaling up.

### Qualitative Data

We held two focus groups with staff and carers, at the start of the project and again at the end. The feedback, engagement and benefits of the project has been extremely positive.



### Learning

- Importance of ongoing communication
- Power of co-production and engagement
- Motivated Staff
- Embrace different skills that different team members bring
- Shared passion for improving dementia care
- Maintain momentum alongside day job.



- Share and replicate model, ultimately improving care for older people living with dementia in Belfast, Trust and beyond
- Roll out in other nursing homes and the dementia inpatient unit within the Belfast Trust.
- A blog is written and shared to allow others to use this quality improvement project to make a difference to the lives of people with dementia and their families/carers

### Run Chart

