

INCREASING PATIENT ENGAGEMENT: THERAPEUTIC GROUP ON ACUTE MENTAL HEALTH INPATIENT UNIT (AATU)

Richa Puri RN, MN, CPMHN-C; Sara Dashti RN; Stephen Corradino R/TRO, CTRS; Kaleigha Miller, RN; Daniel Tziatis



DESCRIPTION

Patients admitted with acute exacerbation of psychotic disorders present with increased clinical risk of responsive or disorganized behaviours. Due to the unpredictability of the therapeutic milieu, recreation therapy was not previously offered to patients.

At Humber River Health (HRH) the goal is to proactively engage with patients to minimize boredom, improve therapeutic rapport and reduce aggression on the unit. Additionally, AATU clinicians can further assess mental status and functioning: attention, focus, cognition, ability to follow instructions, and appropriate socialization. To support this mission, the AATU team collaborated with the Recreation Therapy team to implement groups.

OBJECTIVE

To implement collaborative therapeutic group programming in the AATU utilizing a Plan-Do-Study-Act model.

ACTIONS TAKEN

Developed a working group with frontline nursing, recreation therapy, and leadership to:

- Determine the eligibility criteria for patients
- Identify the appropriate staffing supports to ensure staff and patient safety: 1 RN, 1 Recreation Therapist and 1 security guard
- Purchase the appropriate equipment for supervised patient use
- Establish a set time to run groups based on feedback from frontline nurses.

To ensure sustainability of the initiative:

- Education materials were created to support nursing: assessment criteria, nursing responses
- Incorporated the nursing expectations into new hires orientation manual for the AATU.

LESSONS LEARNED

Improving patient engagement through groups by leveraging the frontline clinicians to drive meaningful change for acutely ill mental health patients.

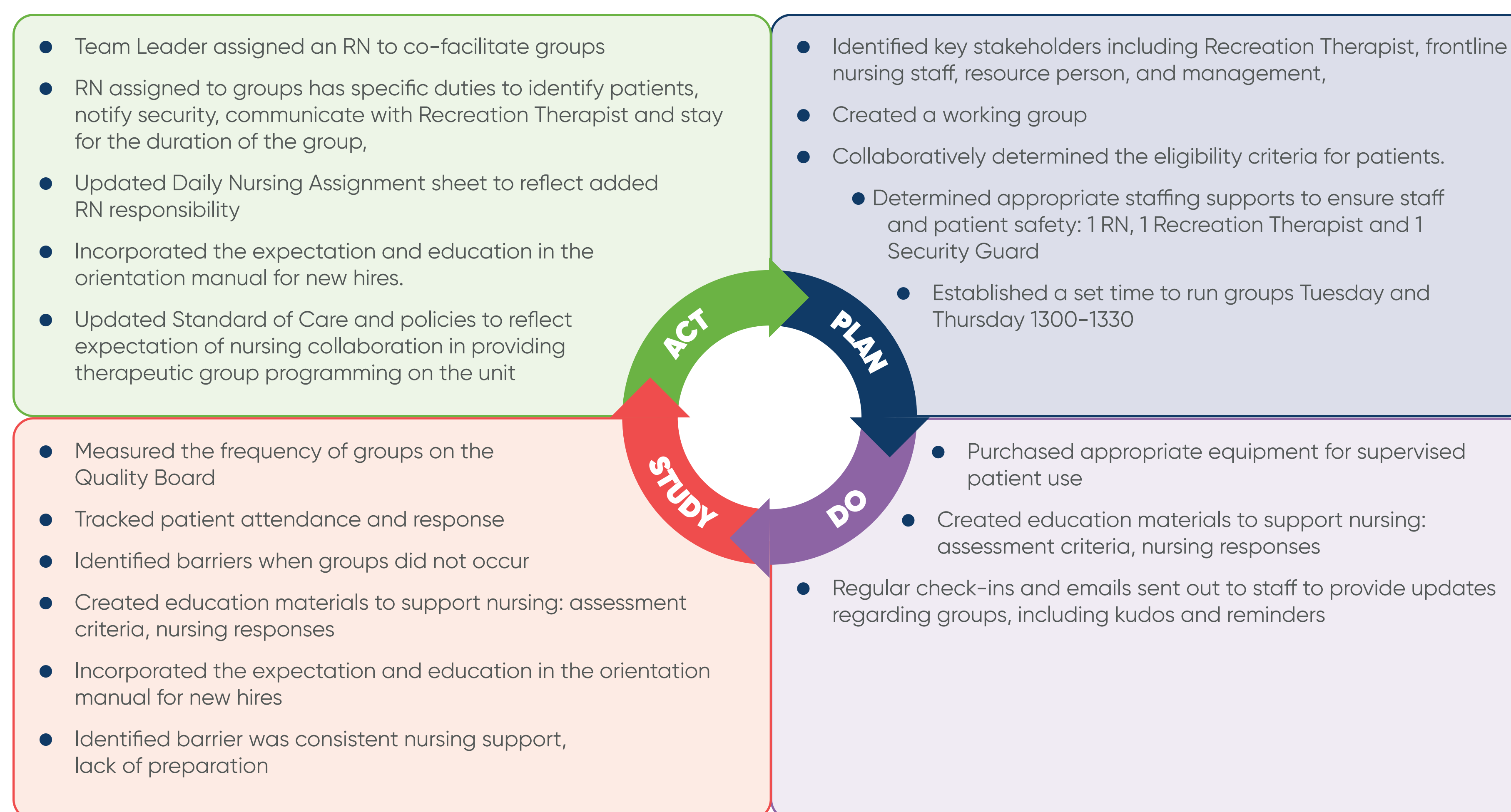


Figure 1. PDSA cycle used to support the implementation of groups on the AATU.

Inclusion Criteria	Exclusion Criteria
<ul style="list-style-type: none"> ● Improvements in the patient's behaviour and mental status ● Patient's positive response to antipsychotics ● Reduction in PRN medication usage to manage emotions ● Patient's ability to follow instructions ● Patient's ability to respond to redirection ● Patient's ability to focus on simple tasks until completion ● Patient's increased insight or awareness of their surroundings 	<ul style="list-style-type: none"> ● Refusing medications ● Irritable, labile, unpredictable ● Sedated or medically unwell ● Withdrawing from substances ● Grossly disorganized with psychotic symptoms ● Risk of elopement ● Not following instructions ● In isolation precautions

Figure 2. Group therapy Inclusion and Exclusion Criteria, co-developed by frontline nursing and Recreation Therapy.

SUMMARY OF RESULTS

Therapeutic groups are currently being offered to adult acute mental health inpatients twice a week, using a collaborative Recreation Therapy and Nursing model. Anecdotal feedback from patients and staff have highlighted the positive impacts of groups on patient experience. Patient engagement is also seen through the consistent group attendance. Barriers that prevent groups from occurring are identified and brought forward by the group facilitators to be addressed by the working group.