

Anything from the trolley?

A service improvement project to implement leisure activities and well-being for long stay patients

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Introduction

Admission to an intensive care unit (ICU) is a life changing event for people which can result in long term detriments to health, function and quality of life ⁽¹⁾. Partaking in creative activities is known to have many benefits for long stay hospital patients and can have positive impacts on their recovery ⁽²⁾. This led us to the development of a leisure activity trolley with the focus on enhancing well-being in long stay patients.

Methods & Materials

Figure 1. Pre-activity questionnaire

**Royal Brompton Hospital
Leisure Activities and Wellbeing Questionnaire**

1. What activities/hobbies do you enjoy doing in your spare time?

Painting Reading Games Music Cooking Baking
Fitness Colouring Drawing Knitting Watching TV Talking
Meditating Cards Gardening Writing

Other:

2. Would you like to be able to participate in some of those activities/hobbies during your stay in hospital?

Yes No

3. Do you enjoy doing activities/hobbies with others or alone?

Alone With others Both / Either

4. Please rate your current mood, 1 the lowest, 10 highest:

1 2 3 4 5 6 7 8 9 10

1

- Mixed methods questionnaires were used to collect data from four long stay patients to gauge interest and identify what activities would be enjoyed.
- Funding was secured via the patient amenities fund to purchase activities.

2

- All awake and medically stable patients were invited to participate
- Patients given pre-activity questionnaire (Figure 1.)
- Patients given "mindfulness menu" to select their activity (Figure 2.)

3

- Patients set up with selected activity with option to engage alone or with therapist (Image 1, 2, & 3)

4

- Post activity questionnaire to gauge enjoyment of activity. Mood scored on Likert scale.
- Option to continue with activities, try new ones, or cease to partake all together

Image 1. Snakes & Ladders with an ICU patient



Image 2. Pamper time with an ICU patient



Figure 2. Front page of Mindfulness Menu



Results

55 different patients were approached on 146 occasions and chose to engage in activities on 133/146 (91%) of occasions. Figure 3 shows the frequency of activities engaged with. Mood scores were collected 90 of these sessions. On average, patients' moods improved from a Likhert score of 4.3/10 to 7.1/10, (Figure 1), a 39% increase, following participation in a leisure activity. From this sample size, patient's well-being was enhanced by participation in leisure activities.

Figure 1: Mood scores pre and post leisure activity

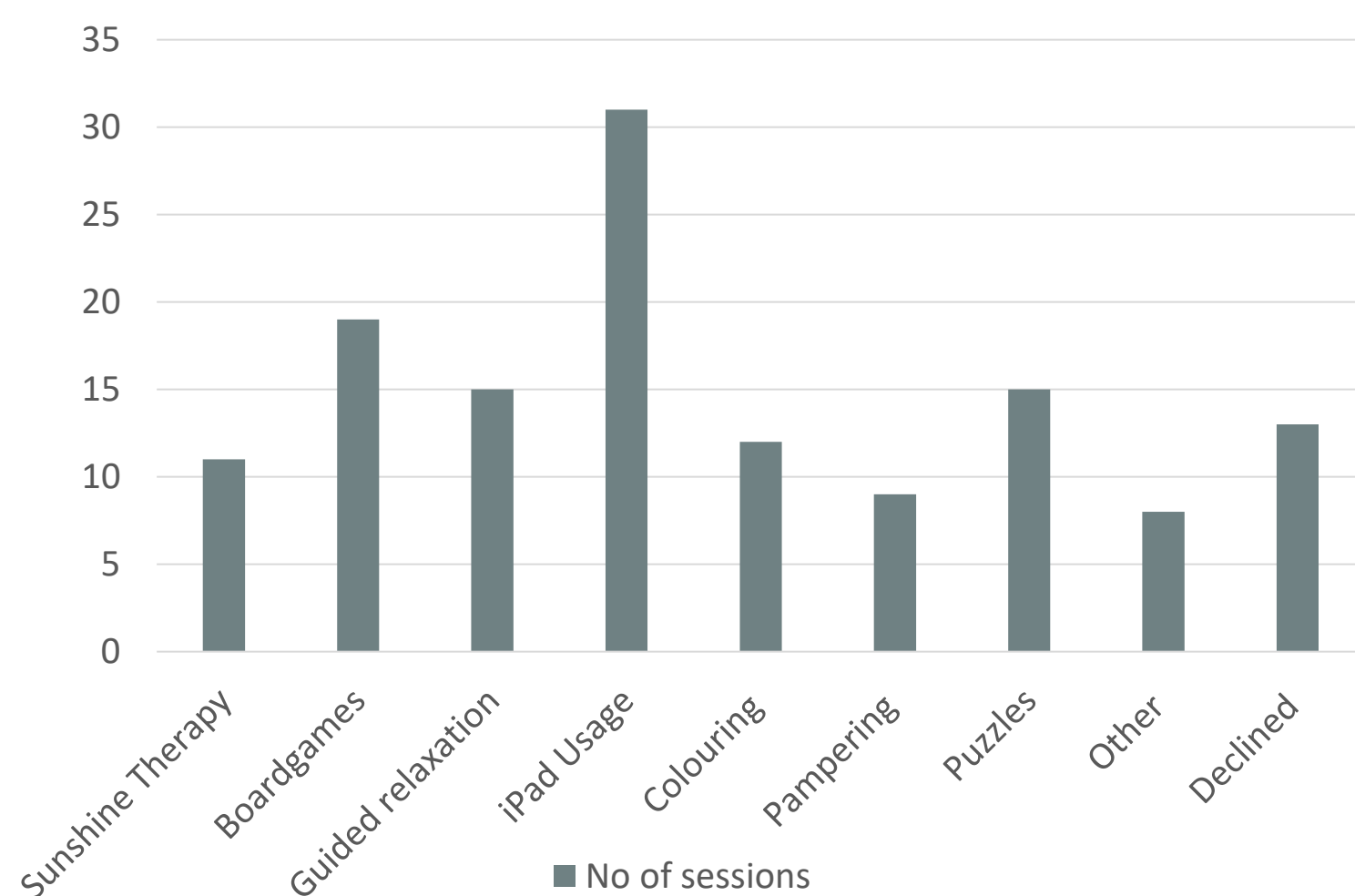
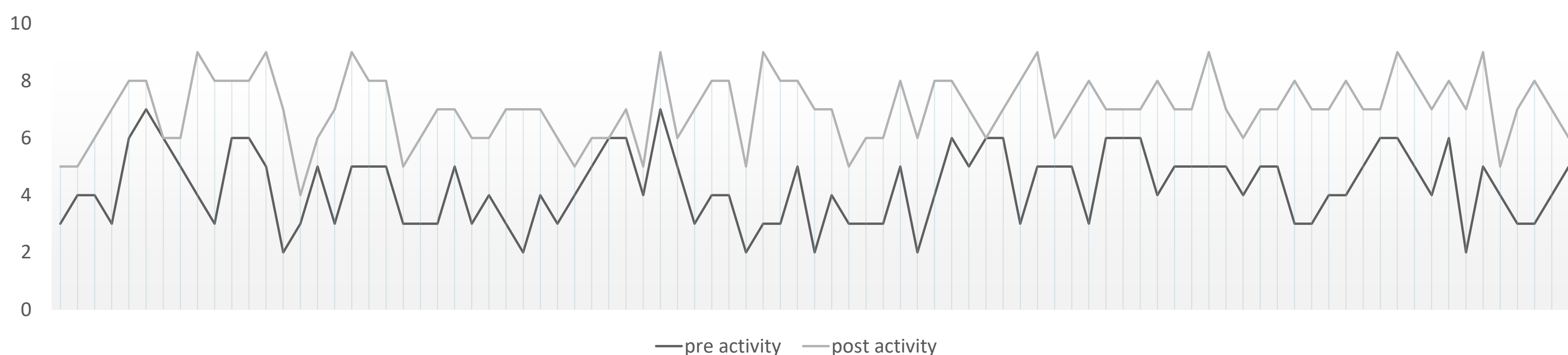


Figure 3. Frequency of activities engaged with



Image 3. Connect 4 with an ICU ECMO patient

Conclusion

- This project has been successful in improving well-being for patients.
- Many of the activities support patients in working towards rehab goals
- We continue to offer these activities for our patients and will continue to monitor the impact of the activities on patient well-being
- We will continue to have an ongoing review of the activities available and update them in accordance to patient preferences and available funding.

References

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