

## What has happened?

The day hospital service for older people has re-developed over a 3 year time scale.

*'The Queens Nursing Institute / Alzheimer's Society Award 2003 for Excellence and Innovation in Dementia Care' has been won.*

## The Project

To apply for the Award the project had to have already commenced and have a nurse lead.

The wider project was entitled '*Turning a vision into reality*'.

As this was so vast one element of creativity and innovation became the focus, this was using:

*'Drama as a Powerful Clinical Tool – fun with a purpose'*

## Aims of the Project

- To re-develop the day care service improving quality of care and service.
- To meet the service functions of:
  - Assessment
  - Mental Stimulation
  - Therapeutic Treatment
- To get the team on board focused increasing knowledge and skills.
- To change culture and attitudes towards dementia care.
- To make clinical work interesting, fun with a serious purpose.
- To actively participate in practice development work.
- To establish community links.
- To support the NHS Plan and National Service Framework for elderly people.

## Why was the Project theme used?

The team at the start of their developmental journey did not particularly favour academic teaching styles. The Leader spontaneously started utilising new methods and techniques in every day clinical work particularly teaching staff how to communicate using variations in voice tones and body language to gain co-operation of clients with individual care needs.

Finding that this visual teaching method was effective it was expanded into role play, presentations and developed into therapeutic activity sessions. The team were observed to increase their confidence, observation skills and knowledge base. The teams interest was captured, with new learning, enthusiasm and grew together with increased team working and morale, which has resulted in a highly skilled committed workforce who have supported developments. Following feedback from official reports, users questionnaires, correspondence and collated evidence in portfolios, reflective diaries and project files there is vast evidence of positive change and that quality of care and service improvements have occurred.

## How the project has benefited clients and team:

- Clients / carers have become priority, involved and empowered.
- Person-centred care is observed with clinical work being supported by the project.
- Mental stimulation has increased with many new activities particularly incorporating drama/music. This avoids placing people under direct pressure, improving communications and confidence.
- Encourages self-expression and retention of skills, individuality, personhood and well-being supporting the Philosophy of Care.
- Service functions are fully met.
- Dementia care is effectively highlighted with creative teaching methods.

- Staff observational skills have increased.
- Culture and attitudes altered so the client is focused upon, how and what is spoken is carefully considered to reduce any derogatory images.
- People encouraged to take ownership and responsibility.
- An honest, open approach appears to have improved communications while promoting choice and decision making.
- Team building has positively occurred, commitment, enthusiasm, creativity is demonstrated which ultimately has developed the quality of care given to clients and carers.
- The use of drama boosts team morale, provides challenges, incentives in clinical work.
- Funds from the Award will benefit clients and team following expansion of ideas.

## Award benefits

- £3,000 funded by the Alzheimer's Society to develop project work further. To benefit clients and service. (Monies released following interim reports and site visits).
- Opportunities to disseminate work at local and national level particularly in Care / Nursing Journals.
- Attendance at conferences and networking to share practice, influence care, inspire others raising the profile of Dementia Care.
- Support of the Queen's Nursing Institute.
- Nurse lead attendance at personal development course held in London.
- To promote The Queen's Nursing Institute, Alzheimer's Society and The North Dorset Primary Care Trust.
- To maintain team motivation with increased incentives.

### How the Award money has been spent:

- Hand Bell Chimes have been purchased for therapeutic activity use for clients.
  - Colour coded tune sheets x 20, size A1 designed and laminated.
  - Theory Books to support clinical practice relating to:
    - Dementia Care
    - Communications
    - Drama Techniques
- (12 alternative care areas in the Trust, General Hospital and Social Services older people services provided with books on the above topics to disseminate speciality).
- Entertainers – forging Community Links by bringing in members of the public, schools and colleges to provide drama, music and dance.
  - Grand tea Dance – at a local hotel for 130 clients, carers, volunteers and staff. Local school involved by providing dance band / dance students. 'A celebration'.
  - Professional Drama Production to be performed by local company with a nautical theme "Tall Ships" expanding our pirate theme and orientating to geographical area of Dorset.
  - Award Poster A1 size.
  - Digital Camera.
  - Mobile Projector Screen / Display Boards
  - Bongo Drums / Rain poles.
  - Drama Props and therapeutic equipment to compliment drama themes.
  - Dolls House / Pirate Ship



### Quote

"Day care has developed in a very short time from being a type of minding, mainly to provide relief for hard-pressed carers, into a highly skilled and specialised form of practice. In the best settings there is a very thorough assessment, and care is planned to meet each individual's personal and rehabilitative need".

"Perhaps the change agents are persons around the level of the manager of a day centre, a hospital ward or residential setting. One problem is how to get the organisation, in the larger sense, to accept that the proposed change is a good idea and to positively back it. Another is that of securing the commitment of staff".

(Kitwood. T. Dementia reconsidered. The person comes first 2002, Open University Press).

### Contact:

Melcombe Day Hospital  
Weymouth Community Hospital  
Melcombe Avenue  
Weymouth,  
Dorset.

DT4 7TB Telephone: 01305 762508

E-mail: [LesleyBenham@northdorset-pct.nhs.uk](mailto:LesleyBenham@northdorset-pct.nhs.uk)

**DORSET & SOMERSET NHS  
MODERNISATION AWARD WINNERS 2004**  
Team Innovation Award & Chairman's Award  
Overall Winners for Innovation. £1,500 study bursary won to disseminate project work.

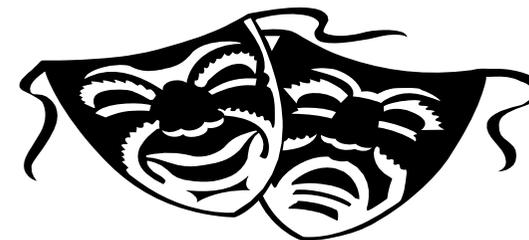


**Health & Social Care Award  
£1,000**

North Dorset **NHS**  
Primary Care Trust

- Team Innovation Award 2005

## MELCOMBE DAY HOSPITAL



**'DRAMA AS A POWERFUL  
CLINICAL TOOL – FUN WITH A  
PURPOSE'**

*Finalists of The Foundation of  
Nursing Studies Award 2004*



**THE QUEEN'S  
NURSING INSTITUTE**



*Health & Social Care  
Awards 2005 – Nurse  
of the Year Award –  
Southern Region*