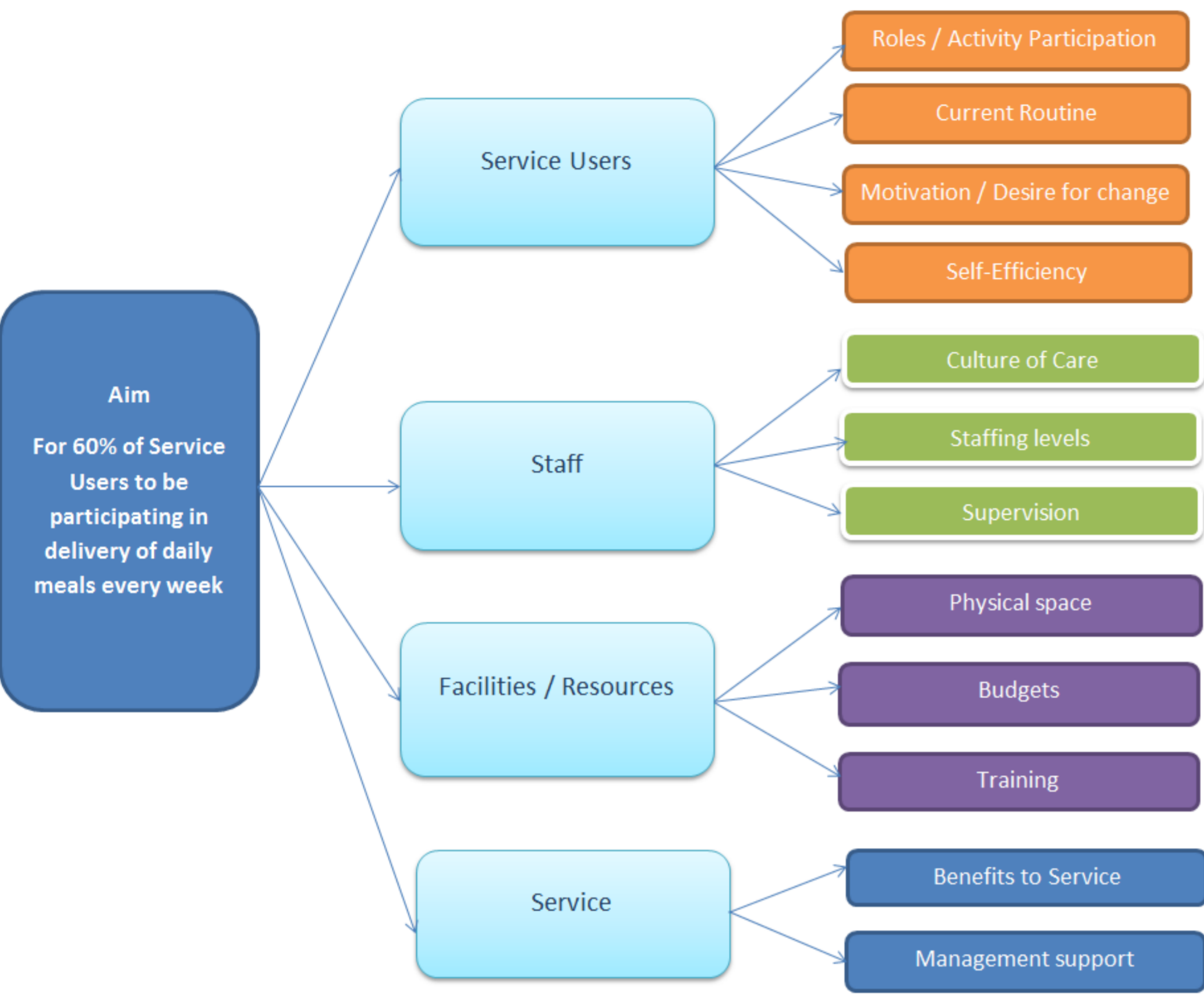


Self-Catering Project Woodberry Ward, Wolfson House Forensic Service

Alison O'Reilly, Senior Occupational Therapist
John McCartan, Ward Manager
Thanos Prountzos, Social Therapist
Dr Sian Llewellyn-Davies, Consultant Psychiatrist

Ali Killic, Service User
A. A, Service User
John Wilson, Project Sponsor
Dr Genevieve Holt, Clinical Fellow in Quality Improvement



Background
Woodberry Ward is a 12-bedded Rehabilitation long-stay ward in a low secure forensic mental health unit. This project was undertaken in response to feedback from service users regarding the provision of meals in the unit, which were rated by inpatients as unsatisfactory.

Why is this Important to Wolfson House?
Service User complaints about the food
Clinical need to optimise physical health and improve diet
Rehabilitation - enable Service Users to be involved in shaping their environment
Develop skills in preparation for discharge to the community
Increase structured activity / meaningful occupation
Positive ward environment

Scope of the Project
To increase participation in activities of daily living and meaningful occupation, develop skills for discharge, improve meal provision and hopefully dietary intake, and improve the overall ward environment.

| | Week 1 | Week 2 | Week 3 | Week 4 |
|-----------|---|--|--|---|
| Monday | Chicken and vegetable fajita's | Chicken and vegetable Jollof rice | Vegetable Stew with smoked paprika | Baked potatoes |
| Tuesday | Lamb and vegetable curry | Chicken and vegetable curry | Chicken and quorn tandoori | Lamb and vegetable Thai Curry |
| Wednesday | Vegetable pasta bake | Vegetable Lasagne | Omelettes with wedges and salad | Chicken and vegetable tagine |
| Thursday | Prawn and chorizo rice | Egg and Chips with sausages | Baked white fish with pesto and quorn | Monthly celebration meal |
| Friday | Chicken and vegetable Caribbean style stew | Chicken and vegetable noodle soup | Jerk Chicken with vegetable jerk option and rice | Lamb and vegetable biryani |
| Saturday | Mince lamb and veggie burgers with roasted sweet potato | Macaroni Cheese | Tuna Pasta Salad and Veg pasta salad | Vegetarian spaghetti bolognese |
| Sunday | Vegetable Pizza | Chilli con carne - beef and vegetables | Roast dinner Chicken and quorn | Bangers and mash - pork and vegetarian sausages |



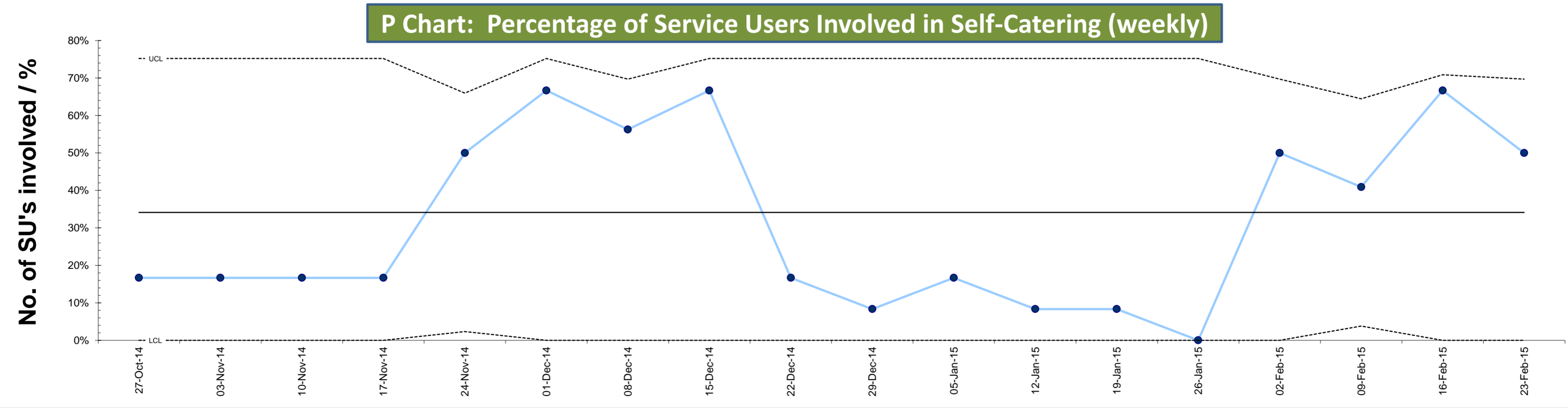
Challenges
Anxiety existed amongst ward staff initially, regarding proposed changes meals. Concerns were raised about nursing staff resource and the implications of self-catering on ward tasks. The timing of the meal preparation proved important as it related to availability of ward staff. The self-catering meal preparation runs from 1630h-1800h, enabling staff to complete other ward duties.
Once testing started, positive feedback from service users and success of the meals encouraged staff who developed a marked enthusiasm for the project.



Force Field Analysis
Driving Forces Restraining Forces

People keen to be involved
Good food
Well supported by staff
Time of day
Variety within menu

Washing up
Rota – people dropping out
Limited meal options
New systems: ordering, quantities, deliveries



What Next?
Following the success of the pilot, the Woodberry Ward Self-Catering initiative is now being funded as a long-term piece of work to improve the care of our service users. Contracts with the meal/ingredient providers will be reconsidered and it is possible this may result in financial savings to the unit.
To determine the impact of this work on clinical outcomes for our inpatient population, process measures such as the Measure of Human Occupation Screening Tool (MOHOST) – will be used to screen for functional ADL skill levels and track development of these over time. We will also consider balancing measures such as rates of violence and aggression on Woodberry Ward.
Other wards within the service are keen to trial this on their wards.