

The role of Occupational Therapy in Quality Improvement and transforming catering services in Forensics

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Background

Following the introduction of a Quality Improvement Programme within East London Foundation Trust an OT-led project was launched to try to address feedback from service users regarding poor quality meals. Alongside this, the project aimed to support service users in developing skills of daily living to enable a smoother transition from hospital into the community. The project setting was a Low Secure Forensic Mental Health Unit in East London on the Active Rehabilitation Wards.

Aims of the Project

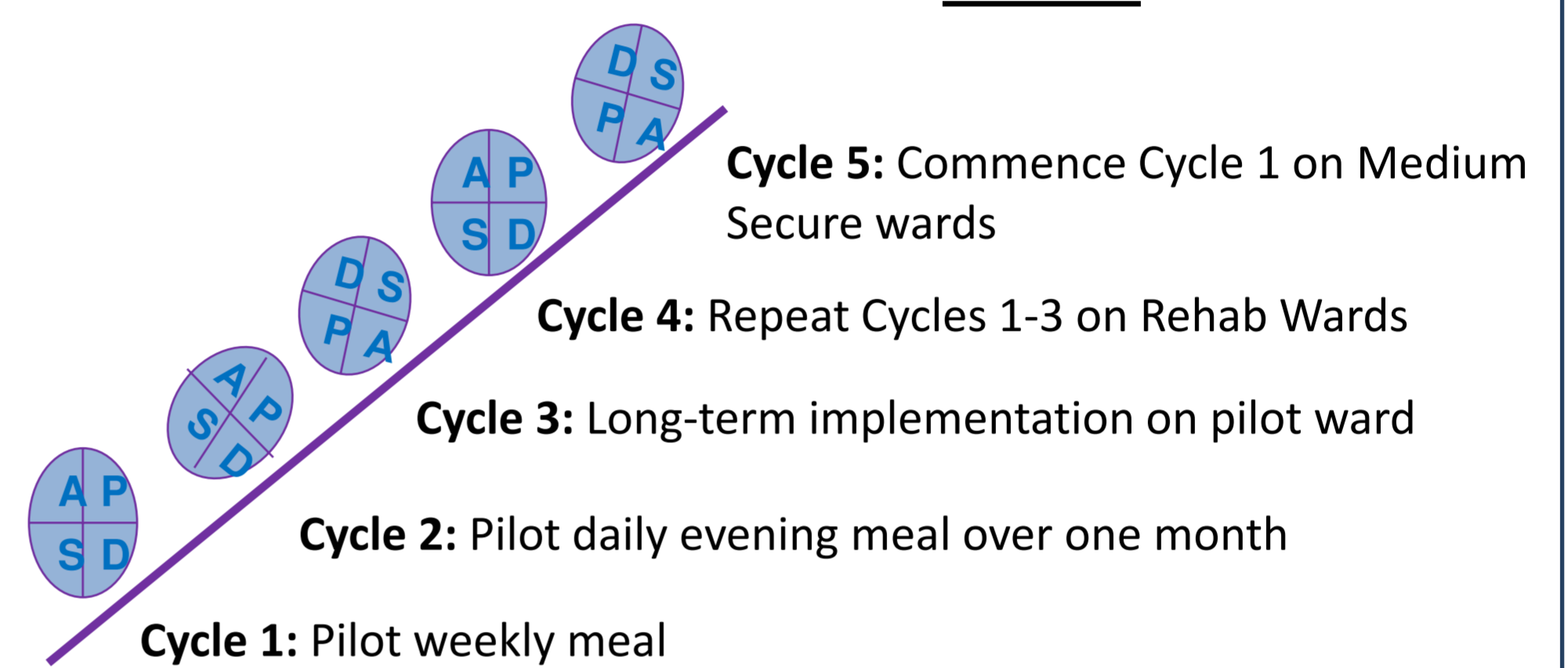
To increase participation in activities of daily living and meaningful occupation, develop skills for discharge, improve meal provision (and hopefully dietary intake), and improve the overall ward environment.

In addition the project aimed to embody the key principles within Recovery of enabling environments and co-production of services by involving service users from the beginning of the project (Drennan and Woolridge, 2014, Perkins and Slade, 2012).

Quality Improvement Model

The Model for Improvement (Langley et al, 2009) formed the theoretical basis for the Quality Improvement programme. The model incorporates the Plan, Do, Study, Act (PDSA) methodology which allows for change ideas to be tested on a cyclical process on a smaller scale, reducing risk and anxiety.

PDSAs



	Week 1	Week 2	Week 3	Week 4
Monday	Fish Curry with rice	Sausages and mash with peas & gravy	Chicken Kebabs with salad	Tuna Pasta Bake
Tuesday	Lasagne	Lamb Curry with rice	Salmon fillet with potatoes, peas & carrots	Chicken Curry with rice
Wednesday	Chicken Stir fry with noodles	Chicken Kiev with potatoes and vegetables	Jerk Chicken with rice	Ackee and salt fish with rice
Thursday	Chicken and pasta with tomato sauce	Fish & Chips	Omelettes with chips and salad	Egg & chips with beans
Friday	Lamb Biryani	Curried goat with rice	Tandoori chicken with salad	Jollof rice
Saturday	Somali fish with rice and vegetables	Chicken Fried Rice	Pizza and salad	Burgers with potato wedges and salad
Sunday	Roast Dinner (Chicken)	Spaghetti Bolognese	Beef stew with potatoes	Shepherd's Pie with vegetables

Key:

- Team 1 (Blue)
- Team 2 (Orange)
- Team 3 (Green)
- Team 4 (Purple)

Teams Approach
 Following challenges encouraging more people to be involved, a teams approach was adopted, creating structure and peer support.

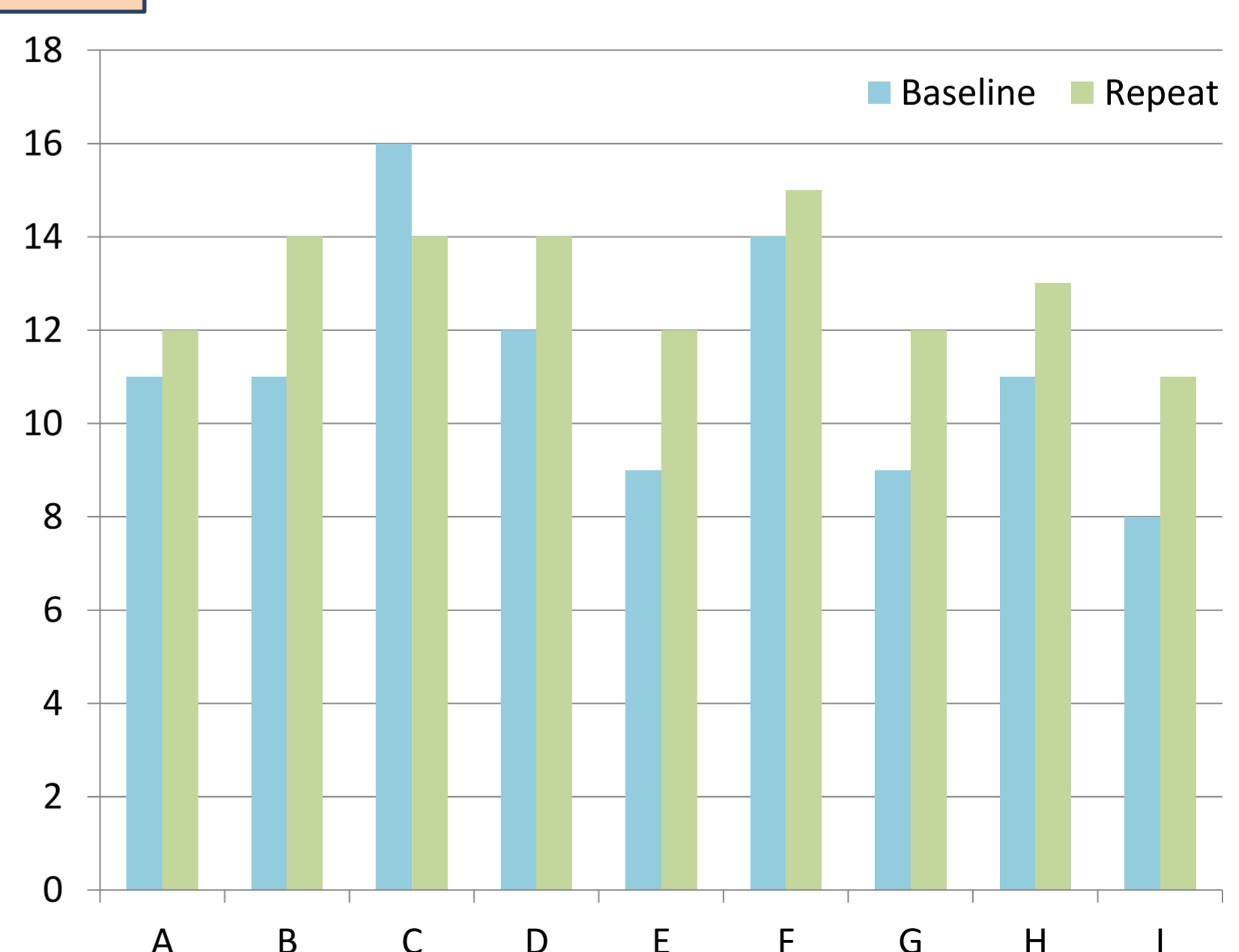
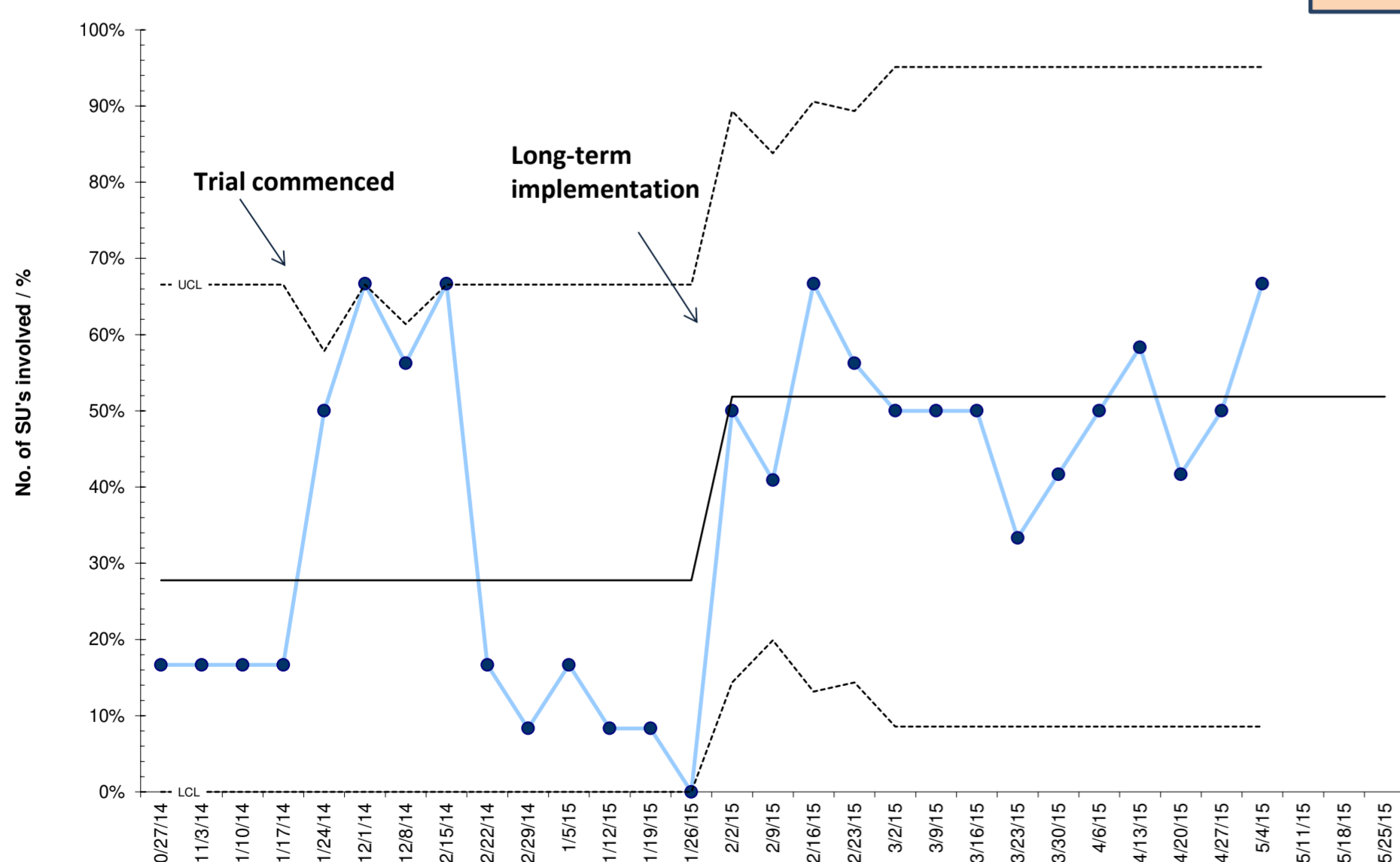
Driving forces

- Enthusiasm
- Management support
- Good quality food
- Well supported by staff
- Time of Day
- Variety within menu

Restraining forces

- Washing Up
- Rota – people dropping out
- New systems
- Culture change

Outcomes



Pilot ward ADL Scores – MOHOST

Change in score for the domain of Process Skills. 89% of scores improved at re-test after 5 months with an average increase of 1.7.