# Being a catalyst for change: The journey of implementing an Occupational Therapy model within a multi-disciplinary team Laura Murphy, Lead Occupational Therapist



**Central and** North West London **NHS Foundation Trust** 

## The Project

#### What?

The OT introduced the Vona du Toit Model of Creative Ability (VdTMoCA) as the model of practice within a Multi-disciplinary team (MDT) on an inpatient mental health rehabilitation ward with the support of Dr Wendy Sherwood (International Creative Ability Network ICAN).

#### The Service

Ascot Villa is a 15 bedded, mixed gender, adult inpatient rehabilitation ward that provides care and support for people who have complex mental health needs. The MDT includes Consultant Psychiatrist, Specialty Doctor, Ward Manager and Deputy Clinical Development Nurse, Staff Nurse, Healthcare Assistants, Clinical Psychologists, Activity Co-ordinator, Occupational Therapist, Arts Therapists, Sport Technician and Pharmacist.

**Why?** MDT review and analytical survey with Dr Wendy Sherwood showed:

- Clients had complex needs and presentations; staff had unrealistic expectations of clients.
- Poor client engagement in current programme which was shown to not be addressing all evident needs and lacked opportunities for engagement in constructive and unfamiliar activity and structured roles.
- Limited staff resources (1 part time OT and no support staff).
- Staff lacked a sense of satisfaction and efficacy in their roles/practice; staff wellbeing being a priority for the NHS in sustaining transformations in mental health care (NHS England 2016).
- MOHO assessments not sensitive to small change and not directive in terms of intervention
- MDT had individual ways of working and no shared language.

Action 2:

Implement

the model

with two

chosen

clients



- Nurses, Healthcare Assistants, Ward Manager, Deputy Ward Managers and Doctors trained in the VdTMoCA in January 2017.
- OT completed training session with Therapies staff.
- Activity Co-ordinator joined the team in April 2017 and completed training in the model in October 2017.
- OT/activities led groups and activities structured using the VdTMoCA principles for all service users.
- 12 weekly ward therapeutic timetable review; timetable informed by service users' levels, interests and goals.
- Awards ceremony acknowledging service users' specific achievements.
- VdTMoCA level specific group protocol templates have been created by OT.
- Substance Use group co-facilitated between OT and Clinical Psychologist structured according to the model.

Action 1: Develop the MDT's understanding of the model and levels of creative ability Key Aim: Improving the service's ability to better

understand and meet service clients' needs

• OT refers to the model in all documentation and discussions with the MDT.

Model is used in monthly MDT reflective practice providing a structure for discussion and a way of supporting understanding of clients.

- VdTMoCA reference manual created for the MDT.
  - The VdTMoCA Activity Participation Outcome Measure (APOM, Casteleijn 2001) completed by the OT for the 2 identified clients.
  - Assessment Summary and MDT Intervention Plan completed by OT with MDT input. Shared in ward rounds and CPA reviews attended by external Care Coordinators and CCG representatives.

OT includes VdTMoCA language and concepts in documentation shared with the MDT including JADE progress notes, ward round documents, monthly CCG updates.

A Nursing Screening Tool developed; trialled by Nurses with positive feedback.

Outcomes

Action 3:

Review and

adapt

interventions

provided

Feedback

"Good approach to collecting information,

#### Successes

- Clients adjusted; clear increase in engagement and investment/identification in groups.
- OT and AC used the model to engage previous "non-engagers" successfully
- Positive feedback from CCG representatives for the 2 cases
- MDT positive response to the model from training
- Motivated AC who values the model as a method of positive change and actively uses the principles with guidance from the OT
- Some staff report it has supported them in developing their understanding of clients' behaviours and needs to better engage them

### Challenges

- Staff turnover trained staff leave and new staff are not trained
- Staff availability/shift patterns
- MDT lack of confidence in the model
  - MDT staff did not always have the time to utilise resources as well as they could have including contact with Dr Wendy Sherwood, manual, other resources provided, discussion with OT.
- OT only part time on the ward so unable to fully support the MDT
- Therapy staff did not take the opportunity to complete the formal training
- Other projects on the ward including going through AIMS accreditation
- Seen as an 'OT project' as led by the OT

Ward Manager

analysing, scoring and arriving at a "diagnosis" .. "

"Good range of interventions and types of activities to choose from.....Good aims and objectives from an MDT approach."

**CCG** Placement Manager

...the model is very good in being able to identify service users and the different levels, and being able to see it clearly on the board....see progress.."

"The handbook has been helpful .....good for reference.....I think time is a big factor."

"...since the introduction and implementation of the VdTMoCA, we have seen significant positive changes in service users' functionality, creativity and self-awareness hence helped in their journey to recovery."

"The VdTMoCA has been hugely successful in bringing the best out of patients."

"I like the fact that the model is person centred, moreover the interventions are tailored and delivered at the person's level of ability. The model gives a real sense of team working as it brings all fraternities to work together to achieve a common goal"

**Consultant Psychiatrist** 

Activity Co-ordinator

"I am proud to be part of this programme."

Staff Nurse

What next?

The MDT on Ascot Villa decided to continue using the model following evaluation.

All clients have been assessed and levels identified to support the team in implementing the model further and developing their confidence.

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Project evaluation presented to the Rehabilitation Service Line Senior Management Team (SMT); plan to be developed to implement the model in all other wards in the service line.

VdTMoCA Working Group set up and led by Laura to support other OTs in the service line to implement the model.

### Interested to know more?

- Laura Murphy laura.murphy13@nhs.net
- International Creative Ability Network (Ican) led by Dr Wendy Sherwood - www.ican-uk.com
- VdTMoCA Foundation UK www.vdtmocaf-uk.com

#### **References:**

- NHS England (2016) Implementing the Five Year Forward View for Mental Health. London: NHS England. Available at: https://www.england.nhs.uk/wp-content/uploads/2016/07/fyfv-mh.pdf. Accessed on 03.11.17.
- Casteleijn, D (2001) Use Manual. The Activity Participation Outcome Measure (APOM): A tool for occupational therapy clinicians in mental health practices.

#### **Acknowledgements:**

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