

# Embracing Change: Introducing the VdTMoCA to the MDT on an inpatient adult mental health rehabilitation ward

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“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”  
**Dr Tint Lin, Ascot Villa Consultant**

## Our Service

Horton Rehabilitation Services provides care and support for people who have complex mental health needs and where previous placements have been unable to meet their needs. It is the largest rehabilitation service in CNWL NHS Foundation Trust with 96 beds.

**Ascot Villa** is a 15 bedded, mixed gender, adult inpatient rehabilitation ward at Horton.

The core team includes Consultant, Specialty Doctor, Ward manager, Deputy Ward Manager, Clinical Development Nurse, Staff Nurses, Support Workers, Psychologists, Activity Co-ordinator, Occupational Therapist, Art Therapist, Music Therapist, Sports Technician and Pharmacist.

## Ascot Villa before VdTMoCA

Difficulties experienced by the OT/Ward team

- One OT on the ward (0.6 WTE) with no OT support staff
- Frustrations with MOHO assessments – not sensitive to small changes, not directive in terms of intervention
- Lack of engagement from clients in current programme
- Challenging presentations of clients with complex needs
- Staff lacking a sense of satisfaction in their roles/practice
- Unrealistic expectations of clients
- Individual ways of working and no shared language



## Finding VdTMoCA

OT trained in VdTMoCA 2015

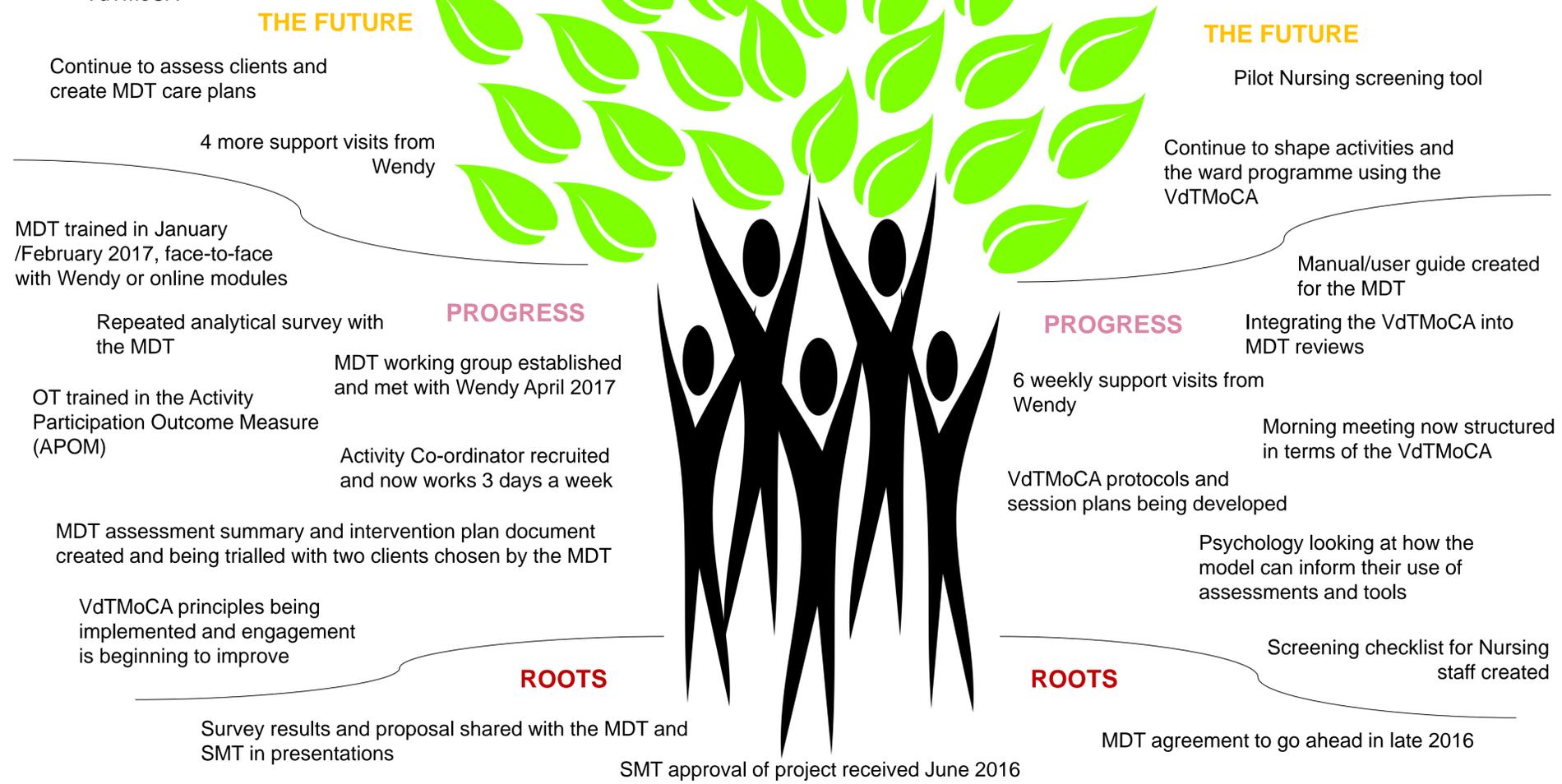
- OT started to implement principles into practice with some success
- OT felt lost on how to implement the model further, being the only person trained so discussed in supervision with Head OT
- Completed analytical survey with Wendy Feb 2016
  - Poor engagement across all levels
  - High percentage of service users have significant problems in all areas of daily living skills and behaviours but the programme did not address all of these areas
- Programme lacked opportunities to engage in constructive activity, unfamiliar activity and structured roles

## Ascot Villa with the VdTMoCA



Nursing staff dancing group to be reviewed in relation to the VdTMoCA

- Challenges**
- OT and Activity Co-ordinator only 3 days a week
  - Trained staff leaving and new staff not trained in the model
  - Activity co-ordinator not trained in the model
  - Shift patterns make it hard to disseminate information/discuss progress as a full team
  - Difficulties taking ownership as a team
  - Other projects going on in the service
  - OT is still the only OT trained in the model



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