The Patient Structured Day offers group initiatives in developing life skills for our in-patients.

AIM

The Patient Structured Day offers group initiatives in developing life skills for our in-patients.

DESCRIPTION

The LHSC In-Patient Mental Health Program consists of 74 acute care beds with average stays between 14 - 21 days. A need to enrich the in-patient experience was identified by nurses and occupational therapists resulting in the development of a patient centered initiative known as: The Patient Structured Day.

SUMMARY OF RESULTS

The Patient Structured Day is a fluid and measurable project. A journaling tool called, Crash My Stay, provides multiple journal options with Life skill strategies built into each exercise allowing patients to track their progress throughout the hospital experience. A built in discharge planning features offers proactive community reintegration.

Figure 2: Summary of patient attendance and comments for the Addictions Group.

<table>
<thead>
<tr>
<th>Month</th>
<th>Jan</th>
<th>Feb</th>
<th>Mar</th>
<th>Apr</th>
<th>May</th>
<th>Jun</th>
<th>Jul</th>
<th>Aug</th>
<th>Sep</th>
<th>Oct</th>
<th>Nov</th>
<th>Dec</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attendance</td>
<td>113</td>
<td>86</td>
<td>121</td>
<td>77</td>
<td>78</td>
<td>76</td>
<td>116</td>
<td>122</td>
<td>118</td>
<td>71</td>
<td>63</td>
<td>138</td>
</tr>
<tr>
<td>Number of groups/months</td>
<td>14</td>
<td>14</td>
<td>14</td>
<td>10</td>
<td>18</td>
<td>17</td>
<td>17</td>
<td>15</td>
<td>18</td>
<td>10</td>
<td>10</td>
<td>8</td>
</tr>
<tr>
<td>Number of participants/journal</td>
<td>5.6</td>
<td>4.2</td>
<td>4.6</td>
<td>4.1</td>
<td>4.5</td>
<td>4.5</td>
<td>6.3</td>
<td>6.3</td>
<td>6.6</td>
<td>7.3</td>
<td>7.1</td>
<td>7.7</td>
</tr>
</tbody>
</table>

SAMPLE RESPONSES TO CLIENT EVALUATION QUESTIONS

- Be open to getting help.
- Keep working with my doctor and support team.
- Attend a support group in the community.
- Attend more of these sessions.
- Be open to getting help.
- Contact Addiction Services of Thames Valley.
- Avoid contact with places and people who trigger me
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- Attend more of these sessions.
- Be open to getting help.
- Contact Addiction Services of Thames Valley.
- Avoid contact with places and people who trigger me.

Next Steps

Evolution of the Patient Structured Day: Fluid and Proactive

- Introduction of new documentation with built in tools to allow registered nurses and patients to develop an individualized plan of care that patients' needs, expectations and learning style at the one time study. Teams are responsible for meeting with the patient throughout the day to discuss and provide education with achieving individualized goals. This system is designed to facilitate discharge and carry on throughout the patient's entire care journey from hospital to community.
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- Due to bed shortages, admission mental health patients can remain in ED for 4 days before an inpatient bed becomes available in a month. In January 2014 "Crash My Stay" was initiated to include these patients. It allows designated to the unique needs of these patients and can be added to the journal in order to establish a connection between writing patients and the support program as an early on.
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- Mental health patients in ED will also be brought to the floor to attend groups. A dedicated registered nurse will be assigned to a team of patients in ED and mental health patients as a collaborative admission and documentation process will be continued.
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- The ultimate goal is to engage match the health care team and the patient early on, in order to create a positive therapeutic relationship focused on achieving optimal patient centered goals.