Northamptonshire Healthcare NHS
NHS Foundation Trust

Quantifying the impact of in-patient mental health occupational therapy services based upon treatment pathways and specific outcome measurement.

Sarah Wilson MSc, Northamptonshire Healthcare NHS Foundation Trust,
Professional Lead for Mental Health In-Patient OTs & Physios,
sarah.wilson@nhft.nhs.uk

Director of the VdTMoCA Foundation (UK)
sarahwilson@vdtmocaf-uk.com
@vdtmocaot @VdTMoCAFUK

VdT MoCA FOUNDATION (UK)

Many drivers of change such as:

Health and Social Care Act (2012)

Clinically led commissioning structures

CHALLENGES & OPPORTUNITIES

Competitive Marketplace

- Cost efficiency
- Clinical effectiveness
- Evidence based practice
- Consumer choice driving demand
- Demonstrating outcomes
- Ensure flexible service provision
- Quantify economic value
- Unique role of OT in recovery and rehabilitation

We must better market our **value** & **impact** on functional outcomes.

Originated in South Africa

Developmental framed practice model

Application to any setting or client group

Increasingly used in MH settings in UK

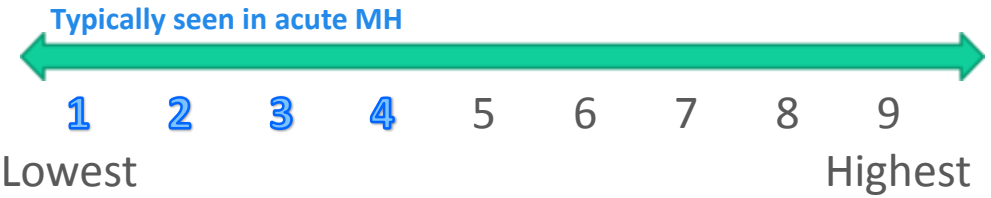
Creative ability develops in relation to four occupational performance areas:

- Social ability
- Personal management
- Work ability
- Use of free time

The Vona du Toit Model of Creative Ability (VdTMoCA)

9 sequential and interdependent levels of **motivation** and **action** (levels of creative ability)

Develop along a continuum



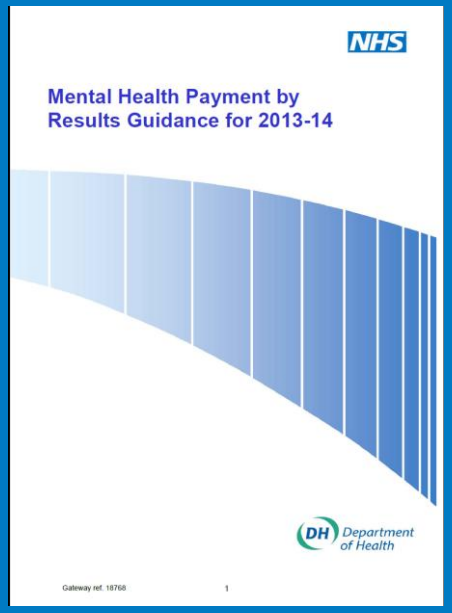
Growth occurs through **exploration**, **participation** and **mastery of challenges**– our role is to facilitate this.

Within each level there are three phases:

- therapist directed
- patient directed
- transitional

Detailed descriptors and treatment principles

Treatment delivery aligned with Mental Health PbR clustering



Funding provider Trusts based on needs of individual service users (removing block contracts for care).

- Allocating each service user to a classification system – cluster (21 in MH)
- **Agreeing what should be provided for people in each cluster.**
- Agreeing a price for each cluster based on complexity of need so providers can afford to deliver the agreed care.

- VdTMoCA - treatment principles and expected outcomes
- Aligned OT treatment using the VdT MoCAF with PbR clusters.
- Development of specific OT treatment packages.
- Helps with prioritisation and treatment goals as well as wider consideration of resources and prioritisation of care.
- EXAMPLES OF ALL TREATMENMT TEMPLATES CAN BE FOUND IN THE VdTMoCA FOUNDATION PUBLICATION *'The VdTMoCA: A practical guide for acute mental health occupational therapy' Sherwood, White and Wilson, 2015.*

Activity Participation Outcome Measure (APOM)

Developed in South Africa in 2010

Dr Daleen Casteleijn

- Valid and reliable routine outcome measure
- Based on creative ability theory
- Baseline occupational functioning
- Re-record at appropriate intervals and D/C
- Measures ACTIVITY PARTICIPATION!
- Score across 8 domains (52 items)

✓ Treatment planning and MDT understanding of individuals

✓ Service provision and effectiveness

Northamptonshire Healthcare NHS
NHS Foundation Trust

APOM Domains

Process Skills	Attention Pace Knowledge (x2) Skills Task concept Organising space and objects Adaptation
Communication and interaction skills	Physicality (non-verbal communication) (x 4) Information exchange (verbal communication) (x4) Relations (x2)
Life Skills	Personal care, hygiene and grooming Personal safety and care of medication Use of transport Domestic skills Child care skills Money management and budgeting Assertiveness Stress management Conflict management Problem solving Pre-vocational skills Vocational skills

Self esteem	Commitment to task or situation Using feedback Attitude towards self (x2) Awareness of qualities Social presence Self worth
Affect	Repertoire of emotions Control Mood
Role performance	Awareness of roles Role expectations Role balance Role competence
Balanced life style	Time use and routines Habits Mix of occupations
Motivation	Active involvement Motives and drives Shows interest Goal directed behaviour Locus of control

APOM
Activity Participation Outcome Measure

Occupational Therapy Report

Organisation Name: Northamptonshire Healthcare NHS Foundation Trust
Patient Name:
Patient Age:
Patient Gender: Male

Date Of Assessment: 2011/09/21
Date Of Admission:
Level Of Creative Ability: Self Differentiation

Assessment Detail

Process Skills

Adaptation	Engage in tasks to explore, needs prompting to anticipate or correct for errors but no learning from the consequences of errors.
Attention	Focuses attention for short periods, easily distracted.
Concept Formation	Basic knowledge of intrinsic properties of materials. Identifies elementary and combined concepts.
Organizing Space and Objects	Willing to explore with materials and tools but no intention to organize the workspace. Area to be structured by therapist. No attempt to restore workspace.
Pace	Inconsistent pace or task execution, slow or poor rate and poor accuracy.
Skills	Appropriate handling but poor maneuvering of tools. Uses tools and materials according to their intended purposes.
Task Concept	Beginning to understand the task and could identify with task. Will begin with a task but not able to plan logical order of the task independently. Task concept unconsolidated.
Tools and Materials	Poor selection and impulsive use of appropriate tools and materials for the task.

Communication/Interaction skills

Awareness of social norms	Fleeting awareness of others and no desire to form a relationship or adhere to social norms.
Establishing rapport	No interest to form rapport with others. Does not respond to the needs of others (might be aware of needs).
Exchanging information	Tries to communicate and exchange information but superficially and not always appropriate.
Expressing needs	Needs to express desires and refusals immediately and inappropriately.
Eye contact	Stares because of curiosity and seeking attention.
Initiating interaction and conversation	Does not initiate interaction unless for egocentric reasons.
Physical Contact	Avoids physical contact or makes inappropriate physical contact.
Using body to communicate	Poor ability to use body to communicate, sometimes aggressive behaviour.
Using gestures	Uses gestures excessively or inappropriately.
Using speech to communicate	Uses speech to communicate but usually incoherent and not able to modulate tone of voice or volume.

Lifeskills

Assertiveness	Puts own rights first, is unaware of others' rights and feelings, acts with inappropriate response e.g. either aggression or withdrawal.
Care of medication	Aware of need for medication but needs occasional reminders. Dependent on nursing staff or family for medication.
Child Care Skills	Does not care for children, usually under constant supervision or care.
Conflict Management	Handles conflict with aggression or withdrawal, often causes conflict without realising it.
Domestic Skills	Does not perform these skills, usually under constant supervision or care of others.
Money Management and Budgeting Skills	Does not handle money or do budgeting, usually under constant supervision or care.
Personal Care, Hygiene, Grooming	Needs physical assistance and super-vision for bathing, toileting. Eating usually untidy and messy.
Personal Safety	Needs constant supervision for personal safety.
Pre-vocational Skills	Begins to show some skills e.g. performing one or two routine tasks in the ward (making own bed), washing tea cups.
Problem Solving Skills	Is able to identify simple problems, no skills to perform other steps of problem solving.
Stress Management	Is unaware of own stressors, acts with aggression or withdrawal.
Use of Transport	Dependent on others for transport.
Vocational Skills	No vocational skills.

Role Performance

Awareness of Roles	Is unaware of roles.
Competency	Is able to perform one or two tasks of a role in the institution or ward under constant supervision.
Role Balance	Is unaware of role balance.
Role Expectations	Needs reminding of minor tasks of a role.

Therapist: Helen Carroll
Organisation: Northamptonshire Healthcare NHS Foundation Trust
Email: helen.carroll@nht.northants.nhs.uk
Tel: 01604 685509

APOM
Activity Participation Outcome Measure

Occupational Therapy Report

Organisation Name: Northamptonshire Healthcare NHS Foundation Trust
Patient Name:
Patient Age:
Patient Gender: Male

Date Of Assessment: 2011/09/21
Date Of Admission:
Level Of Creative Ability: Self Differentiation

Balanced Lifestyle

Habits	Inappropriate and destructive habits may be present e.g. begging, chain smoking, addiction to drugs, undesirable sexual activities. Is unaware of good habits.
Mix of Occupations	Preference to do as little as possible, unhealthy mix of occupations. Is unaware of meaning of being occupied.
Time Use and Routines	Is unaware of concept of balanced life style or time use. Person in institution that provides routines that structure time use automatically.

Motivation

Active Involvement	Puts in effort, willing to try out and present self. Effort usually ends abruptly and before activity is completed.
Goal Directed Behaviour	No signs of goal directed behaviour, participates in tasks with incidental action.
Locus of Control	External locus of control, egocentric and participates for rewards. Needs to experience success to engage in activity again, impulsive actions.
Motives and Drives	Egocentric motives, belonging and approval from selected persons drive the person to action.
Shows Interest	Shows interest in stimulation and activities, interest not sustained.

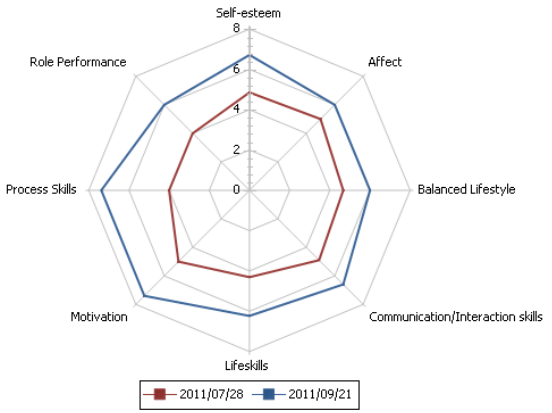
Self-esteem

Attitude Towards Self	Do not express an attitude towards self.
Awareness of Qualities	Self-pitying, timid, could express concrete characteristics about self.
Commitment To Task/Situation	Willingness to commit to some steps of a task and present self for a short period in a known situation.
Self Worth	Is unaware of self worth.
Self-assurance	Unpredictable changes in attitude and behaviour. ("I can't"-attitude)
Social Presence	Dependent on social acceptance and attention.
Using Feedback	Is unable to view feedback as means to improve self esteem, sometimes overreacts to minor positive feedback.

Affect

Control	Easily triggered, sudden outburst of emotions like anger or laughter, lacks control.
Mood	Unpredictable moods.
Repertoire of Emotions	Evidence of basic emotions e.g. satisfied or dissatisfied, enjoyment or anger, distress or apathy.

Admission Summary



Therapist: Helen Carroll
Organisation: Northamptonshire Healthcare NHS Foundation Trust
Email: Helen.carroll@nht.northants.nhs.uk
Tel: 01604 685509

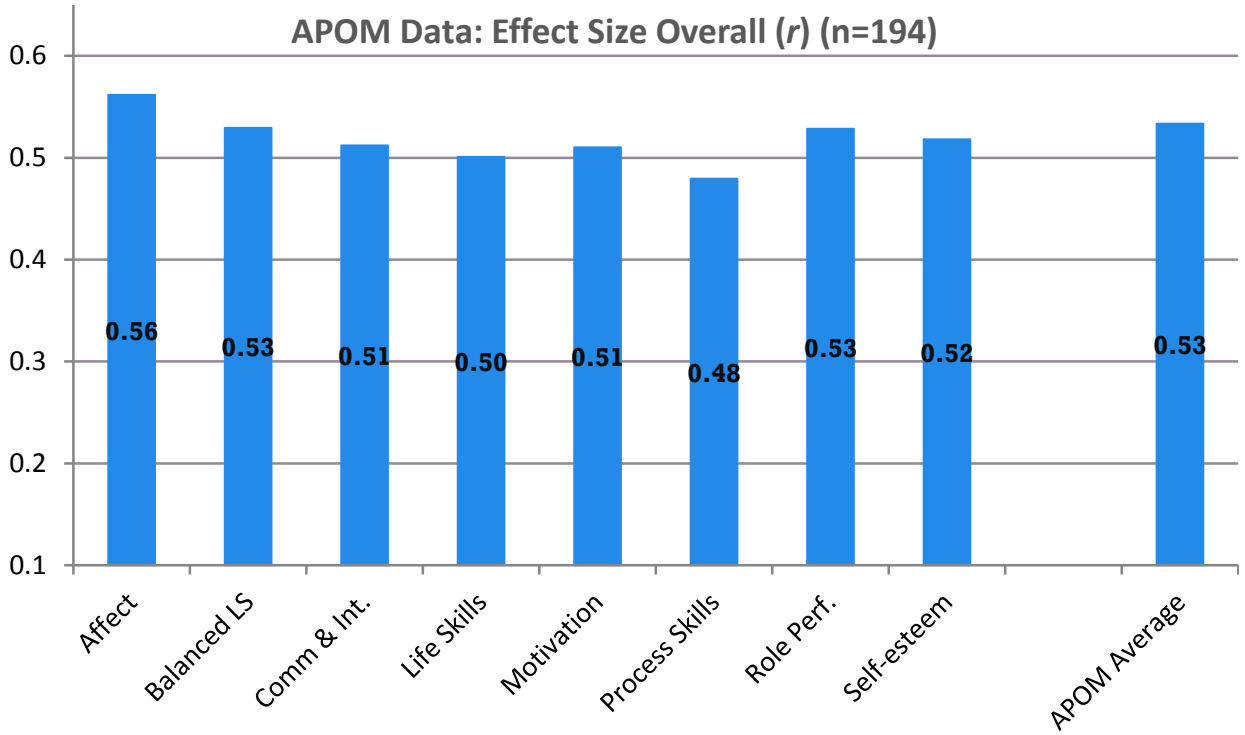
Measurement of change in baseline and final APOM scores

Effect size is the mean difference between the baseline and final scores divided by the standard deviation.

0.1-0.3 = small

0.3-0.5 = medium

Above 0.5 = large

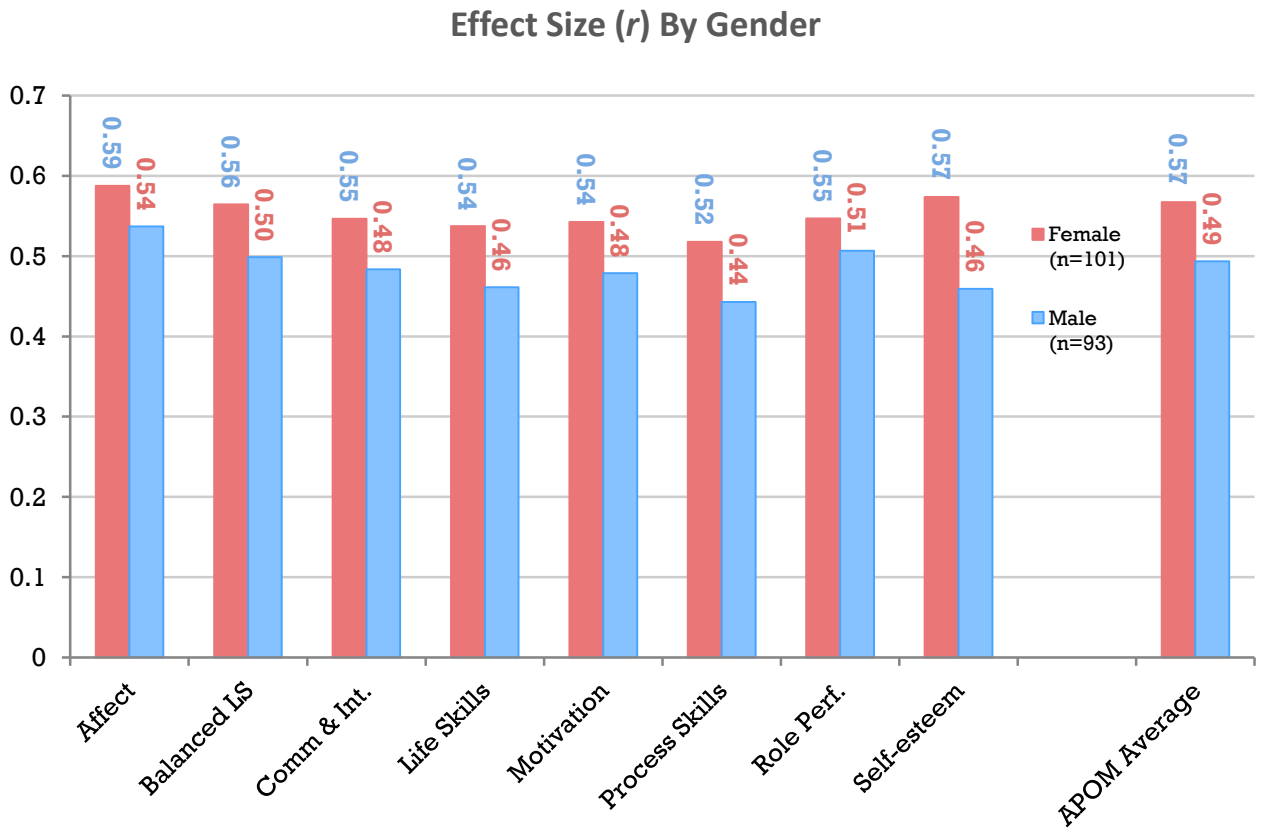


Northamptonshire Healthcare NHS
NHS Foundation Trust

Can compare by:

- Gender
- Diagnosis
- Ward / site / nationally

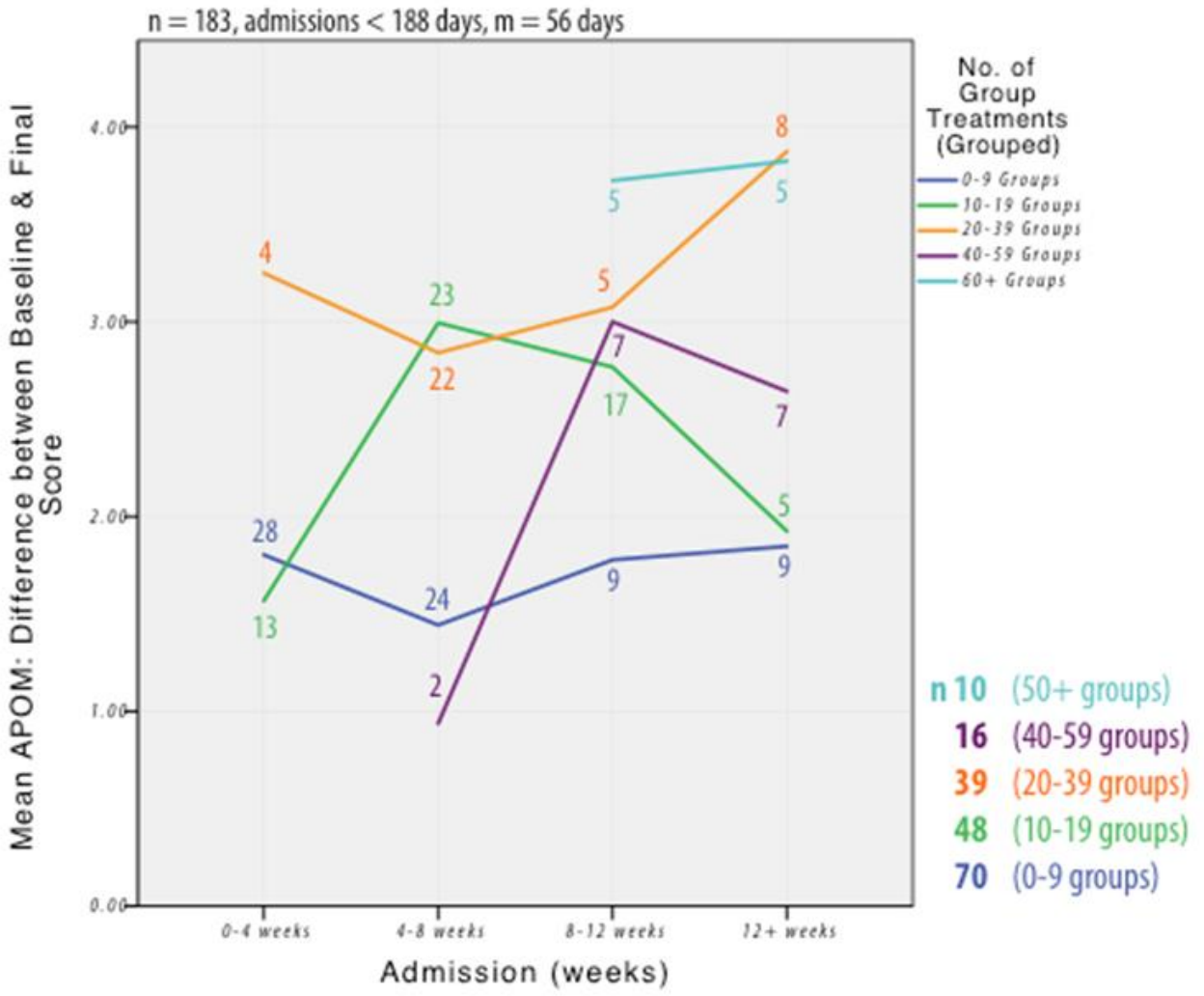
Provides additional evaluation of service delivery to guide future changes.



Northamptonshire Healthcare NHS
NHS Foundation Trust

Those that attended less groups (0-9 group session, n=70) ROYAL BLUE show the least improvement over the course of an admission.

Those who participated in 20-39 groups (n=39) ORANGE LINE showed the most consistent improvement in creative ability across all admission times.



Northamptonshire Healthcare NHS
NHS Foundation Trust

The VdTMoCA has enabled…

- More targeted and measured treatments
  - efficient use of resources
  - effective outcomes for individuals
- Specific OT service outcomes to begin to demonstrate effectiveness.

The future

- Development of shortened version of APOM with SA author 35 items (using from 1st April).
- Inter and intra-rater reliability study on use of the APOM
- Challenge – economic evaluation with defined costs associated with treatment pathways and outcomes.

Visit www.vdtmocaf-uk.com

For information and resources on the model, and open days hosted Northants Healthcare Trust (centre of excellence page).

APOM training October dates contact:

beth.white@nhft.nhs.uk

(participants MUST be using the VdTMoCA in practice)

Northamptonshire Healthcare NHS
NHS Foundation Trust