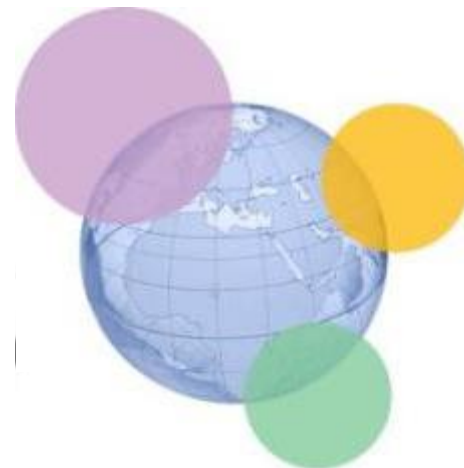




The influence of a new model of practice on the delivery, impact and value of OT within the MDT



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Would you like to...

- Better understand the occupational problems & needs of the population you serve?
- Design and deliver targeted treatment that more effectively and efficiently meets the needs of service users?
- Experience increased job satisfaction and confidence in your unique role?
- Improve MDT understanding of service users' functioning and OT intervention, as well as improve the quality of nursing contacts with service users?



+ 2009

OT staff struggling with understanding the occupational problems & needs of the population...

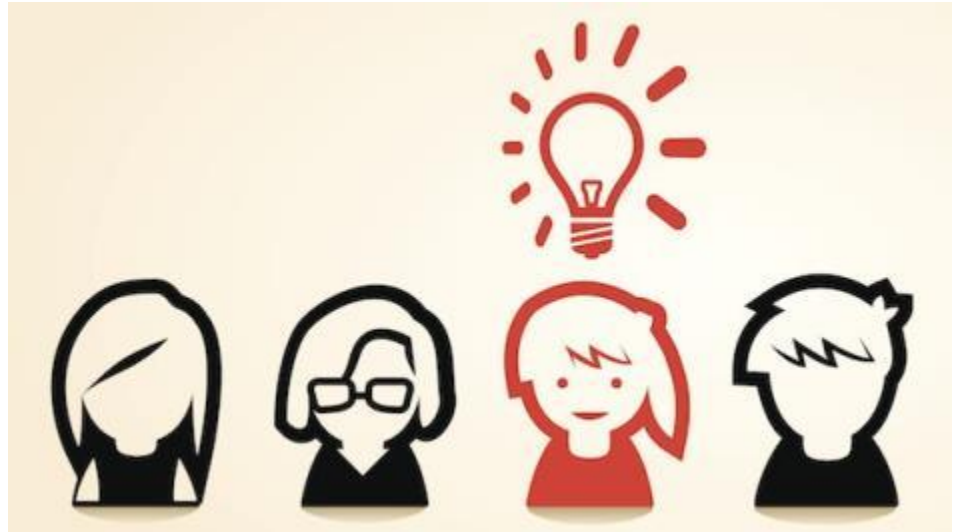
- Struggling with increasing complexity of presentation in acute MH setting – lots of people too unwell for OT on admission.
- Length of stay decreasing – pressure to work faster / smarter.
- Meaningful day set up with lots on (groups) to engage and occupy.



+ 2009

OT staff struggling with delivering targeted treatment that effectively and efficiently meets the needs of service users...

- Assessment process not suited to setting.
- Care plans sporadic, poorly written, not targeted / realistic to setting.
- Groups not always successful.
- Variation between therapists.
- Vulnerability - unable to produce outcomes / evidence.



+ 2009

OT staff struggling with
job satisfaction and
confidence in OT role...

MDT support and
engagement...

- Busy and overloaded – effectiveness measured by quantity.
- Value by MDT – generic tasks / occupying.
- Lost confidence and direction with role.
- Nurses viewed groups and activities the realm of OT only.
- OT not well integrated within MDT.

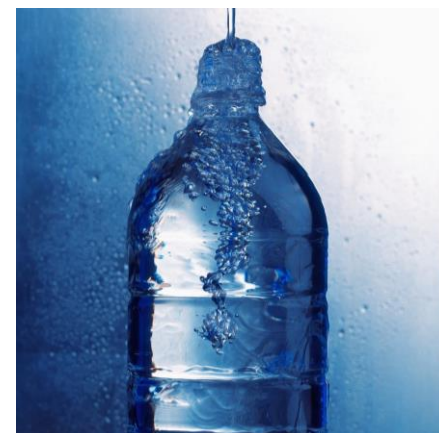




Eureka Moment!

The VdTMoCA is a practice model that enables therapists to facilitate the recovery of motivation and occupational performance with understanding of doing and becoming: the term creative relates to one's ability to change in response to life demands – the creation of oneself.

Vona du Toit
Model of
Creative Ability
Training for 30
OT staff in
December 2009



A route forward...

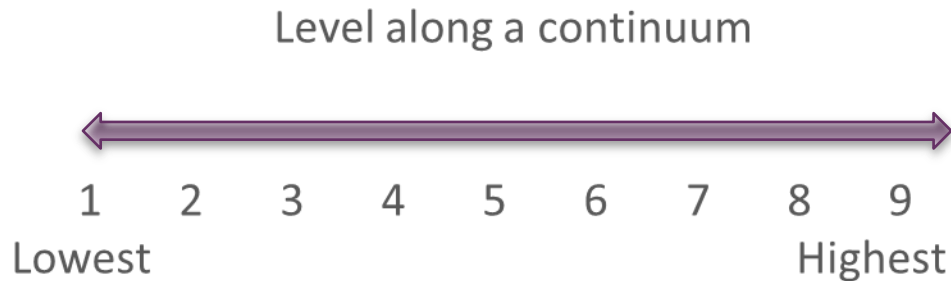
+ Vona du Toit

Model of Creative Ability (VdTMoCA)



9 Sequential levels of occupational performance based on **motivation** with corresponding **action** – levels of creative ability:

First 4 levels are usually seen in acute MH settings.



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



+ Unique Benefits of the VdTMoCA

Assessment is based on activity and observation (familiar and unfamiliar tasks).

Detailed descriptors and guidance for treatment.

Ability to start targeted Ax and Rx from day 1.

Each level has 3 phases (therapist directed, patient directed, transitional).

Charting of small changes and planning of interventions to elicit change towards next phase and level of functioning.



+ Analytical Survey Process - Understanding the population needs

Pre VdTMoCA

2/3 had poor functioning in self care, not being addressed within OT.

We didn't see individuals at level 2 (17%) - 'too unwell for OT'.

Individuals at level 3 (55%) had poor attendance to OT (coming to less than 23% of groups).

28% of patients were functioning at a higher level (level 4) and were who the treatment group programme appeared to be targeted.

Lots of groups being provided BUT 80% of groups <35% attendance.

1 year later

68% with self care needs were receiving active OT treatment (1:1).

100% of individuals at level 2 had specific, targeted Ax and Rx from day 1.

83% at level 3 were engaged in OT. 64% attended over ½ of suitable treatments.

Individuals at ALL levels of functioning had treatment provided in a suitable format, setting and frequency to enable change and improvement.

Majority of groups had a 50-75% attendance. 21% of groups had a <35% attendance.

+ OT staff satisfaction post implementation of the VdTMoCA

67% felt both their Job Satisfaction and Confidence had **greatly** Improved,
33% felt that both their Job Satisfaction and Confidence had Improved.

“I have a clear understanding of what my role is in this setting. I am able to explain to others with confidence what I am doing and why”

“Using the VdT MoCA has enabled me to become a more focused and confident practitioner who feels excited about taking these skills forward in order to benefit the whole service as well as myself as a life long learner.”



+ MDT Impact

Service User Surveys areas for improvement include:

- Nurses spending more time with service users.
- Improved communication between nurses and service users.
- Improved access to activities particularly at weekends and evenings.

*? Due to skills and confidence in facilitation of activities
? Lack of understanding of value of therapeutic contacts*

Nurse link project for 6 months:

88 % felt it had a positive impact on their therapeutic skills

87% felt confident in co-facilitating treatment sessions

95% felt it had a positive impact on their confidence in using treatment approaches

100 % were glad they took part in the experience





“I am going to spend more time in the communal area with patients”

“I am now better equipped in terms of knowledge and awareness of patients potential and needs”

“I feel able to do sessions in the evenings on the ward”

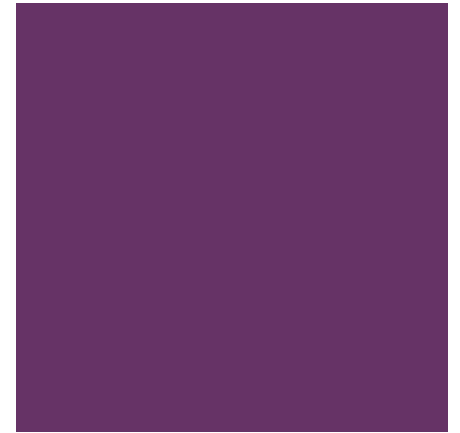
“I have learnt there are lots of therapeutic activities that we can carry out with our patients”

“I have learnt the value of team working”

“I now understand that patient care should be individualised and not just based on diagnosis”

“I would like to run relaxation sessions in the evening”





- +
- Understand the occupational problems & needs of the population...
- Deliver targeted treatment that effectively and efficiently meets the needs of service users...
- Positively impacted on OT staff satisfaction and confidence in their role...
- Improved MDT working and skills...



- Lead the UK development of the model
- International collaboration with experts
- Develop and direct a research strategy
- Network VdT MoCA trained clinicians and researchers
- Allocate awards and grants
- Support publication

CIC

6 Directors

VdT MoCA
FOUNDATION (UK)





Any Questions?

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Further Information:

Wilson and White, Aug 2011 OT News '*The Journey to service redesign*'.

Wilson and White, April 2012 OT News '*Understanding the needs of service users*' - analytical survey process

Website:

www.vdtmocaf-uk.com

Centre of Excellence open day

15th October 2015 still has places.

Contact : sarahwilson@vdtmocaf-uk.com