

The Use of Personal Management Activities as Treatment and Skill Building Tools in an Acute Inpatient Setting

How we started the ball rolling:

- Vona Du Toit's Model of Creative Ability (VdT MoCA) was implemented within the occupational therapy service at Berrywood acute in-patient hospital. Benefits of introducing skill based training for individuals functioning at the self-presentation level was considered across the male and female treatment wards.
- Assessment processes were used to identify individuals exhibiting levels of motivation and the capacity for exploration and constructive action required for positive learning outcomes at this level of treatment. Sessions were developed and structured to meet the requirements of the VdT MoCA treatment principles.



What we did:

- A protocol was developed outlining the treatment aims of the level; length of each session; number of participants; preparation; introducing the session, the task itself, and the end of the task. From this outline **"Looking After Yourself"** treatment sessions were planned with simple practical activities and statement and question prompts.
- Cue cards were produced for the therapist to use when conducting each session and time was factored in to complete appropriate practical demonstrations such as using the washing machine or basic ironing techniques.
- So far we have completed the following skill training sessions: self-care (incorporating basic principles and investigation of self-care products), clothing management (discussion/questions and investigation of laundry products) and practical clothing management (incorporating use of the washing machine, tumble dryer and iron/ironing board). Session themes can be repeated to introduce new concepts and reinforce skills.
- These structured sessions are complemented by individual personal management treatments up to three mornings per week between 8-9am. This offers opportunities for individuals to *'try out'* newly acquired or previously learned skills with support.
- We use the ward based 1:1 personal management treatments to bring to the attention the relevance of personal management to other individuals who would also benefit from engaging in treatments.

Observed outcomes:

- Overall the structured sessions have been well received and within the safety of a closed group, individuals have been willing to share experiences and admit to an often lifelong lack of skills in areas of personal management.
- Where skills have been present previously, the opportunity to reinforce or expand on these skills has been welcomed.
- Treatment is being provided to over two thirds of service users who are assessed as having personal management needs.
- It has been observed that participating individuals are more likely to attend other level specific sessions from the occupational therapy treatment programme.
- It is hoped that following the success of the introduction of personal management treatments, a research project will be conducted to investigate the relevance of this type of skill training in the acute in-patient setting.

Helen Carroll: Occupational Therapist

