

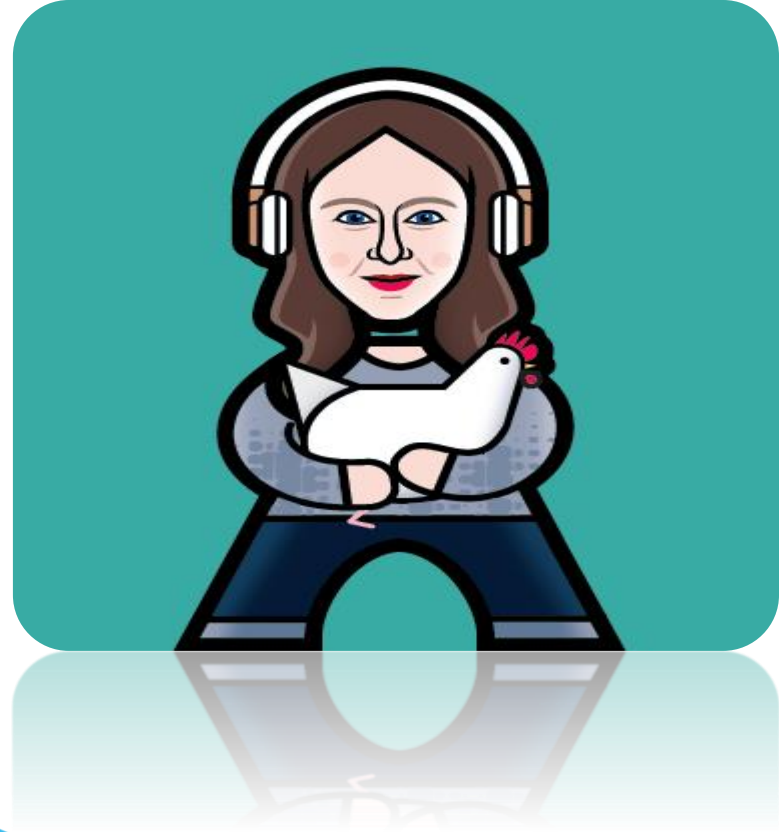
#hospitalweartocare

Hospital Wear To Care is a legacy campaign originally devised by a young patient, Lilya Coleman Jones.

Based on her own experience, as an autistic young person, Lilya wanted to help others by reducing anxiety caused by noise when in hospital.



**Nottingham University Hospitals
NHS Trust- Giles Matsell, Head of Equality, Diversity &
Inclusion**



Ward E39

E39 is a Children's and Teenagers ward for patients receiving cancer treatment. The ward has a range of facilities such as a play area, teenage room, inpatient beds, a day care unit and facilities for parents.

A young patient, Lilya Coleman Jones was being treated on the ward. As an autistic young person, Lilya was affected by the noise and identified that this was coming from the televisions.

Although the televisions had recently been installed, the design (with speakers at the back) and how they were placed (high up and angled) meant noise bounced off the walls into neighbouring bays.



Autism

Many people on the autism spectrum have difficulty processing everyday sensory information. Any of the senses may be over- or under-sensitive, or both, at different times. These sensory differences can affect behaviour, and can have a profound effect on a person's life.

Too much information can cause stress, anxiety, and possibly physical pain which can result in withdrawal, challenging behaviour or 'meltdown'.

When an individual is in hospital receiving care this can be a scary experience especially for a child, in addition if a patient has autism this can make the experience even more overwhelming with the change in environment and sensory stimuli.



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Family and school friends of Lilya had been fundraising in support of her for the NUH Hospital Charity and it was Lilya's request that the generous donation was used on E39 to help make the ward more autism inclusive.

It was her idea to use the funding to provide headphones and splitters (so that families could watch things together).

Thanks to the generous donation, we were able to procure headphones, splitters and posters asking patients and their families to use headphones if possible.



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Each pair of headphones is new and is for the patients to keep. They are given this with a small flyer on why we are doing this (Lilya's Legacy).

The provision makes the patient experience more comfortable for all patients, due to the reduction in noise, and especially for children and young people on the autistic spectrum as it helps reduce the sensory stimulation.

In addition, a central consideration of this project is sustainability and environment – and to that end, encouraging patients to bring their own headphones if possible.



Autism-Friendly Ward

Thank you for your support in helping to keep our ward Autism-Friendly.



These headphones have been purchased thanks to a generous donation made by the family and friends of Lilya Coleman Jones. A special thanks to Adam and Leo for your fundraising efforts.



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We liaised with Helen Jones, Lilya's mum at every step of the way regarding their wishes.

We also commissioned an Autism Awareness Audit on ward E39 undertaken by Autism East Midlands. This was extremely valuable as the audit highlighted many good practices that the ward was already doing to make the environment autism friendly.

However, it also highlighted that there was one particular noise which could cause difficulties for autistic children and children with hypersensitive hearing and that was the noise emanating from the television sets.

Due to the nature of the televisions they have the audio speakers to the rear of the screen. As there are four television screens situated back to back this had an echoing effect and could cause difficulties for autistic children. They recommended the use of headphones and splitters to diminish these effects, as had been realised by Lilya.



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- Following the autism audit we liaised with ward E39 re the findings to highlight where best practice had been identified and where we could improve.
- We worked with Nottingham Hospitals Charity to utilise the funding that had been raised by Lilya's family and friends to procure the headphones and splitters.
- Communication was essential with this campaign and we designed posters and leaflets to highlight what the campaign was about and we worked with our communication team to share the initiative widely. Badges and Twitter have been key to promoting the campaign.
- BBC East Midlands Today visited ward E39 to talk to beneficiaries of the campaign.
- The initiative has been fully supported by the ward manager and the staff have embraced the project, supporting patients when coming in and helping when requests for headphones have been made.



Outcome and Next Steps...

The project has ensured that ward E39 has created a more inclusive environment for all patients accessing our services. The ward supports families when their child/relative is going through cancer treatment which can be an incredibly difficult time.

The ward team creates a family friendly environment with TV's, games and a homely atmosphere to ensure patients and families who have to sometimes spend a considerable amount of time at the hospital with a comfortable environment.

With the addition of posters which highlight awareness of autism and also the availability of headphones/splitters and encouraging people to bring their own headphones in this maintains the same family friendly environment however also makes the ward more comfortable for people who have autism and their families. The splitters allow families to watch a programme together but provides a quiet space to other patients.

Since then, Lilya's mother, Mrs Helen Jones has been working hard to try and get the campaign taken up nationally. To date, there are now 5 hospitals on board, with a challenge set to have 20 hospitals signed up in 2020.

Please do consider being part of this campaign



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