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Bwrdd Iechyd Prifysgol
Abertawe Bro Morgannwg
University Health Board

Self Management Group

Caswell Clinic
Glanryhd Hospital
Pen-y-Fai
Bridgend
South Wales

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Caswell Clinic

- Caswell Clinic is a Forensic Medium Secure Unit serving a population of 1.8 million in South, Mid and West Wales.
- It is a purpose-built unit, built in 2004, with a capacity of 60 beds located across 5 functional units. The Clinic is part of the Mental Health /Learning Disability Directorate in the Abertawe Bro Morgannwg University Health Board and is sited in Bridgend, South Wales.
- 235 staff are employed in the clinic. The aim of the Caswell Clinic is to provide inpatient and outpatient care for adult men and women who suffer from mental disorders and who have either offended or are at risk of offending.

Mental Health Measure (Wales)

- The introduction of the Mental Health (Wales) Measure 2010 offered individuals legal rights around their Care and Treatment plans.
- The Mental Health Measure placed duties on Mental Health service providers regarding the preparation, content, consultation and review of holistic, recovery-focused Care and Treatment Plans.
- The Self-Management Group was formed as an innovative project to help patients understand the Care and Treatment Planning process and achieve a greater involvement in their own care and treatment.

Self Management Aims

- As a service the focus is to move towards patients being much more involved with the creation of their own plans, and as such we need to provide them with the necessary skills to do so.
- The aim of the group is to inform people about the Care and Treatment Plan and promote patient involvement in the process.
- The group is intended to empower those who participate in it to feel more able to contribute to writing their own plan and increase patient confidence in collaborating with care co-ordinators and other services.

Self Management Group

- The Self Management Group is led by Occupational Therapists and Nursing staff.
- Initially the group focused upon individuals on the discharge pathway however, it quickly became apparent that the group was suitable for most patients in the clinic.
- The groups are small in number with a high ratio of staff support to ensure that information is delivered at a level that suits the individual.
- Participants are required to attend and engage in a series of workshops and complete an accredited workbook.
- Participants are encouraged to explore different aspects of their lives, identifying potential problems and exploring possible solutions in order to move forward in a positive way.

Course Selection

- Participants are selected through consultation with clinical teams and individual patients.
- Inclusion criteria includes; capacity to consent, approval of the clinical team, the patient being mentally well.
- A course workbook has been designed to be implemented over a period of 8 weeks. Participants are required to attend the weekly sessions and complete tasks accredited by Agored Cymru.
- A rolling programme of participants gives the opportunity for all patients within Caswell Clinic to take part.

Course Information

- The Self Management Group utilises a hands on learning approach and uses patient and facilitator feedback to inform the continued development and structure of sessions.
- There is a relaxed informal nature to the sessions which encourages patients to participate, learn and develop both skills and understanding.
- Patients need to be at a stage on their recovery pathway which allows them to look towards the future and goal set in a realistic and achievable manner in order to maximise their gain from the group.

Key Learning Points

- It's important to understand the needs and general abilities of the group participants and take into account the mix of personalities.
- Provide 1:1 support when required in the group and outside. Consider the environment and plan using differentiated learning resources. Keep group numbers small.
- Continually gain feedback, adapt the group and resources according to the feedback and evaluations.
- Communicate and share information with facilitators involved in other group projects, perspectives from other disciplines can be very informative.

Outcomes

- Feedback from patients has been gathered both informally and formally during the run of the course and at its conclusion. Written evaluation forms were completed at the end of the workshops to provide summative data and a written reflection from each patient has provided quantitative data.
- Outcomes from the group are still being collected. A research project involving patients who have completed the Self Management Course has gained ethical approval and patient interviews are ongoing at present.

Impact of the Group

- As a result of attending the course, patients have become more involved in the Care and Treatment Planning process.
- The group has raised awareness amongst the patients at Caswell Clinic about the contents of Care and treatment Plans, particularly with regard to individual **relapse indicators**.
- During the running of the group it became apparent there was a deficit in patient's knowledge in some areas and this has been addressed by those who support patients with their plans.

Future Plans

- Future plans are to continue with the evaluation and feedback process and to use feedback from both patients and facilitators to inform future Self Management Groups.
- The use of resources to supplement the learning process is particularly important and the variety of resources used is subject to the feedback obtained.
- Continue to adapt the learning resources, such as workbooks, laminated information cards, quizzes and case study examples, to suit each cohort and individual abilities.

Future Plans

- Feedback obtained so far has helped to identify that individual support for patients is very important and the maximum numbers for the group need to be decided by the number of facilitators/support staff available.
- Continue to promote a multi- disciplinary approach to facilitating the group and the follow up research project. This will help to ensure the continuation of the project and provide a diverse perspective.
- There are plans to support implementation of the group in the low secure service and throughout recovery and rehabilitation services within the health board.

Thank You

Self-Management:

Care & Treatment Planning

