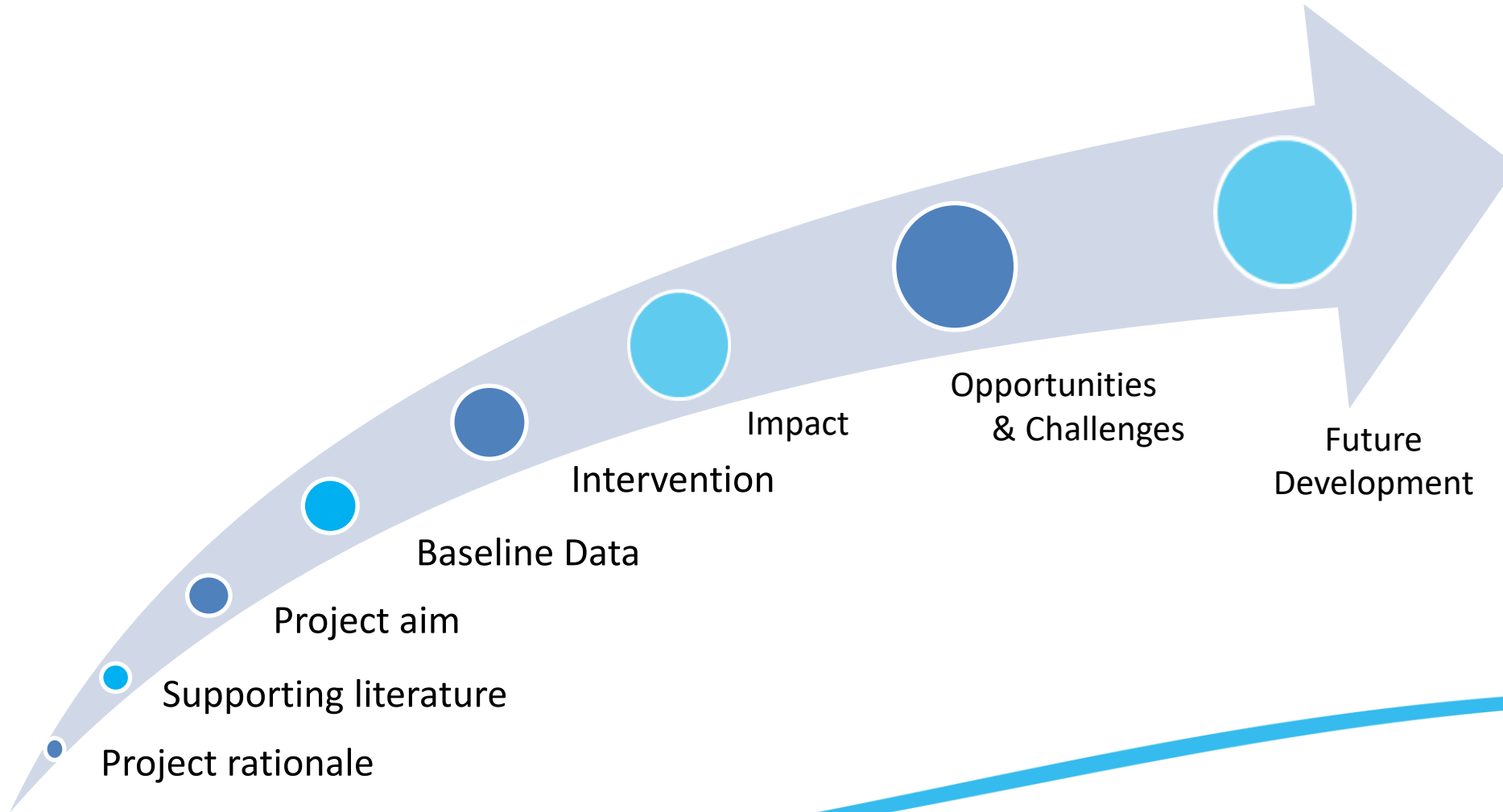


Healthcare of Older People Shared Governance Council Radio Project

Nottingham University Hospitals NHS Trust
Environment of Care: PENNA Shortlist 2023

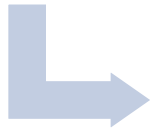
Grace Perez de Albeniz Bryson (Council Chair, Senior Physiotherapist)
& Kathryn Hourd (Council Secretary, Healthcare Assistant)

Objectives



Project Rationale

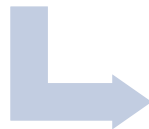
Conventional process mapping to highlight the current care pathway of patients admitted to HCOP wards



Understand a patient's journey from a biopsychosocial perspective



Patients had a high risk of social isolation and boredom



A need identified to implement measures to reduce stress, provide cognitive stimulation and entertainment to their patients

Supporting Literature

Music has a well-documented capacity to evoke pleasant memories, reduce situational anxiety and improve mood.

Creative Music Therapy in acute hospital setting shown to have statistically significant positive change in constructive and passive engagement

(Cochrane Review, Cheong et al., 2016)

The value of music helps in the well-being of people, in social relationships, in improving mood, in reducing anxiety and aggressiveness.

Music therapies delay the onset of cognitive decline in older people, as well as helping those who already suffer from it.

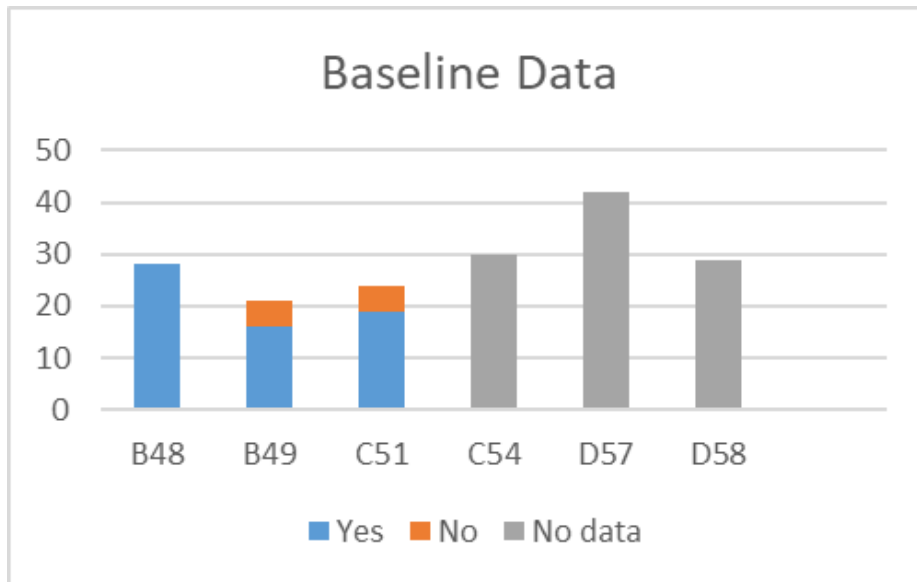
(González-Ojea et al., 2022)



Project Aim

To provide each patient bay, and side room on the wards, with access to a custom-built radio.

Baseline Data



- Across a two-month period, patients were given a copy of the NHR programme schedule and asked if they would like access to a radio that connects to NHR during their stay.
- Patients expressed the need for generation specific music, as they were unfamiliar with, or did not enjoy, current popular music played on the majority of radio stations.

Intervention

- Stakeholder engagement
 - Senior Leadership Teams
 - Divisional Leads
 - NUH Radio Volunteers
 - Estates
 - NUH Arts Coordinator
 - Infection Control
 - Patients & Families
 - NUH Charity
 - NUH Trust Financial Advisories
 - NUH Graphic Design Team
 - MDT Staff
- NUH Radio Volunteer, Steve Coulby, liaised with UK and USA suppliers to source radio parts to make custom-built radios
- Initial fundraising – Council member ran 10km, raising over £300, in interim of successful NUH Charity funding bid
- Slow stream allocation to HCOP wards



Impact

Quantitative Data

Patients completed a mood assessment before and after listening to the NHR radio show.

98% of respondents gave higher ratings for the feeling 'entertained'

54% of respondents gave higher ratings for the feeling 'happy'

45% of respondents gave higher ratings for the feeling 'calm'

Qualitative Data

Patient Anecdotes

"Makes for a fun and relaxed setting"

"Makes me feel less lonely in a side room"

Staff Anecdotes

"I enjoyed hearing the variety of different genres"

"The show is inclusive for both staff and patients"

Opportunities & Challenges



Opportunities

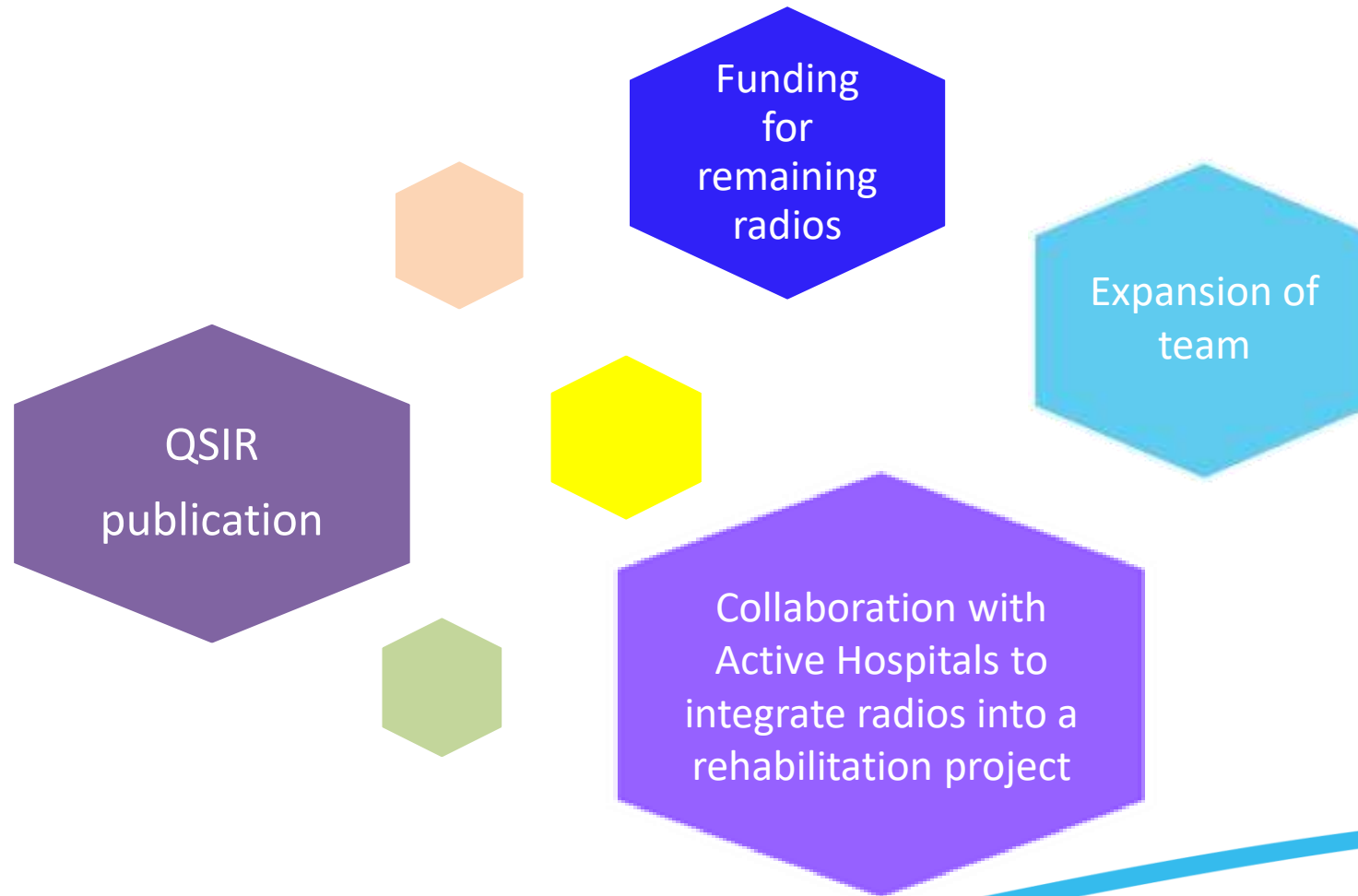
- Personalised patient song requests
- Increased patient engagement in NUH radio programme
- Positive responses from patient & family surveys
- Opportunity for collaboration with other projects and local community – local school choir
- Patients' families impressed to fundraise for project
- Visibility - twitter



Challenges

- Reduction in council size from 20 to 3, impacting slow stream of implementation.
- Equal council representation
- Radio defects
- Time management; balancing non-clinical project time with busy acute geriatric wards

Future Development





Thanks for
listening!