

**Mental Health Services 2010**  
**Inspection of Mental Health Services**  
**in Day Hospitals**

|                                 |   |
|---------------------------------|---|
| <b>DAY HOSPITAL INSPECTED</b>   | Birr  |
| <b>EXECUTIVE CATCHMENT AREA</b> | Kildare, West Wicklow, Laois, Offaly, Longford, Westmeath |
| <b>HSE AREA</b>                 | Laois/Offaly  |
| <b>CATCHMENT AREA</b>           | Offaly  |
| <b>CATCHMENT POPULATION</b>     | 35,000  |
| <b>LOCATION</b>                 | Birr  |
| <b>TOTAL NUMBER OF PLACES</b>   | 15  |
| <b>DATE OF INSPECTION</b>       | 31 March 2010   |

## Details

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### Service description

The day hospital at Birr accepted service users from the Birr sector and was open Monday to Thursday, 0930h to 1730h, and on Fridays from 0930h to 1630h. It was located in a former convent in Birr town. Recent refurbishment of the building had resulted in more space becoming available for use by the staff in the day hospital.

Part of the building was used as a day centre but the two units operated quite independently, apart from a few shared activities. The day hospital had the use of a bus to enable service users to be transported to and from home as the catchment area was quite rural.

An advocate for mental health services attended the day hospital fortnightly. There was a very active Mental Health Association in Birr which was involved in fund-raising, providing holidays and parties for service users.

### Premises

| CHECKPOINT   | RESPONSE |
|--|----------|
| Is the premises part of a psychiatric hospital?                  | No       |
| Is the premises an independent building?                         | Yes      |
| Is the premises purpose built?                                   | No       |
| Is the premises accessible by public transport?                  | None     |
| Are the premises the sector headquarter located in day hospital? | Yes      |
| How many activity rooms are there for service users?             | 3        |
| How many service users are attending?                            | 15       |
| Is there a facility for providing hot meals?                     | Yes      |

### Referral procedure

Referrals come from general practitioners, the psychiatric liaison service in the General Hospital, Tullamore, and from the approved centre in the Department of Psychiatry, Portlaoise. Referrals were discussed at the weekly team meeting and placed on a waiting list. A letter was sent to service users informing them they were on the waiting list. Urgent referrals were seen either at the day hospital or referred to the Department of Psychiatry in Portlaoise General Hospital. New patient clinics were held fortnightly.

### Staffing levels

| POST                                  | NUMBER WTE   | SESSIONS PER WEEK |
|---------------------------------------|--|-------------------|
| Consultant psychiatrist               | 1  | 4-5 per week      |
| Nursing staff                         | CNM3 x 1<br>CNM2 x 1<br>Staff Nurse x 1<br>CPN x 1 | Full- time        |
| Non consultant hospital doctor (NCHD) | 2  | 3 per week        |
| Occupational therapist                | 1  | 4 days per week   |
| Psychologist                          | 1  | 4 days per week   |
| Social worker                         | 1  | 4 days per week   |
| Activities therapist                  | 0  | 0                 |
| Other – Art Therapist                 | 1  | 1 day per week    |
| Substance Misuse Counsellor           | 1  | 2 days per week   |
| Cognitive Behavioural Therapist       | 1  | 1 day per week    |

### Range of services provided

The services in the day hospital were generally provided on a one-to-one basis, by nursing staff, although groups were held once a week in 'Solution for Wellness'. At times, the service provided groups in anxiety management and self-esteem building. There were facilities for individual work with the psychologist, occupational therapist and social worker. All nurses were trained in Venepuncture and took bloods for Clozaril monitoring.

Integrated multidisciplinary care plans were not in operation in the day hospital, but it was expected that the care plan which was in use in the Department of Psychiatry would be extended to the day hospital in the future. There were integrated care plans for service users in the rehabilitation sector. Domiciliary visits were carried out if necessary.

### Service user input

A questionnaire was given to new service users to establish what interventions they would find helpful. Each service user was provided with guidelines on the day hospital describing its function and facilities. Community meetings were held approximately two/three times a year. The advocate for the catchment area attended every fortnight.

**Quality initiatives in 2010**

- Refurbishment of the building had been carried out.
- An audit of out-patient files was conducted with a view to determining the needs for each service user. As a result, the numbers attending out-patient services was reduced from 340 to 276.
- Work had commenced on developing integrated care plans.
- New groups had been set up in the day hospital, such as Hearing Voices Group and the Family Support Group.

**Diagnoses (all attendees in past month)**

| <b>DIAGNOSIS</b>                        | <b>NUMBER</b> |
|---|---------------|
| Affective disorders                     | 5             |
| Psychotic illness                       | 7             |
| Anxiety disorders                       | 1             |
| Addiction disorders                     | 0             |
| Personality disorders                   | 1             |
| Other – No psychiatric illness          | 1             |
| Average length of stay (number of days) | 6-10 weeks    |

### **Operational policies**

The policies in operation were those of the catchment area services.

### **Planning**

The service had a plan to extend the services since the availability of further space in the building. It was felt that this would facilitate earlier discharge of residents from the approved centre.

### **Conclusions**

The day hospital in Birr was well located in the town, serving a catchment population of 35,000. Most of its activities were nurse-led and nurses provided individual sessions for service users as well as groups in anxiety management, 'Wellness' and personal development.

Whilst the service used nursing care plans, there was a plan to introduce the multidisciplinary care plans being used in the approved centres.

The service was fortunate to have extensive space available in the day hospital and there was a plan to extend the range of services available to service users as a result. There was a clear policy of not retaining service users in the day hospital for long periods and the service had recently completed an audit of out-patient attendees.

### **Recommendations and areas for development**

1. All case notes should be integrated.
2. Multidisciplinary care plans should be introduced.