



doorways

Delivering opportunities for recovery

Issue 1 - Spring 2009

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Thank you!

We visited your ward for the first time in March and April 2009. Thanks to all of you who completed the measures and made us welcome.

Q How many people took part in data collection so far?

A 227 in total—including 124 staff and 103 service users.

We'll be back in September!

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Welcome

The Doorways project began collecting data in March 2009. We will introduce innovative, evidence based therapeutic activities to eight acute mental health wards across Southwark and Croydon.

Our aim is to investigate in detail the difference that increasing therapeutic activities makes to inpatient ward environments.

To fulfil this objective, we want to learn about staff and service users' views of eight acute inpatient wards: Ruskin, John Dickson, ES2, JBU and DB2 in Southwark; Alex Ground Floor, Foxley Lane and Gresham 2 in Croydon.

This groundbreaking project will continue collecting data for two years. Two wards will be able to choose from a menu of therapeutic interventions every six months. Staff on those wards will then be trained and supported to implement these during the study period.

Measures of staff and service user views will be collected from each participating ward every six months. Taking part is simple, involves talking with researchers and answering questions about your experiences on your current ward,

Most people find it stimulating and thought-provoking, we hope you will too.

Who are the team?

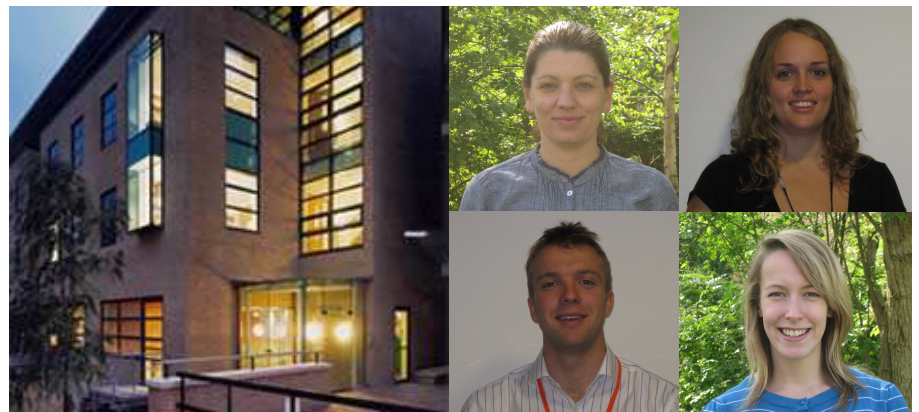
Our team are based at the Institute of Psychiatry, Kings College London.

There are over forty people working on Doorways including clinical advisors, statisticians, researchers, and training facilitators. The chief investigator for the project is *Professor Til Wykes*.

We work in partnership with SLaM NHS Trust who have given their full support to the project.

You are most likely to meet the following research workers (*pictured below*):

Ann Wood, Hannah Kelland, Doug Pearman, and Helen Glossop.





Randomisation

The first two Doorways wards to receive the interventions were randomly selected in April. The successful wards were Gresham 2 (Croydon) and ES2 (Southwark). Congratulations!

Gresham 2 and ES2 have both selected staff training in Hearing Voices and Coping with Stigma. Gresham 2 opted for Problem Solving, ES2 have chosen Relaxation and Sleep Hygiene.

Additional interventions will be provided to each ward, including Medication Education and CIRCUITS (see below), in total approximately 7 sessions per week.

The remaining six wards will receive the interventions in the next 18 months.

Q. Why randomise the wards?

A. To help ensure any outcomes are due to the changes we make.

Therapies available

There are a number of exciting interventions to choose from, for example:

CIRCUITS

Cognitive Remediation Therapy (CRT) is a psychological treatment to help people improve thinking skills such as memory and concentration. A computerized version has now been developed for patients with a diagnosis of schizophrenia (CIRCUITS), which allows patients to practice these skills in a virtual world. [see screenshots, left]

Achieving Goals

The aim of this session is to motivate and support participants to develop problem solving skills. These strategies will be introduced and practiced during

sessions. While participants remain on the ward, nurses will have a vital role in helping them transfer these new skills to their everyday lives.

Hearing Voices Group

Based on a Cognitive Behavioural Approach, this group offers individuals who hear voices an opportunity to share their experiences with others and develop new coping strategies. Participants benefit from the social support and also develop an improved sense of self esteem.

Nursing staff and occupational therapists on the ward will be trained to co-facilitate these groups with the support of the Doorways team, and will eventually run them independently.



IN FOCUS: Dr Steven Livingstone

Steven Livingstone is a Clinical Psychologist who joined the team from his previous post in Scotland in October 2008.

What has been your role in Doorways so far?

I have been involved in setting up the interventions to be implemented on the wards and preparing the training. Good planning is the key to success here.

What's next?

Now randomisation has occurred I have begun to deliver training on the various psychological interventions on offer to staff at Gresham 2 and ES2. The OT training for CIRCUITS has been particularly successful so far.

What do you look forward to within Doorways?

I particularly look forward to delivering training for staff in CBT communication skills. This involves working with a service user trainer: a new experience for me.

I am also excited about working with the ward staff to both deliver psychological therapies and to learn from them about their work.

Q. How can I get involved in the training sessions when Doorways comes to my ward?

A. Contact your ward manager— from our side, the more staff trained to run the interventions, the better.

