



doorways

Delivering opportunities for recovery

Issue 2 - Spring 2010

Welcome

The Doorways project began data collection in March 2009 and is investigating the impact of increasing therapeutic activities on inpatient ward environments. We are doing this by introducing innovative, evidence-based therapeutic activities to eight acute mental health wards across Southwark and Croydon and learning more about the experiences of staff and services users in these wards.

Measures of staff and service user views are collected from each of the eight participating wards: Ruskin, John Dickson, ES2, JBU and DB2 in Southwark; Gresham 1, Gresham 2, and Foxley Lane in Croydon every six months over the two years.

The wards took part in the study for the second time in October/November 2009. Two more data collection periods remain – our next ward visit is scheduled for April 2010.

Thank you!

We visited your ward for the second time in Oct/ Nov '09. Thanks to all of you who completed the measures and made us feel welcome!

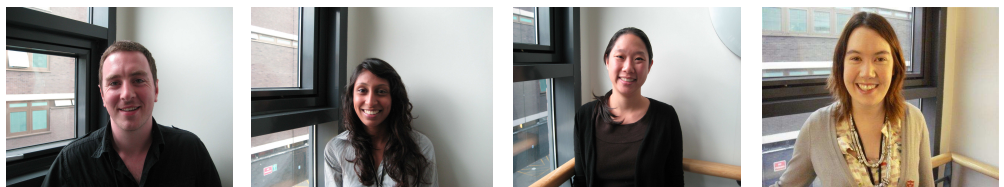
Q. How many people have taken part in the study?

A. 556 in total including 271 staff and 285 service users.

Looking forward to seeing you again in April 2010!

Who are the team?

Alistair Bailie, Bina Kerai, Jackie Tilley and Sarah Byrne (shown below, from left to right) are the research workers on the Doorways project. They are the main liaisons between the wards and our larger research team based at the Institute of Psychiatry, King's College London.



Alistair was a researcher in Psychological Medicine at the Institute of Psychiatry. He is our key contact for Gresham 1 and 2. Bina worked in forensic mental health services in East London and will be responsible for John Dickson and Ruskin. Jackie recently completed a Masters in Psychology and will be back on DB2 and Foxley Lane. Sarah joined the team in December 2009 and has worked mainly in forensic settings. She will be our main contact on JBU and ES2.

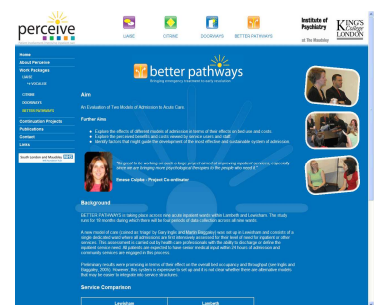
Website Launch

The PERCEIVE website is now online! Go to <http://www.perceive.iop.kcl.ac.uk/> to find out more about the Doorways project.

If you take time to browse the rest of the site you can read about:

- Our staff and patient-led measures of ward atmosphere on acute wards
- The psychotherapies implemented on acute wards
- Presentations and publications based on our findings

Feel free to contact us if you have any enquiries or feedback about the project.



Best Recruiting Ward—Congratulations Foxley Lane!



A big thank you to all the staff and service users for taking part in the study – we really appreciate all your time and efforts! Well done to ALL the wards for achieving our 50%+ recruitment target!

A special shout-out goes to Foxley Lane for achieving the best overall recruitment rate of 89% and to DB2 and John Dickson for making it to the Top 3 best recruiting wards.

| Position | Ward | Service User | Staff | Total |
|-----------------|--------------|--------------|-------|-------|
| 1 st | Foxley Lane | 88% | 90% | 89% |
| 2 nd | DB2 | 59% | 100% | 79% |
| 3 rd | John Dickson | 73% | 79% | 76% |

Spotlight on Therapies & Randomisation

Foxley Lane and Ruskin were selected in the second round of randomisation which took place in November 2009. Congratulations to both wards!



Steven Livingstone (left), the Clinical Psychologist responsible for training nursing staff notes, "From my experience, although there is an initial investment of nurses' time, in the long-term, it is definitely worth it."

Rikesh Halkoree (right), the ES2 Therapies & Benefits Coordinator who co-facilitates the Coping with Stigma group with Monique Agyare says:

"The psychological therapies introduced to ES2 ward by the Doorways project have been well received. I have valued the training and enjoy co-facilitating the coping with stigma group intervention. The service of care provided on ES2 ward has developed positively with the new structured interventions. The Doorways team has provided excellent support to staff in the delivery of all groups."



Half the wards in the Doorways study have now received or are currently receiving training. The remaining four wards, DB2, JBU, Gresham 1, and John Dixon will receive training in therapeutic activities over the next 12 months.

Some Findings from the Doorways Study

Many staff and service users have expressed interest in our findings from the study. These are some interesting findings that we've obtained from the baseline data:

- 3/4 of service users felt they were made to feel welcome when they arrived on the ward.
- 4/5 of service users found 1:1 times with staff useful. They estimated that they had an average of 2.5 meaningful contacts with nurses per week.
- More than 3/4 of staff feel that they benefit from strong leadership on the ward.
- 3/4 of staff feel that there is a strong emphasis on promoting a sense of team spirit on my ward.

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