

Brief Description of Project.

The aim of this project is to create a spiritual 'SPACE' in Holford House a Psychiatric Intensive Care Unit (PICU) based in Somerset. The project will build upon skills and knowledge gained from an existing spirituality project in 2002 that made recommendations from service users/survivors as to how mental health services have helped or hindered the spiritual and religious life of users/survivors. (Ref The Somerset Spirituality Project 2002)

The project will not only create a 'SPACE' in an inpatient unit but will determine the present capacity of inpatient staff in addressing expressed spiritual and religious needs and how these needs are documented during a person's admission to hospital. The aim will be to create a spiritual assessment needs tool to support staff. Throughout the project there will be key stakeholders inputting time, information, experience and knowledge.

Literature Review.

In healthcare, spirituality is identified with experiencing a deep-seated sense of meaning and purpose in life, together with a sense of belonging. It is about acceptance, integration and wholeness. The project will aim to address this if it is an issue for service users whilst they are an inpatient.

The Royal College of Psychiatrists state that people need time, a place and privacy in which to pray and worship and the opportunity to explore spiritual (and sometimes religious) matters.

Rethink state that service users spiritual needs are often seen to be neglected during treatment and can in some cases be seen to be part of the individuals' psychosis or delusions. Rethink has identified benefits to good quality spiritual care:

- Improved self-control, self esteem and confidence;
- Speedier and easier recovery;
- Improved relationships – with self, others and with God/creation/nature;
- A new sense of meaning, enabling people to accept and live with problems not yet resolved.

From 2003 to 2005 The Mental Health Foundation and the National Institute for Mental Health in England (NIMHE) created a project aimed at developing and promoting good practice in whole persons approaches and to collate current thinking on the importance of Spirituality in Mental Health.

In February 2006, The Sainsbury Centre for Mental Health published a report called 'The Search for Acute Solutions'. Four acute psychiatric units across England worked to achieve changes to the way wards were organised, the care they offered and the activities they had available. The result was improvements to the quality of care service that users experienced. One initiative was in Derby where a disused room was transformed into a modern family -visiting centre. The manager of the project stated that 'where people

are prepared to take risks, think differently and embrace change, a lot can be achieved’.

The Department of Health have issued National Minimum standards for General Adult Services in Psychiatric Intensive Care Units and Low Secure Environments that recommend best practice.

In 2005 the British Journal of Occupational Therapy published a report on spirituality the literature explored attitudes and practices regarding spirituality and how spiritual needs are assessed and met. Perceived barriers to incorporating spirituality into practice were also discussed. It also identified that there was an apparent shortage of specific assessment need tools.

It is demonstrated from the brief literature review how there is evidence to support the project in support of the need to create a spiritual SPACE on a hospital unit but also for a spiritual assessment needs tool to use upon admission.

Procedure to complete project.

- Allocate a room on Holford House to create a spiritual SPACE.
- Purchase appropriate resources which address spiritual needs and provide opportunities for creative expression/meaning e.g. reading, music, and relaxation.
- Contact facilities to commence necessary building works to the room.
- With the resources create a relaxed, safe, quiet environment accessible for service users, family, carers and staff.
- Develop a questionnaire to audit staff’s knowledge/skills, to help identify if people have barriers/concerns in addressing spirituality needs into clinical practice and routinely upon admission.
- Develop a questionnaire to audit service users. Providing them with an opportunity to express their experience’s of having their spiritual needs assessed during admission to hospital. This will help to identify gaps in service provision and good practice.
- Develop a questionnaire for families/carers on their experiences of visiting people in Holford House. The questionnaire will consider what type of environment would be appropriate.
- Contact key stakeholders who will input/support the distribution of the questionnaires. Key stakeholders have already been contacted prior to the application being made.
- Collect, analyse, review available data, literature, information and other appropriate resources/inputs and create a report to distribute to key - stakeholders.
- Meet with key-stakeholders and propose to formulate an initiative group with the aim of developing and producing a agreed spiritual assessment needs tool.

- The tool will be piloted on Holford House for a fixed period of time and will then be evaluated by the initiative group with the use of questionnaires to service users and staff.
- SPACE and the assessment tool will be used alongside each other.
- Discussions will take place with key -stakeholders as to how to implement the project trust-wide.
- The initiative group will identify best practice and a model for staff to administer the tool recognising challenges and barriers.
- A strategy will be introduced to staff throughout all acute units in Somerset to assist in the delivery of the tool effectively. This will work alongside the Practice Development Unit.
- In the long- term consultation with RIO support will take-place. This will identify how the spiritual assessment needs tool will be integrated into an individuals care plan to help enhance the electronic patient record.

To conclude the project will overall improve inpatient care by organising and providing structure in the provision of an assessment needs tool. This will result in improving the wellbeing of a service-user during their admission to hospital. Staff will also receive support/training to administer the spiritual assessment needs tool.