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| To: | Trust Board |
| From: | Lucy Ettridge |
| Date: | 25 May 2018 |
| Essential Standards: | |

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| Title: | ULHT innovation report – RITA | | | | | | | | | | |
| Author/Responsible Director | Lucy Ettridge/ Jan Sobieraj | | | | | | | | | | |
| Purpose of the Report: | To provide the Board with an update on innovation projects, service improvements and good news from across the organisation. | | | | | | | | | | |
| The Report is provided to the Board for: | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="border: 1px solid black; padding: 5px;">Decision</td> <td style="border: 1px solid black; width: 20px;"></td> <td style="border: 1px solid black; padding: 5px;">Discussion</td> <td style="border: 1px solid black; width: 20px;"></td> </tr> <tr> <td style="border: 1px solid black; padding: 5px;">Assurance</td> <td style="border: 1px solid black; width: 20px;"></td> <td style="border: 1px solid black; padding: 5px;">Information</td> <td style="border: 1px solid black; width: 20px; text-align: center;">x</td> </tr> </table> | | | Decision | | Discussion | | Assurance | | Information | x |
| Decision | | Discussion | | | | | | | | | |
| Assurance | | Information | x | | | | | | | | |
| Summary/Key Points: | <ul style="list-style-type: none"> • | | | | | | | | | | |
| Recommendations: | <ul style="list-style-type: none"> • To note | | | | | | | | | | |
| Strategic Risk Register | Performance KPIs year to date | | | | | | | | | | |
| Resource Implications (e.g. Financial, HR) | | | | | | | | | | | |
| Assurance Implications: | | | | | | | | | | | |
| Patient and Public Involvement (PPI) Implications. | | | | | | | | | | | |
| Equality Impact | | | | | | | | | | | |
| Information exempt from Disclosure | | | | | | | | | | | |
| Requirement for further review? | | | | | | | | | | | |

New digital therapy system is ‘RITA’ up our patients’ streets

Reminiscence therapy is proving extremely popular across the Trust thanks to the helpful addition of new staff member RITA.

RITA (or Reminiscence Interactive Therapy and Activities to give it its rather less snappier title), is an evidenced-based digital therapy system which allows patients to use interactive apps, games and other activities as part of their recovery while in our hospitals. Research has shown that people with dementia need more opportunities to do meaningful activities, especially in hospital.

Used primarily for our patients with cognitive impairments, such as dementia, RITA has proved extremely popular across the Trust and has shown to be effective in calming distressed or anxious patients and is quick and easy to use.

The interactive system allows patients to enjoy relaxation music, watch archive BBC footage, view photos and listen to famous speeches, to help spark memories and start a conversation.

The idea came from staff at All about Me training. The system has been introduced as ULHT is seeing more and more patients being admitted with dementia, and we want to improve how we care for this often vulnerable group of people. Up to 70% of all hospital beds are occupied by older people, many of whom have dementia. The rise in dementia patients is set to continue, by 2030 in Lincolnshire the number of people aged 65 and older experiencing dementia is projected to increase by 65%.

Bought via the Trust’s charitable funds the system is currently being used across all the main hospital sites, Shuttleworth and Scampton wards and the frailty unit at Lincoln; 3B, AMU and the 6th floor (elderly) at Pilgrim; and EAU and Ward 1 at Grantham.

Each unit costs £6k and consists of a 22 inch main display system along with a 10 inch mobile tablet – with the Trust investing in 11 units in total so far.



ULHT want to learn from great practice elsewhere so took learning from Northumbria Healthcare NHS Foundation Trust, an “outstanding” rated Trust, which introduced the RITA system last year to great effect.

It has been most widely used across both wards on the 6th floor at Pilgrim, thanks to a dedicated volunteer who has been trained specifically on the system, but it is by no means exclusively helping our elderly patients. RITA can also be found entertaining our patients in

A&E, rehabilitation and palliative care.

In addition to the popular reminiscence apps, other well used activities on the system include karaoke, bingo, quizzes, jigsaws and pig racing.

After six months in place at ULHT, a review was undertaken which involved a tally of how many times RITA was used across a two-week period, with staff also asked for feedback.

It was used almost 2,000 across this period, excluding the use of movies, with AMU at Pilgrim reporting how it had helped settle dementia patients admitted via A&E who were distressed and disorientated.

Next steps

We want to use the Skype facility on the system to enable patients to contact their carers and relatives while in hospital and also help with discharge planning and ongoing care discussions.

If you see RITA on one of our wards, be sure to say 'hello'.