

Moving Images...To promote rest and relaxation in the Critical Care patient.

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Aims of Presentation

- Problems CCU patients face
- Background of project
- Implementation Journey
- Findings/Results
- Implications for the future



The Christie



The Critical Care Patient



- Anxiety
- Delirium
- Agitation
- Psychosis
- Confusion
- Hallucinations/Unreal dreams
- Sleep Deprivation
- Pain
- Noise
- Daylight (lack of)/Lights
- Sensory Deprivation
- No “Normal routine”
- Time unawareness
- Alien Environment
- Interruption

Stein-Parbury & McKinley(2000),Khan et al(1998)
Trumen & Ely (2003)



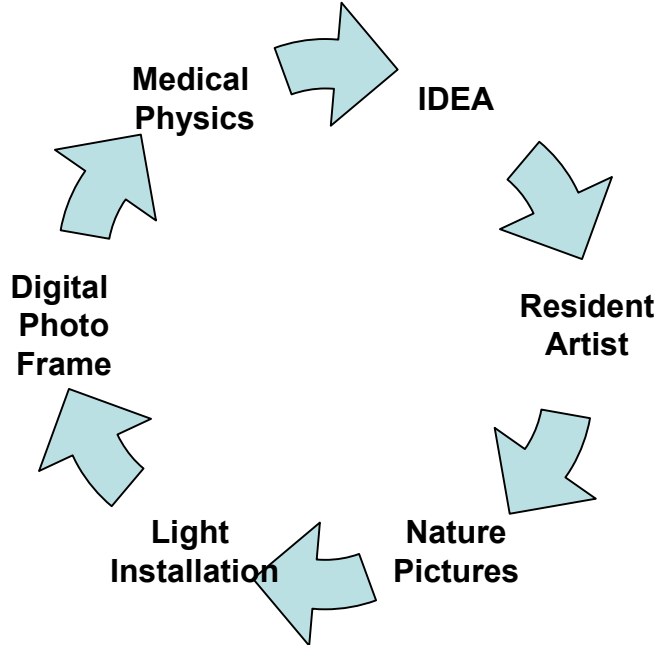
How could we help?

- A Patient involvement project asked patients how we could make the unit more welcoming and a better environment for patients?





How?



How?

- Televisions at bed side
- Contact with Artist
- Visited Unit & demonstrated work
- Loved it!!



What is it?

- Individually filmed contemplative nature art works, uniquely created to promote a calming sense of well being.
- Selected and played through media players on the existing Televisions at patients bed side.



What is it?

- Short films have been created to work with the natural cycle of day and night and can be played to patients at these times....
- To aid the sleep wake cycle
- Orientate patients to time of day
- Relax and distract patients during unpleasant procedures
- To bring nature, light, trees, sky and water in to the CCU



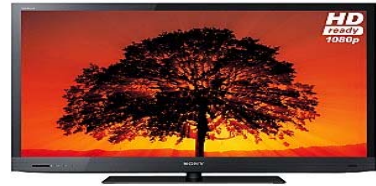


How we made it happen!

- Funding
- The Artist
- Education
- User Guide
- Installation



Equipment required



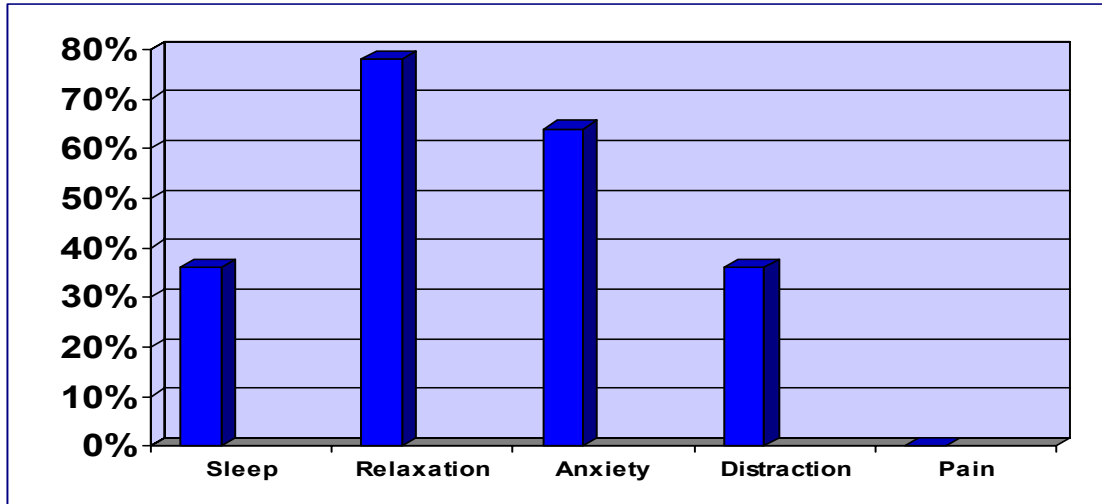
Practice leaders?

Currently used nationally at

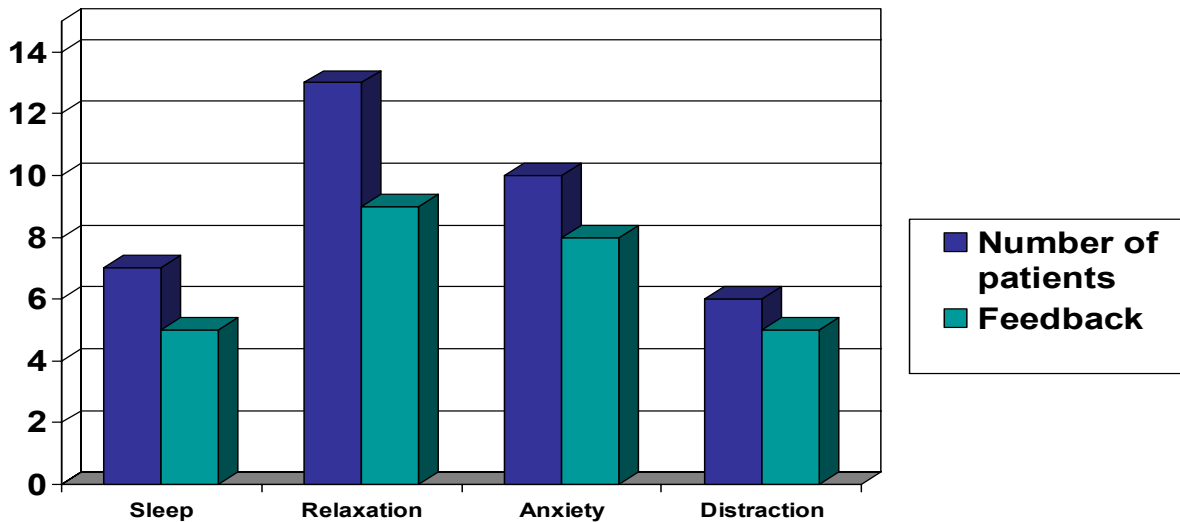
- Countess of Chester NHS Trust
 - Ilkeston community Hospital near Derby
 - GP Practice in Manchester
- and Internationally
- Chinese hospitals
 - We are the first hospital to use it in an acute clinical area



Reasons For using Moving Images



Results



Patient Feedback

- “Beautiful, Enjoyed hearing the outside”
- “It reminded me of visiting the seaside – but I haven’t been able to go since I was diagnosed, - it brought back happy memories”
- “I felt a calming effect and less concerned with the environment I was in”
- “I enjoyed the bird song”
- “It helped me feel less claustrophobic”
- “I felt relaxed and was finally able to close my eyes”



The Future?

- Continue with audit
- Encourage and support staff
- Extend to the reception waiting area
- Use in conjunction with complimentary therapy treatments
- Extend to relatives area?
- Roll-out to other areas of the hospital?



QUESTIONS?

