Project Title

Project Entire Sunlove Cogniteck Activities for Progressive Environment (ESCAPE)

Project Lead and Members

Project lead: Mrs Guna D, Deputy Chief of Nursing

Project members:

- Dr SARAVANNAN, Medical Chief of services
- AMBALAVANAN, Assistant Director of Nursing
- AINON MOHAMED ALI, Senior Nurse Manager
- HANCHATE GANESH C, Senior Occupational Therapist
- ERVIN JAN CERVANTES, Assistant Nurse Clinician
- NELSON FEMILA, Staff Nurse
- ARVIN D. DULAY, Enrolled Nurse
- ALFRED DOGWE, Enrolled Nurse
- JAWAHERNISSA BTE A., Senior Staff Nurse
- NANCY LOYRINE, Staff Nurse
- JOSELITO V. CABALLERO, Staff Nurse
- CARLMAN C. NICOYCO, Enrolled Nurse

Organisation(s) Involved

Sunlove Home

Healthcare Family Group(s) Involved in this Project

Medical, Nursing

Aims

- To minimize physical handling of the equipment's
- To introduce digital innovative technology intervention
- To improve activity participation.

Background

See poster appended/ below

Methods

See poster appended/ below

Results

See poster appended/ below

Conclusion

See poster appended/ below

Additional Information

Programme is scaled in Surya nursing home(Our Sister Nursing home), while waiting for new tablets to arrive.

Project Category

Technology

Care Continuum

Keywords

Mental health

Name and Email of Project Contact Person(s)

Name: Mrs Guna D

Email: guna@sunlove.org.sg

Project Entire Sunlove Cogniteck Activities for Progressive Environment (ESCAPE)

Dr.Sarvanan, Ambalavnanan,Guna D, Ervin, Ganesh H, Ainon, Femila, Arvin, Alfred, Nissa, Nancy, Jose, Carlman

Introduction:

We all know that people with psychiatric disorders often have trouble with their cognitive processes. They might be unable to process information, or they might find it hard to focus. This can lead to stress for the residents, leading to further impairment.

The ESCAPE program was designed specifically to help people suffering from psychiatric disorders by providing them with a highly cognitively stimulating environment that challenges their cognitive processes. ESCAPE is conducted individually or in groups, and it's designed so that residents can work at their own pace—which means that no one gets left behind. Each session lasts about 30 minutes and requires little physical handling of activity kits, so there's less cleaning work for staff members.

The idea behind ESCAPE is simple: If we can provide our residents with activities that stimulate their minds, then those residents will be able to process information more effectively and stay focused longer on what they're doing—and that means less stress for everyone!

Aim:

To minimize physical handling of the equipment's, To introduce digital innovative technology intervention, To improve activity participation.

Assessment of Problem and Analysis of Its Causes:

Prior to December 2020, SAFE program was conducted for all residents in Sunlove Home. The ratio of residents to staff stood at 25:1.
The new ESCAPE program sees the ratio improved to 12:1 Staff could provide more focus to the residents due to lesser numbers. ESCAPE sees greater residents involvement with the use of technology as their focus attention improved to one hour from half hour. Above all, ESCAPE involved chair and bed-bound residents who are moderately cognitive functioning. These residents are cognitively stimulated and consistently engaged in the activity. This is evident as it is reflected in NHelp Activity Interest Checklist which shows improvement in the participation of higher number of activities. The inclusion of digital interactive games has successfully cognitively stimulated their minds and trigger memories of the past. Sunlove also sees greater staff involvement in engaging residents in this activity.
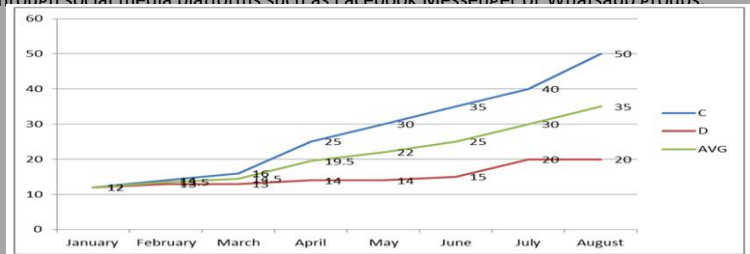
Methodology:

In the initial part of this program, Sunlove Senior OT selected the activities by referring to NHelp Activity Interest Checklist. Subsequently, nine apps were selected from the Android Playstore and installed into the notepads. Then, the program was broken into three stages; the pilot stage, the training stage and the implementation stage. The pilot stage was conducted for two weeks in December. A control group of 12 moderately functioning residents were selected whereby we observed their interest and enthusiasm in learning and handling new technology. The training stage was conducted for staff in the next two weeks in December. It involved six Nursing Aides, SNs and ENs who were trained by the Senior OT in the operation of the notepad apps. Implementation stage is the stage whereby the 12 residents are actively involved in the activity with the guidance of the nurses and the Senior OT. With successful implementation of these three stages, we can see that it has helped to improve resident's communication skills which has been achieved through their involvement in various activities on their notepads such as listening to music or watching videos together with other residents or staff members who are sharing their experience through social media platforms such as Facebook Messenger or Whatsapp groups.
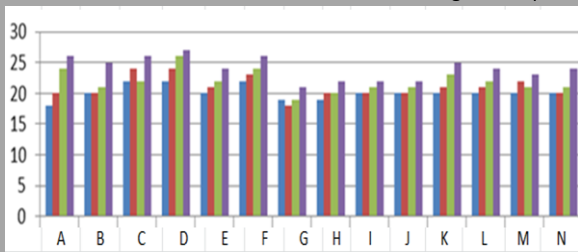
X AXIS RESIDENTS NAME
Y AXIS SCORE

Y AXIS NO OF RESIDENTS
C- Zone C and d-Zone D

Time saving as no cleaning, disinfection and inventory needed for the multiple activity equipment's.
Use of technology in conducting activity.
Cost savings as there is no need to purchase new consumables and the app can always be updated at no cost. Improved space utilization as there is no need of a large space to store the
activity items.
Low risk activity as no physical movement is required.
The data above justifies the main objective with improvement in well-being and increased activity participation.

Conclusion:

In the initial part of this program, Sunlove Senior OT selected the activities by referring to *NHelp Activity Interest Checklist. Subsequently, nine apps were selected from the Android Play store and installed into the notepads. Then, the program was broken into three stages; the pilot stage, the training stage and the implementation stage.The pilot stage was conducted for two weeks in December. A control group of 12 moderately functioning residents were selected whereby we observed their interest and enthusiasm in learning and handling new technology. The training stage was conducted for staff in the next two weeks in December. It involved six Nursing Aides, SNs and ENs who were trained by the Senior OT in the operation of the notepad apps. Implementation stage is the stage whereby the 12 residents are actively involved in the activity with the guidance of the nurses and the Senior OT. With successful implementation of the three stages of the program, the program is extended to involve more residents. From a mere 12 moderately functioning residents, we have rolled out this activity to include 50 residents at present.

Lessons Learnt:

❖ Adoption with technology has no limitation for cognitive as well as physical abilities.