

Mental Health Services 2012

Inspection of 24-Hour Community Staffed Residences

EXECUTIVE CATCHMENT AREA/INTEGRATED SERVICE AREA	Kildare / West Wicklow, Longford Westmeath, Laois / Offaly
HSE AREA	Dublin Mid Leinster
MENTAL HEALTH SERVICE	Kildare / West Wicklow
RESIDENCE	Bramble Lodge
TOTAL NUMBER OF BEDS	13
TOTAL NUMBER OF RESIDENTS	13
NUMBER OF RESPITE BEDS (IF APPLICABLE)	0
TEAM RESPONSIBLE	Rehabilitation
TYPE OF INSPECTION	Unannounced
DATE OF INSPECTION	22 May 2012

Summary

- Multidisciplinary care plans were recovery focused and regularly reviewed by the multidisciplinary team.
- Residents were occupied in various therapeutic programmes and activities and participated in community events.
- Twin bedrooms afforded little privacy to residents.

Description

Service description

Bramble Lodge Community Residence was a large single-storey, detached, red-bricked bungalow in its own private and extensive grounds, accommodating 13 residents. Built in the 1980s as a Bed and Breakfast facility, it was purchased by the HSE in 2000 and opened at that time for its present purpose. It was situated approximately one kilometre from the centre of Newbridge Town near the intercity main line rail and Arrow commuter train services, and within walking distance of the local public bus service. Bramble Lodge admitted individuals from all sectors within the Kildare / West Wicklow catchment area and was staffed on a 24-hour basis.

Care in Bramble Lodge was delivered to residents through a rehabilitation programme which recognised the individual needs of residents. These needs were identified using the Functional Assessment of the Care Environment (FACE) assessment tool which assessed clinical and social functioning. In turn this assessment aided the development of a care plan based on the Recovery Model. Bramble Lodge operated a key nurse system.

Separate to this, Allenvue, a former child care residence, had been taken over by the mental health service approximately 18 months prior to this inspection of Bramble Lodge. Allenvue, situated a short spin away, was a low support residential home to four residents. Nursing staff from Bramble Lodge visited and provided support to the residents of Allenvue depending on their individual needs. At night time the Assistant Director of Nursing visited this residence should the need arise. It was reported that this need had not arisen to the date of inspection. The inspector visited this residence briefly and greeted two residents within.

Profile of residents

The age range of residents was from 32 to 69 years. There were nine male residents and four female residents. One resident had difficulty with mobilising but his care plan specifically referred to goals in this regard. There were no respite beds in the premises. No resident was a Ward of Court and all residents were of voluntary status.

Quality initiatives and improvements in 2011/2012

- The peer advocate was currently in the process of independently evaluating the service and Allenvue, the low support house near this residence, using an evidence-based tool specifically devised for the purpose.
- The Arts and Crafts Room had been recently refurbished with a new roof, shelving, sink and soft furnishings for the comfort of residents.

Care standards

Individual care and treatment plan

Two clinical files were examined by the inspector. Multidisciplinary care plans were used by the rehabilitation team attached to this service. These care plans were recovery focused, involved the resident and were reviewed by the team each Monday morning. The residents of Allenvue were also reviewed at this team meeting. The key worker attended these meetings where possible. Physical health reviews were carried out by the general practitioner (GP) every six to 12 months as appropriate. All residents had a GP. Psychiatric reviews were carried out every six months. The service had access to a specialist Rehabilitation team. Risk assessment was used. Staff presented as positive and proactive.

Therapeutic services and programmes provided to address the needs of service users

Among the centres that residents attended for therapeutic programmes and activities were the Harvest Centre in Kildare town which catered for less independent residents, Rathangan day centre, the Club House in Newbridge, which catered for more independent residents, and which enshrined the Platinum Club House principles, the Men's Shed, set up by the local parish, an active retirement group for women, Scribblers – a writers' group. A number of residents attended the family resource centre for computer classes, linking in with the local library. The computer for residents was old and slow-functioning. There was a Residents' Training Kitchen in the facility and an arts and crafts room described earlier. The residence had extensive gardens to the front and rear. There was a smoking gazebo and a non-smoking gazebo with planting and a pathway had been recently donated to the residence by Friends of Naas General Hospital.

There were no intranet facilities for staff and it was difficult for staff to access more up-to-date information for residents regarding their care and treatment.

It was good practice that two daily newspapers were purchased for use by residents. A TV Guide and a copy of a well-established magazine were also purchased weekly for use by residents.

How are residents facilitated in being actively involved in their own community, based on individual needs

Most residents were members of the local library. The service had a cinema club where attendance at the cinema at certain times was low cost. The location of the residence provided excellent access to the town.

An annual Christmas party was usually attended by over 70 people, including residents, family and staff.

Facilities

There were nine bedrooms – five twin bedrooms and four single bedrooms. Six of these bedrooms had en suite facilities with the remainder having a wash hand basin installed. There was no privacy afforded to residents between the beds in the double rooms. Maintenance was reported to be excellent. The Maintenance Department of Naas General Hospital maintained the premises. The weekly shopping for groceries and sundries was done online. Residents could add to this shopping list and make suggestions on items to purchase. There was one multitask attendant on duty each day and two, once per week to complete heavier duties.

There were two sitting rooms, both with TVs – a large sitting room and a smaller sitting room.

The en suite in Room 1 was in poor condition. The shower did not work properly and needed to be replaced. There was a damp patch on the lower wall area by the toilet bowl and the floor tiles needed to be replaced and the walls repainted.

Staffing levels

STAFF DISCIPLINE	DAY WTE	NIGHT WTE
Nursing	1 CNM2 + 2 RPNs	2 RPNs
Multitask attendant	1 (2, one day per week)	0

Clinical Nurse Manager (CNM), Registered Psychiatric Nurse (RPN), Non Consultant Hospital Doctor (NCHD).

Team input

DISCIPLINE	NUMBER	NUMBER OF SESSIONS
Consultant psychiatrist	1	Once per week
NCHD	1	Once per week plus sessional
Occupational therapist	0	-
Social worker	0	-
Clinical psychologist	0	-

Medication

Medications were in Kardex format. Prescriptions were written by the consultant psychiatrist, NCHD and GP. Depot injections were administered. A number of residents self administered medication on a daily basis and two residents on a weekly basis. Prescriptions were in date and doctors used their Medical Council Number (MCN) when writing prescriptions. All except two residents were prescribed antipsychotic medication and nine of these were prescribed more than one antipsychotics. In addition, fifty per cent of residents were prescribed as required (PRN) antipsychotics and 69% were prescribed PRN benzodiazepines.

MEDICATION

NUMBER OF PRESCRIPTIONS:	16	%
Number on benzodiazepines	7	44%
Number on more than one benzodiazepine	0	0
Number on PRN benzodiazepines	11	69%
Number on benzodiazepine hypnotic	0	0
Number on Non benzodiazepine hypnotics	2	13%
Number on PRN hypnotics	3	19%
Number on antipsychotic medication	14	86%
Number on high dose antipsychotic medication	4	25%
Number on more than one antipsychotic medication	9	56%
Number on PRN antipsychotic medication	8	50%
Number on Depot medication	5	31%
Number on antidepressant medication	10	63%
Number on more than one antidepressant	4	25%
Number on antiepileptic medication	7	44%
Number on lithium	2	13%

Tenancy rights

The HSE owned the premises. Rent was €90.00 per week. Community meetings took place every four to six weeks. An agenda was available in one of the sitting rooms for completion by residents and staff for discussion at the next Community Meeting. Residents took ownership of the minutes of these meetings and took responsibility for the documentation and maintenance of the minutes. The complaints procedure was highlighted. A record of written complaints was blank.

Financial arrangements

The service used a HSE policy on financial management of residents' monies. Each resident had a financial management care plan (a component of the FACE assessment tool) kept separately from the multidisciplinary care plan. Residents managed their own money, or were assisted to do so by staff. Residents had bank accounts and/or credit union accounts.

Service user interviews

No resident requested to speak with the inspector. All residents who were present in the residence during the course of the inspection were greeted by the inspector. Residents had access to a wide variety of information and in most respects were involved in the processing of information. All residents signed their care plans. The peer advocate visited regularly, and at the time of inspection, was involved in carrying out an independent survey (as part of the FACE tool) was carrying out an evaluation of the service.

Conclusion

Bramble Lodge was a pleasant community residence with a large private garden ensuring a comfortable home for residents. In addition to this, it was evident through the obvious commitment of staff that residents were occupied in various therapeutic programmes and activities and participated in community events. Staff in Bramble Lodge impressed as being proactive and recovery orientated. Allenvue, visited briefly by the inspector, was a four-bed house, a small distance from Bramble Lodge that provided an appropriate follow-on facility for more independent living.

Recommendations and areas for development

- 1. Each resident should have a single bedroom to afford maximum privacy.*
- 2. The en suite in Room 1 should be completely refurbished.*
- 3. Intranet facilities should be available for staff to access more up-to-date information for residents regarding their care and treatment.*